

Fuel For A Hard Day's Work

Why physically demanding work asks more from your body, and how eggs help.

Protein Built From Essential Amino Acids

One egg gives about 6.3g of high quality protein containing all nine essential amino acids the body cannot make on its own, useful for daily muscle repair.

Source: [USDA FoodData Central](#)

Physical Work Raises Protein Needs

Sports nutrition research finds physically active adults do well on about 1.4 to 2.0g of protein per kg of body weight a day, well above the general 0.8g RDA.

Source: [Journal of the International Society of Sports Nutrition](#)

B12 Keeps Energy And Nerves Working

Vitamin B12 supports normal energy metabolism, red blood cell formation and nervous system function through a long working day. Eggs are a natural source of B12.

Source: [MedlinePlus](#), [National Library of Medicine](#)

Riboflavin Helps Release Energy

Riboflavin (vitamin B2) helps the body release usable energy from the carbohydrates, protein and fat in a meal. Eggs are a natural source of this everyday nutrient.

Source: [MedlinePlus](#), [National Library of Medicine](#)

Compact Energy In One Egg

A single egg carries about 72 kcal of protein and fat together, an easy way to add real, usable energy to a meal before or after physically demanding work.

Source: [USDA FoodData Central](#)

IN SHORT

A good egg on a Multan morning is a simple, honest way to help a hardworking body keep going.

References

1. [USDA FoodData Central](#) <https://fdc.nal.usda.gov/food-search/?query=egg%2C%20whole%2C%20raw%2C%20fresh>
2. [Journal of the International Society of Sports Nutrition](#) <https://pmc.ncbi.nlm.nih.gov/articles/PMC5477153/>
3. [MedlinePlus](#), [National Library of Medicine](#) <https://medlineplus.gov/ency/article/002403.htm>
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5. [USDA FoodData Central](#) <https://fdc.nal.usda.gov/food-search/?query=egg%2C%20whole%2C%20raw%2C%20fresh>



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