

# Whole egg. Stronger muscle.

Why whole eggs build muscle better than whites alone, and which numbers matter

**6.3g**  
PROTEIN

## Complete protein, every amino

Eggs contain all nine essential amino acids the body cannot make. Each large egg delivers 6.3g of protein with a profile the body uses efficiently for repairing and building muscle tissue.

Source: [USDA FoodData Central](#)

**0.54g**  
LEUCINE

## Leucine, the muscle trigger

Leucine is the amino acid that signals muscle cells to begin building new protein. Each egg supplies around 0.54g. Research links leucine intake to stimulating muscle protein synthesis after exercise.

Source: [USDA FoodData Central](#)

**40%**  
MORE MUSCLE  
PROTEIN

## Whole egg beats egg whites

A 2017 study found whole eggs stimulated muscle synthesis around 40% more than equal-protein whites post-exercise. Researchers concluded the yolk's nutrients matter beyond protein content alone.

Source: [American Journal of Clinical Nutrition, 2017](#)

**15.4mcg**  
SELENIUM

## Selenium for muscle recovery

Selenium acts within antioxidant systems that manage oxidative stress in muscle tissue during exercise. One large egg supplies 15.4 mcg, around 28% of the recommended daily intake for adults.

Source: [NIH Office of Dietary Supplements](#)

**0.6mg**  
ZINC

## Zinc for muscle repair

Zinc is required for enzyme reactions including protein synthesis and tissue repair. One large egg provides 0.6 mg, contributing to the daily intake that supports normal muscle maintenance.

Source: [NIH Office of Dietary Supplements](#)

### IN SHORT

On a Multan morning, one fresh egg delivers the protein, the leucine, and the whole yolk package that matters.

## References

1. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)
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4. [NIH Office of Dietary Supplements https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/](https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/)
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