

What one egg actually gives.

Five nutrients in every shell, working inside a growing body.

6.3g
PROTEIN

Complete protein, every bite

Protein provides the amino acids a body uses to build and repair tissue. Eggs supply all nine essential amino acids, making egg protein among the most complete available from food.

Source: [USDA FoodData Central](#)

0.6mcg
VITAMIN B12

Vitamin B12 for nerve health

B12 is a vitamin the body uses to form red blood cells and maintain healthy nerve function. One egg provides 0.6 mcg, about 25% of the daily value.

Source: [USDA FoodData Central](#)

15.4mcg
SELENIUM

Selenium, the antioxidant mineral

Selenium is a trace mineral the body uses as part of its antioxidant system and to support thyroid function. One egg provides around 15 mcg, about 28% of the daily value.

Source: [USDA FoodData Central](#)

0.23mg
RIBOFLAVIN
(VITAMIN B2)

Riboflavin turns food to fuel

Riboflavin (vitamin B2) is a nutrient the body uses to convert food into usable energy. One egg contributes 0.23 mg, about 18% of the daily value.

Source: [USDA FoodData Central](#)

1.0mcg
VITAMIN D

Vitamin D for bone density

Vitamin D is a nutrient the body uses to absorb calcium and support bone density. One egg supplies 1.0 mcg (41 IU), one of the few non-fortified foods with a natural vitamin D supply.

Source: [USDA FoodData Central](#)

IN SHORT

Put one good egg on the breakfast table in Multan and you have already made that morning count.

References

1. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)
2. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)
3. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)
4. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)
5. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)