

The first 1,000 days start here

Five nutrients that matter most in pregnancy and early childhood

147mg

CHOLINE

Choline for the growing brain

Choline is found mainly in egg yolks. The body uses it to build cell membranes and produce neurotransmitters that support memory formation and normal brain function throughout development.

Source: [USDA FoodData Central](#)

24mcg

FOLATE

Folate and cell building

One large egg contains about 24 mcg of folate. The body uses folate to create and repair DNA and support rapid cell division, which is especially active in early fetal development.

Source: [USDA FoodData Central](#)

1.0mcg

VITAMIN D

Vitamin D in every yolk

Egg yolks naturally contain about 1.0 mcg of vitamin D. The body uses it to absorb calcium and phosphorus, supporting bone growth and immune function from pregnancy through childhood.

Source: [USDA FoodData Central](#)

26mcg

IODINE

Iodine for thyroid support

One large egg provides about 26 mcg of iodine. The thyroid gland uses iodine to produce hormones that regulate metabolism and support neurological development in the growing fetus.

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

29mg

DHA

DHA in the yolk

One large egg contains about 29 mg of DHA, an omega-3 fatty acid. The body uses DHA to build brain tissue and support visual development, with demand highest in the third trimester.

Source: [USDA FoodData Central](#)

IN SHORT

Every breakfast egg on a Multan table is a small act of care that begins before the child is born.

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. [NIH Office of Dietary Supplements https://ods.od.nih.gov/factsheets/Iodine-HealthProfessional/](https://ods.od.nih.gov/factsheets/Iodine-HealthProfessional/)
5. [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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