



Eggs for Manual Labourers

What a body that works hard all day actually needs from breakfast

Protein Rebuilds Tired Muscle

A large egg gives 6.3g of complete protein. Protein is what the body uses to rebuild and repair muscle worked hard through the day.

Source: [USDA FoodData Central](#)

Iron Keeps Oxygen Moving

Iron helps build hemoglobin, which carries oxygen from the lungs to working muscles. Low iron shows up as fatigue and poor work performance.

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

B12 Supports Steady Energy

Vitamin B12 keeps nerve cells healthy and helps the body use energy from food. Eggs are a natural source of B12.

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

B2 Turns Food Into Fuel

Riboflavin, or vitamin B2, helps turn the food you eat into usable energy. A daily egg is a natural source of it.

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

Vitamin D Backs Muscle Function

Muscles need vitamin D to work properly, and a shortage can leave them weak and achy. Egg yolks are one of the few natural food sources of it.

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

IN SHORT

A good egg keeps a hardworking body fuelled, one Multan morning at a time.

References

1. [USDA FoodData Central](https://fdc.nal.usda.gov/) <https://fdc.nal.usda.gov/>
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3. [NIH Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/) <https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>
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