

# One Egg, Complete Protein

Complete protein, real nutrients, at a price every kitchen can afford

**6.3g**  
PROTEIN

## A truly complete protein

A large egg has 6.3 grams of protein containing all nine essential amino acids your body cannot make on its own, the building blocks it uses to repair and maintain tissue.

Source: [Harvard T.H. Chan School of Public Health, The Nutrition](#)

**15mcg**  
SELENIUM

## A daily dose of selenium

One large egg provides about 15 micrograms of selenium, over a quarter of a day's need. Selenium is part of enzymes that protect cells from everyday oxidative stress.

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

**0.5mcg**  
VITAMIN B12

## Vitamin B12, built in

A large egg carries about 0.5 micrograms of vitamin B12, close to a fifth of a day's need. B12 supports normal nerve function and the formation of red blood cells.

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

**0.2mg**  
RIBOFLAVIN

## Riboflavin for energy use

One large egg has about 0.2 milligrams of riboflavin, also called vitamin B2. The body uses it to help convert the food you eat into usable energy.

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

**86mg**  
PHOSPHORUS

## Phosphorus for strong bones and teeth

A large egg supplies about 86 milligrams of phosphorus, a mineral the body uses to build strong bones and teeth, and to store and release energy in cells.

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

### IN SHORT

A dozen fresh eggs brings complete protein and real nutrition to every Multan breakfast table.

## References

1. [Harvard T.H. Chan School of Public Health, The Nutrition](https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/) <https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/>
2. [NIH Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/) <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>
3. [NIH Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/) <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
4. [NIH Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/Riboflavin-HealthProfessional/) <https://ods.od.nih.gov/factsheets/Riboflavin-HealthProfessional/>
5. [NIH Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/Phosphorus-HealthProfessional/) <https://ods.od.nih.gov/factsheets/Phosphorus-HealthProfessional/>