

The nutrient your brain needs daily

Why choline matters for brain function and why eggs are your best daily source

147mg

CHOLINE

Your brain's daily fuel

Choline is an essential nutrient the body uses to make acetylcholine, a chemical that carries signals between nerve cells, and to build every cell membrane. Few people get enough from diet alone.

Source: [USDA Database for the Choline Content of Common Foods](#)

1.0mcg

VITAMIN D

Vitamin D helps absorb calcium

Vitamin D is a fat-soluble nutrient the body needs to take up calcium and phosphorus from food. Eggs are one of the few natural food sources of this nutrient; it sits in the yolk alongside the fat.

Source: [USDA ARS Nationwide Egg Nutrient Sampling](#)

252mcg

LUTEIN AND
ZEAXANTHIN

Yolk gold for your eyes

Lutein and zeaxanthin are yellow pigments found in egg yolk. The body deposits them in the retina, where they filter high-energy light. Eggs deliver them alongside fat, which aids absorption.

Source: [USDA NAL Lutein and Zeaxanthin Content of Foods](#)

15.4mcg

SELENIUM

Selenium guards every cell

Selenium is a trace mineral the body uses to build antioxidant enzymes that protect cells from oxidative stress. It also supports the thyroid gland, which controls how quickly the body uses energy.

Source: [USDA FoodData Central](#)

0.23mg

RIBOFLAVIN (B2)

Energy from every meal

Riboflavin, or vitamin B2, helps the body convert carbohydrates, fats, and proteins into usable energy. It is also involved in the production of red blood cells and supports normal iron metabolism.

Source: [USDA FoodData Central](#)

IN SHORT

A fresh egg cracked on a Multan morning delivers more nourishment than most people know.

References

1. [USDA Database for the Choline Content of Common Foods](https://www.ars.usda.gov/ARSEUserFiles/80400525/data/choline/choln02.pdf) <https://www.ars.usda.gov/ARSEUserFiles/80400525/data/choline/choln02.pdf>
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3. [USDA NAL Lutein and Zeaxanthin Content of Foods](https://www.nal.usda.gov/sites/default/files/page-files/Lutein_zeaxanthin.pdf) https://www.nal.usda.gov/sites/default/files/page-files/Lutein_zeaxanthin.pdf
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