

The Gold In Every Yolk

What gives the yolk its color, and what your eyes do with it

252mcg

LUTEIN AND
ZEAXANTHIN

The Yolk's Gold Pigments

Lutein and zeaxanthin are the pigments that color the yolk gold. The eye concentrates both in the macula, the central part of the retina, where they act as a natural filter.

Source: [USDA FoodData Central](#)

80mcg

VITAMIN A

Vitamin A For Eyes And Immunity

Vitamin A from egg yolk is preformed retinol, ready for the body to use directly. It supports normal vision in low light and the immune system's everyday defenses.

Source: [USDA FoodData Central](#)

15mcg

SELENIUM

Selenium, An Antioxidant Helper

Selenium is a trace mineral the body builds into antioxidant enzymes. These enzymes help protect cells from everyday oxidative stress, the wear and tear of normal metabolism.

Source: [USDA FoodData Central](#)

0.23mg

RIBOFLAVIN

Riboflavin Helps Release Energy

Riboflavin, or vitamin B2, is a cofactor the body needs to convert food into usable energy. It also helps keep the lining of the mouth and eyes in normal condition.

Source: [USDA FoodData Central](#)

0.45mcg

VITAMIN B12

B12 Supports Nerves And Blood

Vitamin B12 comes from animal foods only, eggs included. The body uses it to help form red blood cells and to maintain the normal function of nerve cells.

Source: [USDA FoodData Central](#)

IN SHORT

A golden yolk on a Multan breakfast table is carrying real nutrients, not just good color.

References

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



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