

The forgotten nutrient in every yolk

Choline: the nutrient most people fall short on, found in every egg.

147mg

CHOLINE

Builds every cell membrane

Choline is the building block of phosphatidylcholine, one of the main fats in cell membranes throughout your body. Your liver cannot make enough on its own, so it must come from food.

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

27%CHOLINE
(ADEQUATE
INTAKE)

Fuels your nerve signals

Your body converts choline into acetylcholine, a messenger that carries signals between nerve cells and to your muscles. It plays a central role in memory and physical coordination.

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

15mcg

SELENIUM

Selenium protects your cells

Selenium is built into enzymes that help clear damaging molecules from your cells. It also supports the thyroid, which produces the hormones that regulate your body's metabolism.

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

0.4mcg

VITAMIN B12

Vitamin B12 for cell energy

B12 helps the body make red blood cells and keeps the nervous system working properly. It is found almost exclusively in animal foods, making eggs a practical source for most families.

Source: [USDA FoodData Central](#)

252mcgLUTEIN AND
ZEAXANTHIN

Lutein for eye health

Lutein and zeaxanthin are pigments that accumulate in the retina. They filter high-energy light and are associated with maintaining sharp central vision as the eye ages.

Source: [USDA FoodData Central](#)

IN SHORT

One egg at a Multan breakfast table quietly fills a gap that most people do not even know they have.

References

1. [NIH Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/) <https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/>
2. [NIH Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/) <https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/>
3. [NIH Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/) <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>
4. [USDA FoodData Central](https://fdc.nal.usda.gov/fdc-app.html#/food-details/171287/nutrients) <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171287/nutrients>
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