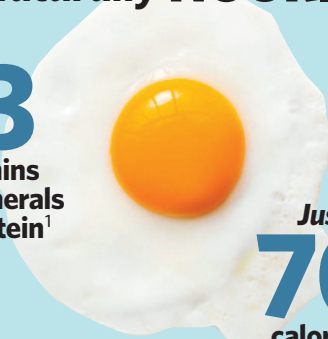


6 Powerful ways eggs promote health

1 Naturally NOURISH

13
vitamins
& minerals
+ protein¹



Just
70
calories¹

2 BEAT Hunger

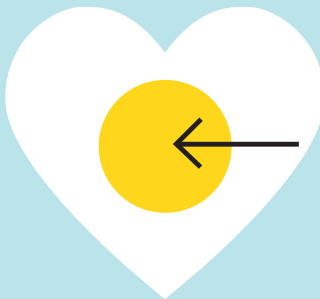
12 grams of
hunger-curbing
protein^{1,2} =



2 = 1
eggs serving

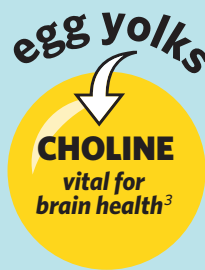


3 FUEL with Heart Healthy Fats



Includes
the same
healthy fats
found in
**olive oil,
avocados
& almonds¹**

4 BUILD Brains



CHOLINE
vital for
brain health³



5 MAXIMIZE Muscles



1/2 the protein
is in the yolk¹

eat



3 grams
protein

3 grams protein

eat
the **WHOLE** egg⁴

6 BOOST eye health



Eat the yolk!

Get 2 antioxidants
for healthy eyes^{1,5}

lutein &
zeaxanthin