



# An Egg-cellent Choice

## Thirteen Essential Vitamins and Minerals Found in Eggs

### **Selenium (23% DV)**

Acts as an antioxidant to prevent the breakdown of body tissues. Selenium works with Vitamin E to protect against some chronic diseases.

### **Riboflavin (14% DV)**

Helps to produce energy in all the cells of the body.

### **Vitamin B12 (11% DV)**

Works to support normal digestion and nerve cell function.

### **Phosphorus (10% DV)**

Essential for healthy bones, teeth and cell membranes. Phosphorus is required for energy production in the body.

### **Pantothenic Acid (7% DV)**

Helps break down food and assists body cells in producing energy.

### **Folate (6% DV)**

Promotes proper fetal development and red blood cell formation.

### **Iron (5% DV)**

Plays an important role in red blood cell production and oxygen transport.

### **Vitamin A (5% DV)**

Supports growth and maintains healthy skin, vision and immune function.

### **Vitamin D (5% DV)**

Works with calcium to strengthen bones and teeth.

### **Zinc (4% DV)**

Assists in maintaining immune function, as well as body tissue growth and repair.

### **Vitamin B6 (3.5% DV)**

Keeps nerve transmission running smoothly and aids protein in immune function.

### **Calcium (3% DV)**

Helps build and maintain strong bones and teeth. This mineral also plays an important role in nerve function, muscle contraction and blood clotting.

### **Choline (23% DV)**

Essential for normal functioning of all cells, including those involved with metabolism, brain and nerve function, memory and the transportation of nutrients throughout the body. Choline also prevents birth defects and promotes brain and memory development in infants.

