

Vitamin A

Helps maintain healthy skin, a functioning immune system, and maintaining good vision.

Phosphorus

Develop and maintain healthy bones and teeth, as well as cell membranes while contributing to energy metabolism and muscle growth.

Pantothenic Acid (Vitamin B5)

Converts food into energy, helps break down fats, and aids in the making of vitamin D.

Protein

Protein is essential for maintaining muscle mass, helping with recovery and reducing appetite and hunger.

Vitamin D

Essential for the maintenance of healthy bones and teeth while contributing to healthy muscle function and immune system maintenance.

Iodine

Required to produce hormones in the thyroid that regulate the body's metabolic rate, assists with cognitive function and brain development, and helps maintain healthy skin.

Folate

Contributes to promoting red blood cell growth, supporting an effective immune system, and in pregnant women, protects against serious birth defects, such as spina bifida.

Selenium

Helps prevent free radical damage to cells in the body while supporting the immune system, thyroid gland function, and the maintenance of healthy hair and nails.

Lutein and Zeaxanthin

Antioxidants which protect your cells from damage. They support the clearance of free radicals, protect against some eye conditions and have been linked to heart health.

Riboflavin (Vitamin B2)

Essential for cell growth, energy metabolism, red blood cell development, vision, and the healthy functioning of the nervous system.

Choline

Essential in prenatal health for both mother and baby, as well as cognitive health for seniors.

Iron

Produces haemoglobin which helps muscles store and use oxygen, providing energy for daily life.

Vitamin B12

Essential in the formation of red blood cells, repairing body tissue, and maintaining the healthy function of the immune and nervous systems.

Vitamin E

Important for immune function, a reduction in some age-related eye disorders, and may help slow cognitive decline associated with aging.



Power your whole body with help from the vitamins & nutrients in eggs

Blood



Heart



Teeth



Thyroid



Bones



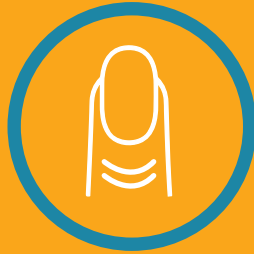
Nervous System



Prenatal



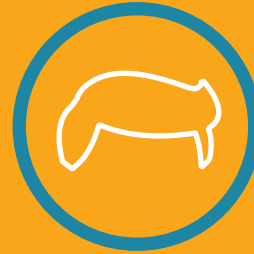
Nails



Red Blood Cells



Hair



Eyes



Liver



Brain



Metabolism



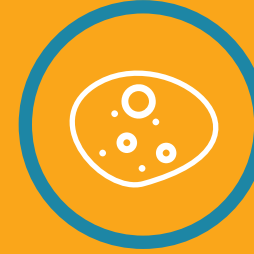
Muscles



Immune System



Cells



Skin

