



Egg yolks naturally contain Vitamin D

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Eggs, a great natural source of vitamin D

One of the most important functions of vitamin D is the regulation of the amount of calcium and phosphate absorbed by the body, contributing to normal growth and development in children and maintaining our bone, teeth, and muscle health as humans age. Vitamin D also supports the normal function of the immune system, which is the body's first line of defence against infection and disease

Vitamin D is produced in the skin in response to sunlight and is also naturally produced in a small number of foods, including eggs. A serving of two eggs contains 8.2µg of vitamin D, which is 82% of the recommended dietary intake. Eggs are one of the best food sources of vitamin D.



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