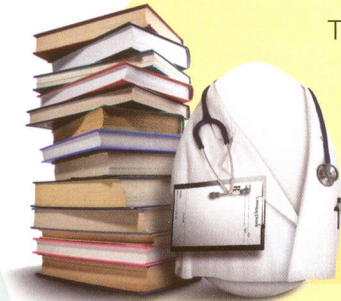


Still avoiding eggs?

It's time to *change* your thinking!



The facts are clear. **Scientific research has shown that eggs are not a concern when it comes to managing cholesterol.** So, you can start enjoying eggs again!

You can have an egg every day without increasing your risk of heart disease.^{1*}

¹ *Journal of the American Medical Association*, 1999.

* If you have heart disease, diabetes or are at risk because of family history, please consult your physician or dietitian.