



# The Guardian

7-4-99

## Cracking way to do battle with disease

THR humble eez has deliver the four main

## Scientists go to work on a super-egg

# Scots to market 'life-saving' eggs

By Dipesh Gadhur

SCOTTISH scientists claim to have created an "omega-3" egg, which is rich in essential fatty acids and is said to protect against potentially fatal diseases.



Cracked it: The Columbus egg is already on the market

...but significantly lower than those of some other eggs. The college's research was published in the journal *Journal of the Science of Food and Agriculture* in 1997. The British government has been keen to reduce the risk of coronary heart disease and other diseases linked to a diet high in saturated fat. It has encouraged people to eat more fish, which is rich in omega-3 fatty acids. The new egg is said to contain 100mg of omega-3 fatty acids per egg, compared with 10mg in a standard egg. The researchers claim that this is an important part of the diet that can help to reduce the risk of heart disease and other conditions. The new egg is said to be available in Scotland from next month.



Heartly meal: Peter Sargal with one of his designer eggs, which he says can protect against potentially fatal diseases

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# Experts crack the super egg's secret

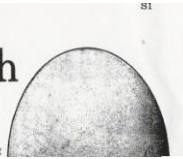
BY TOBY McDONALD  
SCIENTISTS HAVE CRACKED the protein of how to go to work on an egg again - without raising a heart attack. The new, healthier super-egg could create a multi-

Scientists predict boom as health threat is cut

achieve the improvement, three egg components have been enhanced. One of these is docosahexaenoic acid (DHA) is an essential Omega-3 polyunsaturated fatty acid which enhances the immune system.

# Super egg that could poach the vitamin pill market

A NEW super eez developed By SEAN POULTER been concerned about eating



# THE SCOTSMAN

'Super' egg takes spotlight as disease cure-all

The team has developed a score for the time which is transferred through the animal body to the naturally occurring egg which has improved nutrients. The nutrients are already present in all eggs. Dr Sargal said: "These eggs will be particularly useful for certain groups of people. They will help new mothers in the production of milk for their child and will also be useful to both the elderly and the young."

The eggs have been tested in human trials. Over an eight week period 40 people were given an egg each day with half

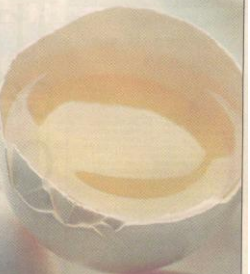
GAVIN DUNCAN

## Life

# Could SUPER EGG save your life?

FARS of salmonella and research linking high egg consumption to increased cholesterol levels has meant that our egg intake has reached an all-time low. Now, research however, may mean that the beleaguered egg could soon experience a change in fortunes. Scientists at the Scottish Agricultural College in Auchincross, near Ayr, have created a super egg, which they claim could help prevent disease, boost immune systems and could soon join the ranks of other "functional foods" - a cross between medicine and food - which are already available on supermarket shelves.

Scotts scientists have developed a nutrient-rich egg that could put the humble fud back into fashion. LUCY MILLER reports.



The research team found that chickens would produce super eggs if their food was enriched with natural compounds. "These nutrients are as important for children as they are for humans and are transferred from the chicken feed to the egg yolk," explains Dr Sargal. "You could take these nutrients in capsule form, but the best way to receive them is through eating natural products and eggs are a very good way of doing that."

Our research found that people who ate one of our eggs each day over eight weeks significantly increased their levels of three nutrients - which are associated with a decreased risk of succumbing to some diseases. According to the college, eating just one super egg will give you the full daily requirement of Vitamin E, 10-20 milligrams; the full daily requirement of DHA, 30-40 milligrams; compared with 30-40 milligrams found in a normal egg; half the daily requirement of selenium, 30-55 micrograms of the daily recommended level 40-75 micrograms.

# Scientists go to work on creating 'super-egg'

By NIGEL HAWKES SCIENCE EDITOR

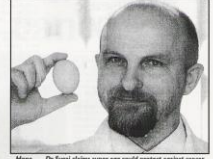
# THE EXPRESS

5-4-99

## Super eggs can help to beat cancer

5-4-99

# MY SUPER-EGG COULD BE THE CURE FOR CANCER



Doc in food claims

Maybe... Dr Sargal claims super egg could protect against cancer