

clearly involved, the list including several common cancers, diabetes, rheumatoid arthritis and multiple sclerosis. An activated form of vitamin D has now been identified that can help in stabilising blood pressure, suppressing artery-damaging inflammation and protect blood vessels from calcification together with a role in the modulation of immune function and thereby inflammatory response.

Table 5. Vitamin supply from a large (60g) egg

Vitamin	Content in egg	% RDA
A, µg	150	18.8
D, µg	1.5	30.0
E, mg	1.1	9.2
K, µg	25.0	33.3
B1, µg	50.0	4.6
B2, µg	160	11.4
B3, mg	1.6	10.0
B5, µg	850	14.2
B6, µg	60.0	4.3
B7, µg	13.3	26.6
B9, µg	34.0	17.0
B12, µg	1.1	44.0