

What's so great about Egg Whites you ask?

Check out the diverse protein structure ...

Protein Type	(%) In Typical Egg White	Function of Protein
Ovalbumin	54%	Nourishment, blocks digestive enzymes
Ovotransferrin	12%	Binds iron
Ovomucoid	11%	Blocks digestive enzymes
Globulins	8%	Plugs defects in membranes, shell
Lysozyme	3.5%	Enzyme that digests bacterial cell walls
Ovomucin	1.5%	Thickens egg white; inhibits viruses
Avidin	.06%	Binds vitamin (biotin)
Others	10%	Bind vitamins, block digestive enzymes

This diverse protein makeup allows for easy digestion and absorption into your body.

There is one tiny condition however...



You must properly cook the egg white in order to unlock it's full amino acid spectrum and make it easily digestible. Uhuh.

If you try to drink it raw (YUCK!) not only will you want to vomit just to be Rocky...but you run the risk of exposing yourself to salmonella. Hmm... not the best way to lose weight.

But if you cook an egg white too much (scrambled egg consistency), you begin to overcook the protein and can ruin the complete nutritional value of the egg white protein.

Tricky? **SIMPLE SOLUTION. EGGCEL.** As it's pasteurised, it's not classed as raw, and you can use straight into drinks or pour in a pan to make an egg white omelette. Problem solved!