

IT'S **CAPTAIN EGG!**

AFTER A BUSY DAY OF **PROVIDING IMPORTANT NUTRITION AROUND THE WORLD**, HE WANTED TO SHARE SOME OF THE **SUPERPOWERS** THAT ALLOW HIM TO DO HIS JOB SO WELL WITH YOU...



CALCIUM, VITAMIN D & PHOSPHORUS

MAKE SURE BONES ARE STRONG AND UNBREAKABLE!

PROTEIN

FOR BUILDING SUPERHERO SIZED MUSCLES

IRON

HELPS THE BODY USE OXYGEN - VITAL FOR WHEN FEELING OUT OF BREATH FROM FLYING

ZINC

BOOSTS THE IMMUNE SYSTEM AGAINST BADDIES (AND GERMS)

CHOLINE

GOOD FOR THE BRAIN (VERY IMPORTANT WHEN WORKING OUT SECRET CODES)

VITAMIN E

HELPS TO FIGHT INFECTIONS, GERMS AND SUPERVILLAINS



DRAW YOUR OWN
WORLD EGG DAY
SUPERHERO

