



The chicken or the egg?

In the categories of what-goes-in-comes-out and why-didn't-someone-think-of-this-sooner: Enriching chicken feed with vitamins results in vitamin-enriched eggs. Hens at Gray Ridge Egg Farms in Strathroy are dropping "state of the art" eggs with 50 per cent of the recommended daily intake of Vitamin E (compared to 6 per cent in a regular egg), 23 per cent of the RDI for Vitamin B6 (compared to 4 per cent) and 75 per cent of the RDI of Vitamin B12 (compared to 25 per cent). The vitamin-enriched eggs, from the same company that markets Omega 3 eggs, are in supermarkets now. And in the category of whaddyaknow, the chicken wranglers point out that "in addition, the hens produce healthier eggs because they are fed a vitamin-supplemented diet."