

## **Eggology Egg Whites Are The Perfect Ingredient in a Successful Weight Loss Plan**

*Eggology egg whites are one of the healthiest, tastiest, and most convenient foods for on-the-go people looking to stay healthy, feel good and lose some weight.*

**Canoga Park, CA. June 29, 2009** — Liquid egg whites made by Eggology - the leader in the all-natural egg white industry – is an essential element to a successful weight loss plan. With bikini season here, beachgoers are starting to consider their options for healthy weight loss plans. One of the best ways to lose excess fat is to cut down calorie-intake each day by eating leaner and less processed foods. Eggology's organic and fresh egg whites have been popular among celebrities and bodybuilders for years, and it's no secret that average consumers can start losing weight and getting toned by incorporating Eggology egg whites into their everyday diet.

What makes Eggology egg whites an essential component to a successful weight loss regime? Brad Halpern, founder of Eggology, informs us that “the high protein content in the liquid egg whites help sustain the feeling of ‘fullness’ for longer, while the low-calorie count in the egg whites insure the healthiness of each serving, and the freshness of the egg whites will make the body feel more energetic”. Mr. Halpern suggests substituting in egg whites as a snack or part of a meal instead of eating something that may be high in carbohydrates and/or fat. He adds that “Eggology egg whites are safe to enjoy raw – in a shake or alone – because our egg whites must meet a strict USDA inspection process”.

Eggology makes it even easier to have fresh scrambled egg whites any time of day with their line of On-The-Go liquid egg whites that come in a microwave safe cup – in about 95 seconds you can enjoy fluffy, hot egg whites – a convenient way to have a high protein meal or snack. Recently, Good Housekeeping magazine featured Eggology On-The-Go as a *Best Breakfast Convenience Food* and Prevention magazine touted it as a great low-carb grab-and-go option.

Eggology egg whites are pure liquid egg whites with no preservatives or fillers, are packed with protein, and contain no cholesterol or fat. Available in On-The-Go cups or packaged in environmentally-friendly plastic bottles. Find Eggology at a store near you or order online.

**About Eggology:** Eggology was launched as a consumer retail company in 1995 after enjoying widespread success among bodybuilders and other savvy health aficionados with its flagship 100% all-natural, certified Organic Liquid Egg Whites. Eggology is the only company that utilizes only fresh pasteurized egg whites (from eggs just three days off the farm), which are 100% pure, organic, USDA approved and kosher. The company also uses an independent lab to test for salmonella and listeria, meaning food-lovers can enjoy the company's products cold, hot, cooked, or raw. More info at [www.eggology.com](http://www.eggology.com).

###

Media Contact:

Anne Orfila | WMT | 805-637-0419 | [anne@webmarketingtherapy.com](mailto:anne@webmarketingtherapy.com)