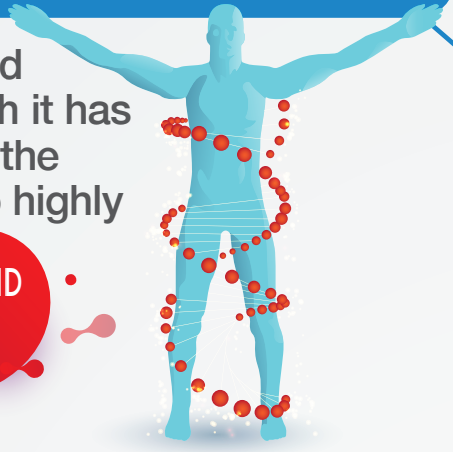


10 REASONS

Protein quality is high.

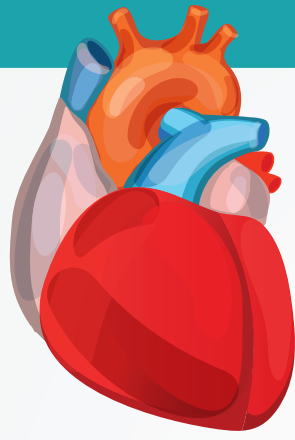
Chicken meat contains natural and complementary proteins. Although it has all the amino acids necessary for the regeneration of our cells, it is also highly digestible.



01

It protects your heart health.

Chicken meat reduces the risk of coronary heart disease because it contains lower fat.

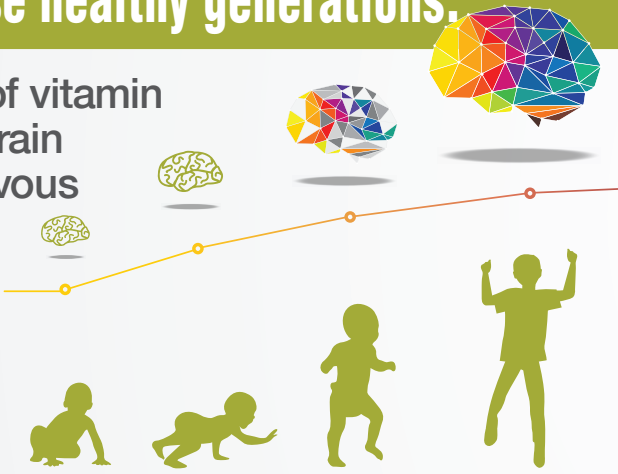


PROTEIN

02

It allows us to raise healthy generations.

It is a natural source of vitamin B12, which enables brain development and nervous system functioning in childhood and adolescence starting from infancy.



03

It strengthens your metabolism.

The Vitamin B6 it contains protects your blood vessels, raises your energy levels, and allows your metabolism to burn calories.

B₆



04

It strengthens your muscles, strengthens your bones.

It is rich in calcium, vitamin D, vitamin B12, protein and omega fatty acids. It prevents advanced muscle loss, osteoporosis and arthritis.



05

06

07

08

It is rich in vitamins and minerals.

It meets your daily protein, vitamins, minerals, energy and fat needs.



Strengthens your immune system.

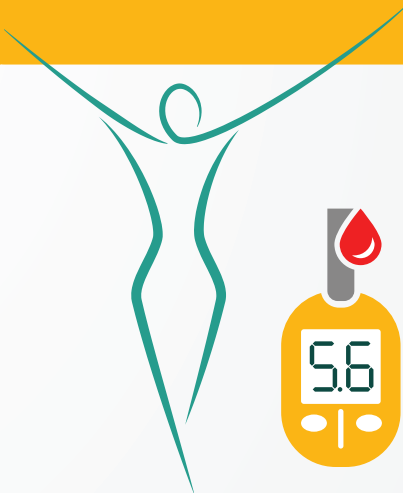
Zinc found in chicken meat helps to maintain your optimal immune functions.



Zinc

It is ideal for dieters.

Skinless breast meat helps you lose weight healthily thanks to its high protein and low carbohydrate value. It prevents muscle loss during a diet and controls your blood sugar.



Protects your eyes, heals your tissues.

The rich vitamin A in chicken protects your eyes. Vitamin B12 heals your tissues.

B₁₂



A

It is a natural antidepressant.

The amino acid content of chicken meat called "tryptophan" is high. When you drink an entire bowl of chicken broth, the serotonin level in your brain increases, reducing your stress and boosting your morale.

SEROTONİN

