

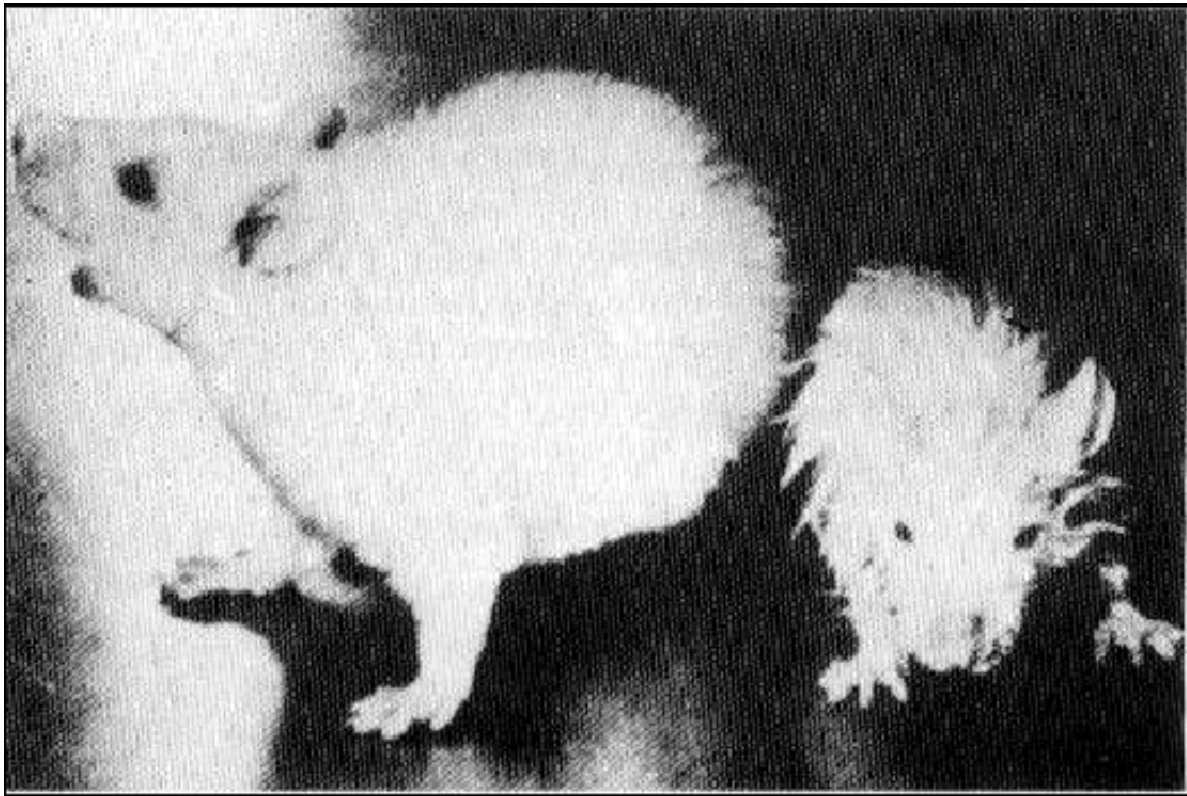
# Artificial Foods Are Not the Nutritional Equivalent of the Real Foods They Replace

However the labels often claim they are.

The picture below shows two rats from the same litter 6 weeks after birth.

The one on the left was raised on nothing but eggs from birth while the one on the right was raised on nothing but Eggbeaters.

Do they look like they were raised on nutritionally equivalent foods?



Eggbeaters were advertised as having the taste and nutrition of farm fresh eggs. Although, the comparison chart on the box showed there were more vitamins and minerals in the Eggbeaters than in real eggs, what conclusion do you draw—

**Do synthetic vitamins really build health?**