

PEOPLE FOR
THE ETHICAL
TREATMENT
OF ANIMALS

24 February 2023

Dear Conor,

After hearing that the World Boxing Council ruled your positive drugs test may have been caused by eating too many eggs, we're sending you a delicious replacement: tofu eggs. Not only are these high in protein, they're also kind to animals – and totally clomiphene-free.

Clomiphene in your bloodstream is frankly the least of your worries if you eat eggs. They are extremely high in cholesterol and saturated fat, which can clog your arteries and lead to heart disease, and a common cause of salmonella infections.

By cutting eggs out of your diet, you'd also be preventing the suffering of inquisitive and intelligent chickens. In the egg industry, millions of hens spend their entire lives in cramped cages, never able to stretch their wings, breathe fresh air, or feel the sun on their backs. They are selectively bred to lay eggs every day until, exhausted, they are sent to their deaths. Even disingenuously named "free-range" eggs come from hens living in severely crowded sheds.

In addition to eggs, athletes risk testing positive for steroids by consuming meat, so the safest meal is always a vegan one. We hope that after reading this, you'll choose to cut out all animal-derived products, for the sake of animals, your health, and your career.

Thank you for your time.

Sincerely,

Elisa Allen
Vice President of Programmes

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