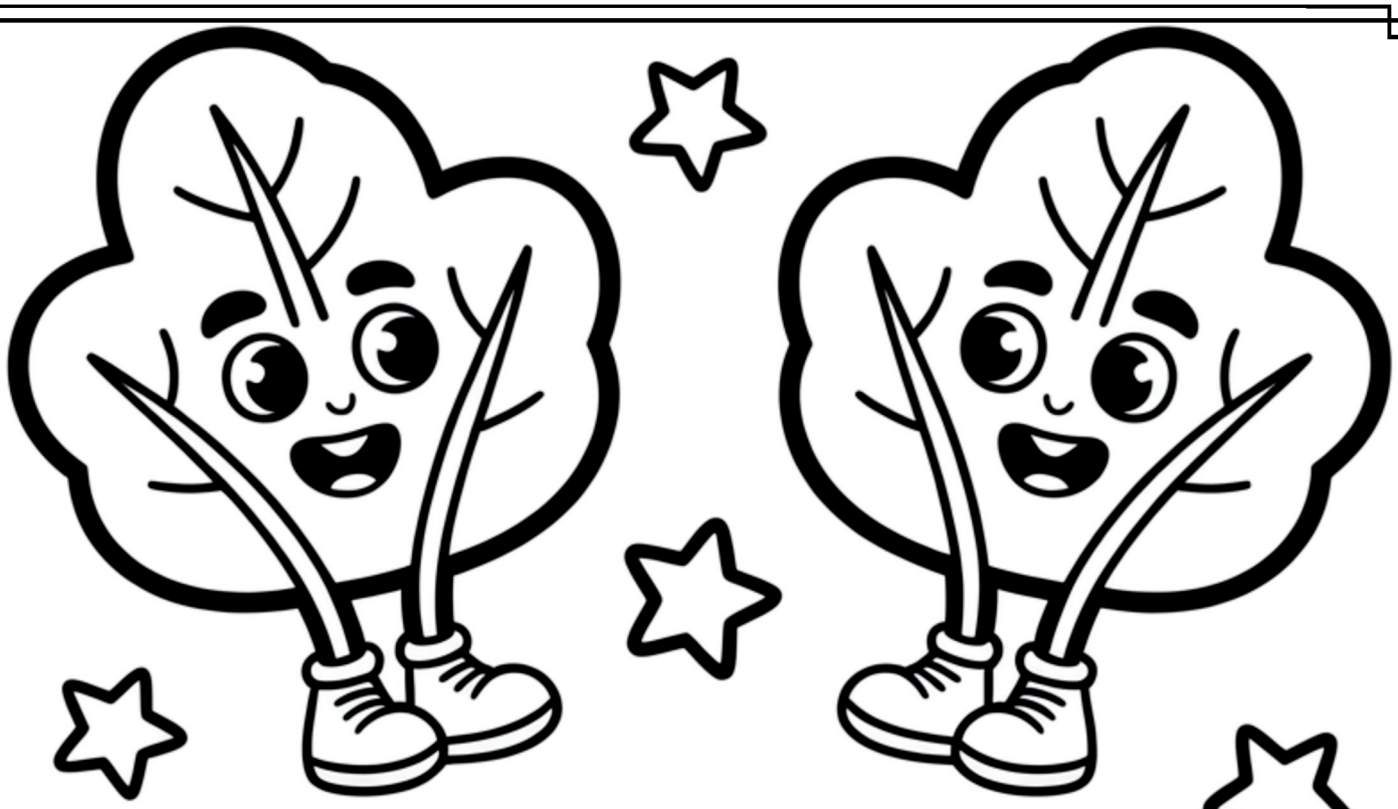
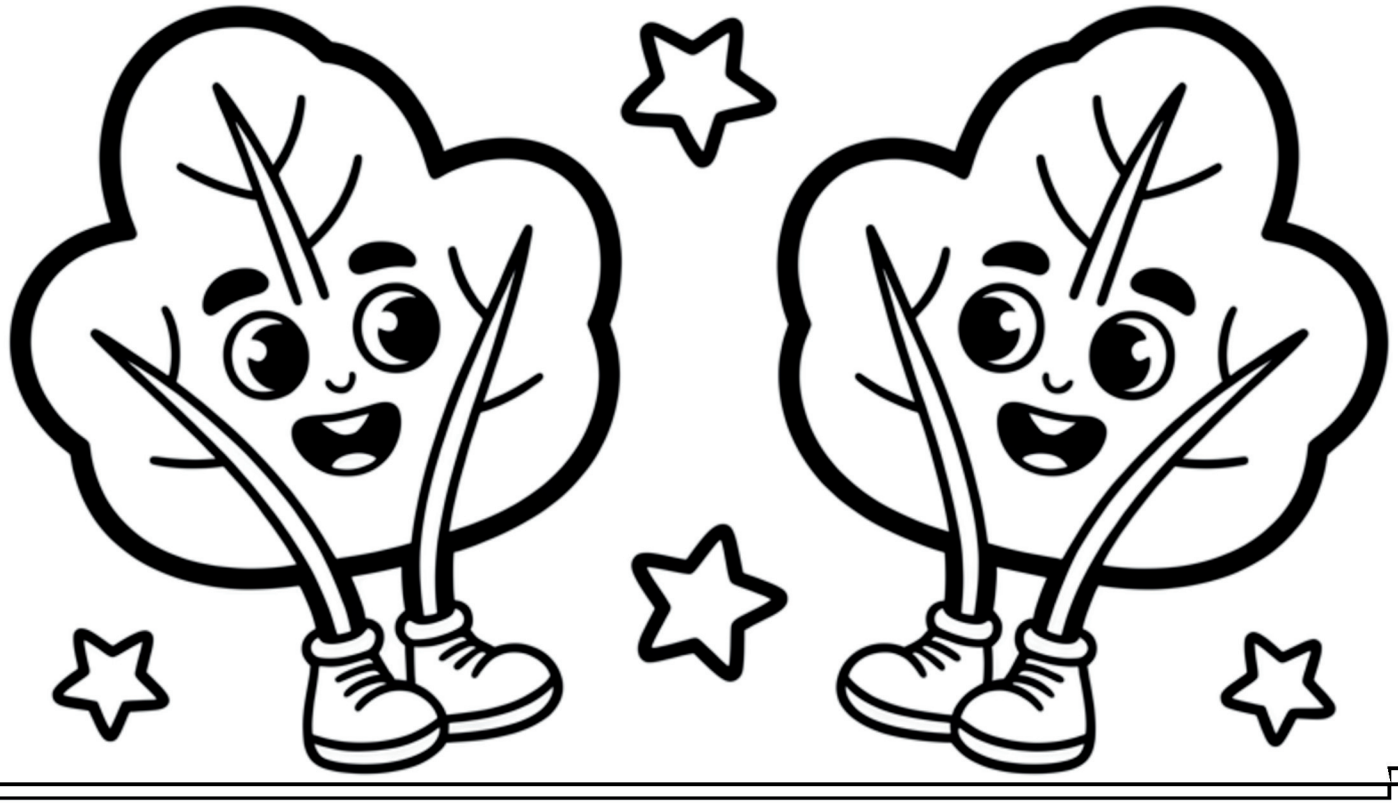


SPINACH

makes you strong.