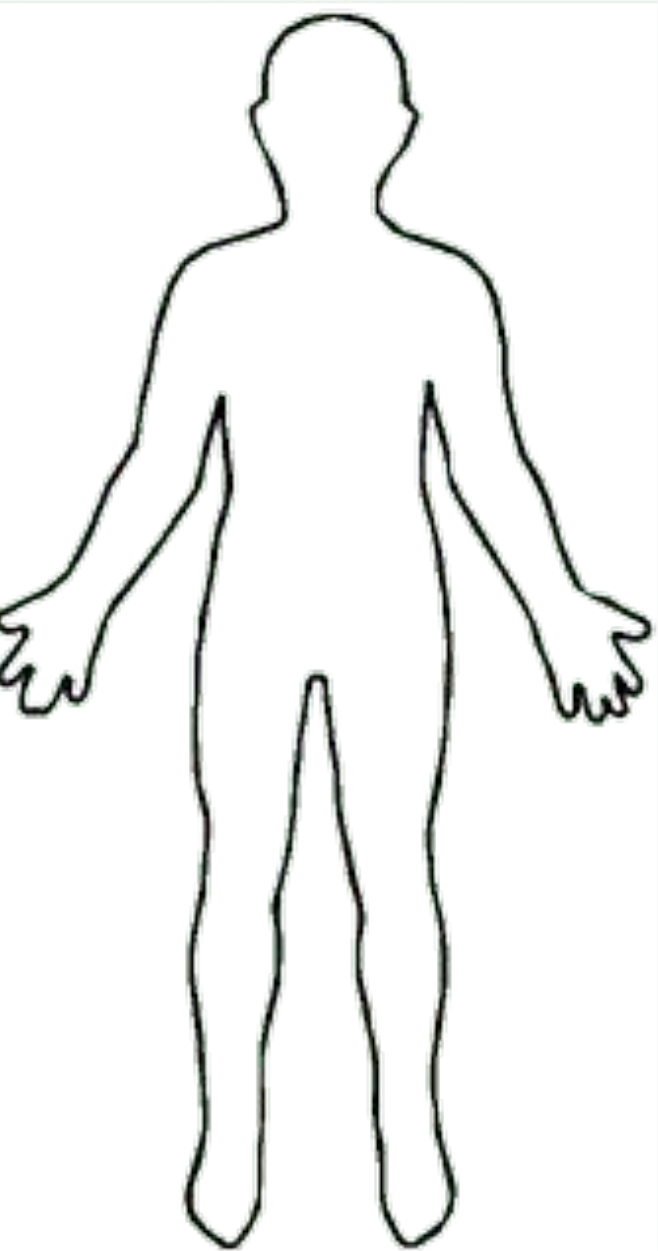
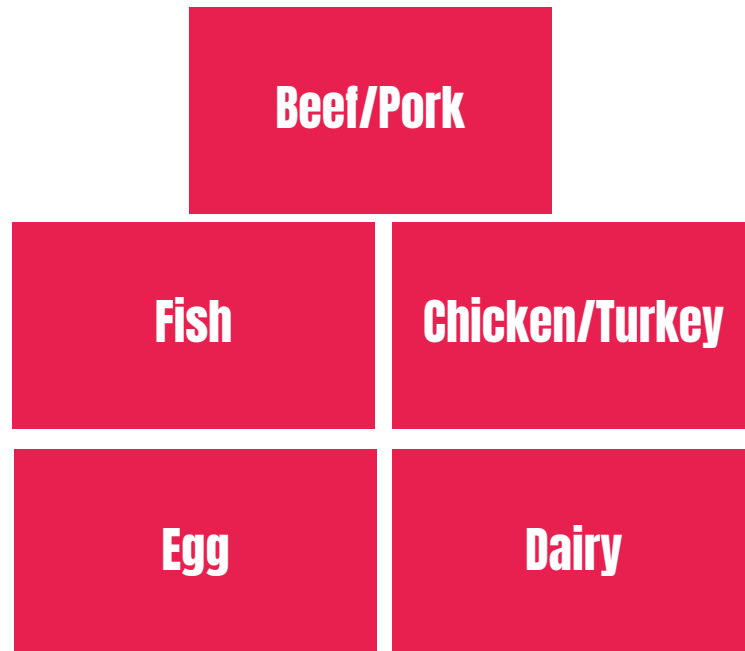


# Protein: Building Blocks of the Body



## Animal Protein



## Plant-Based Protein

