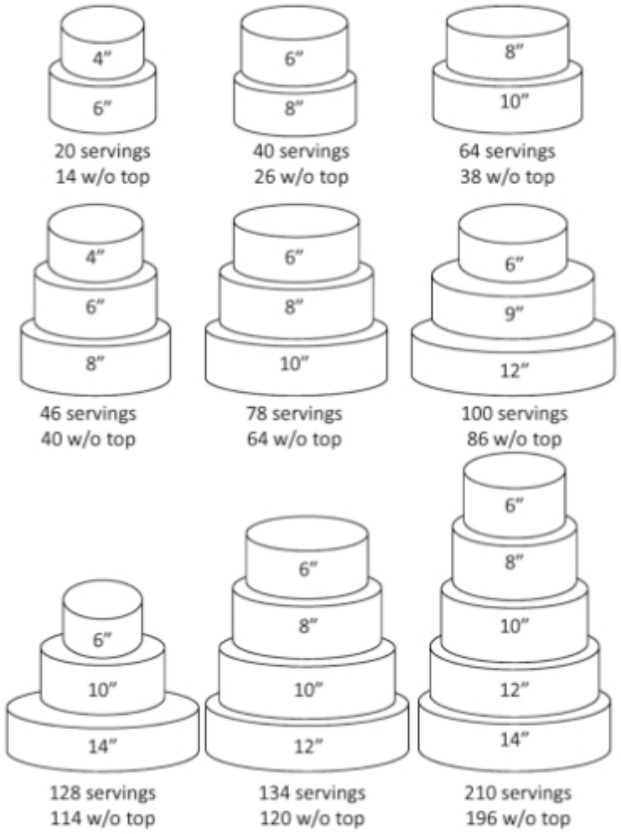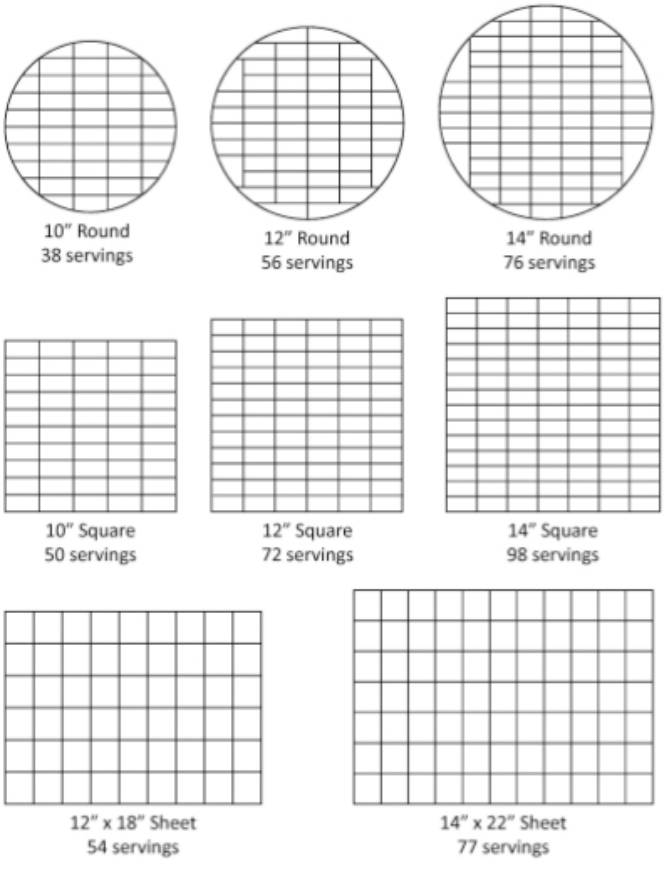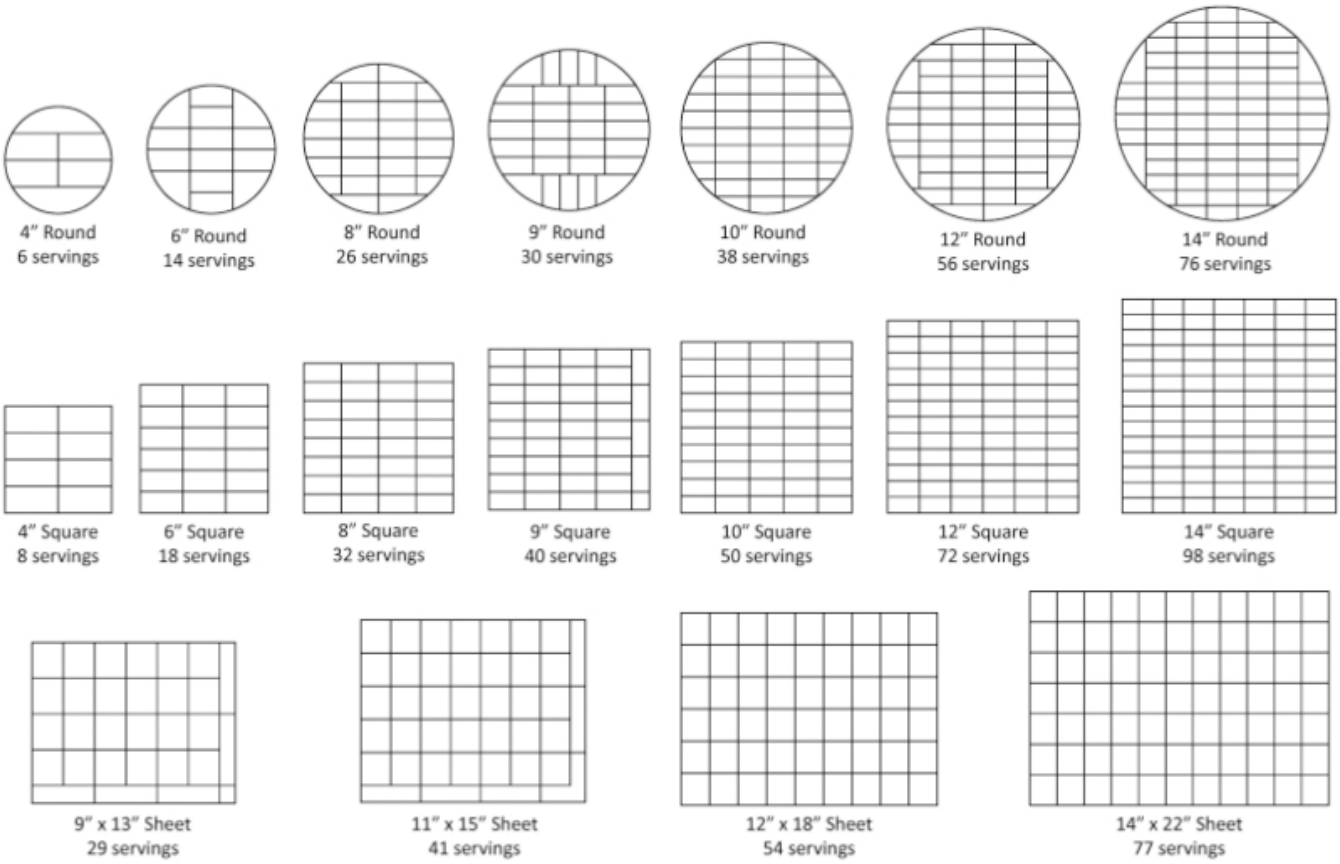Serving Size Guide