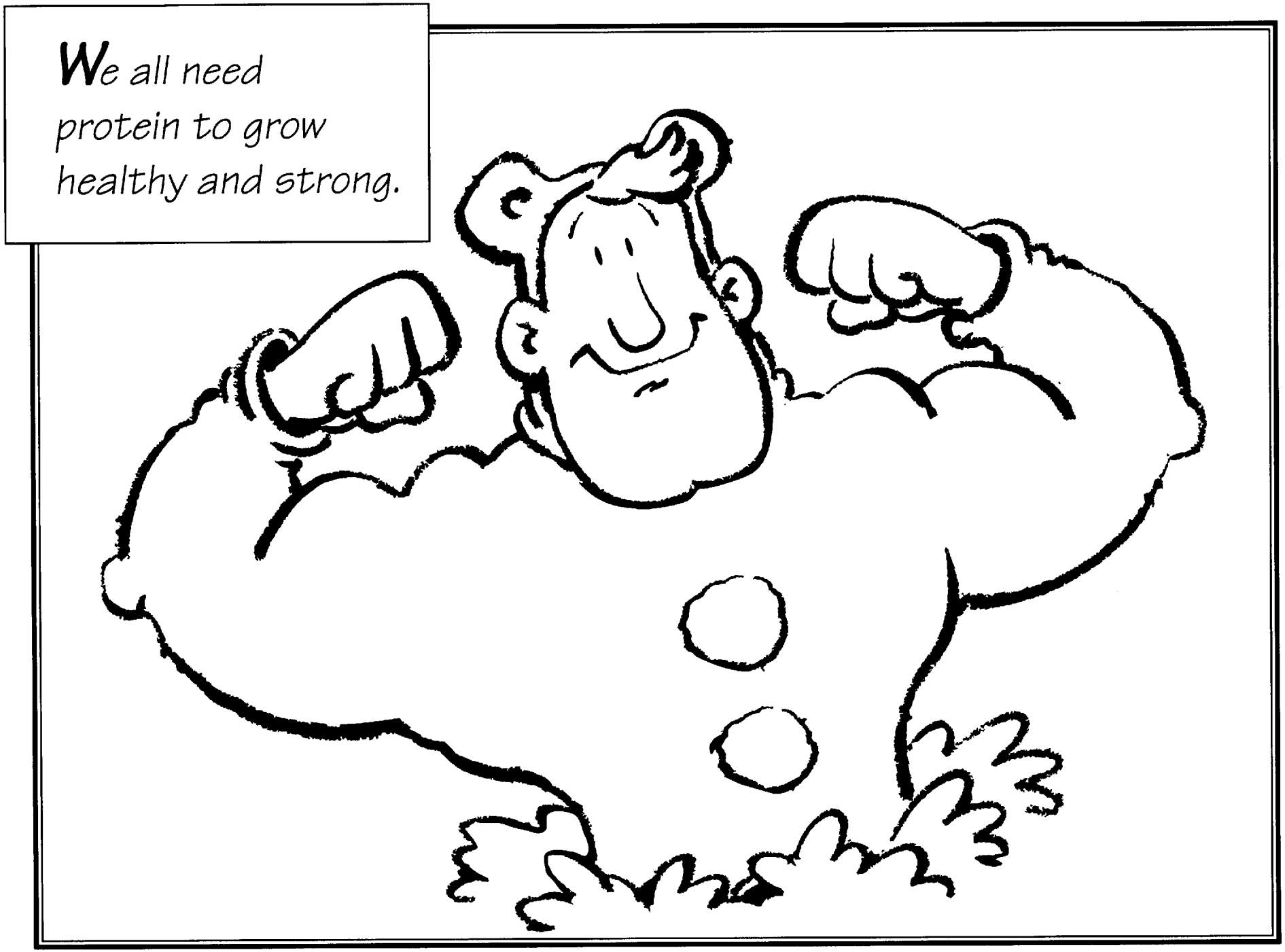
We all need protein to grow healthy and strong.