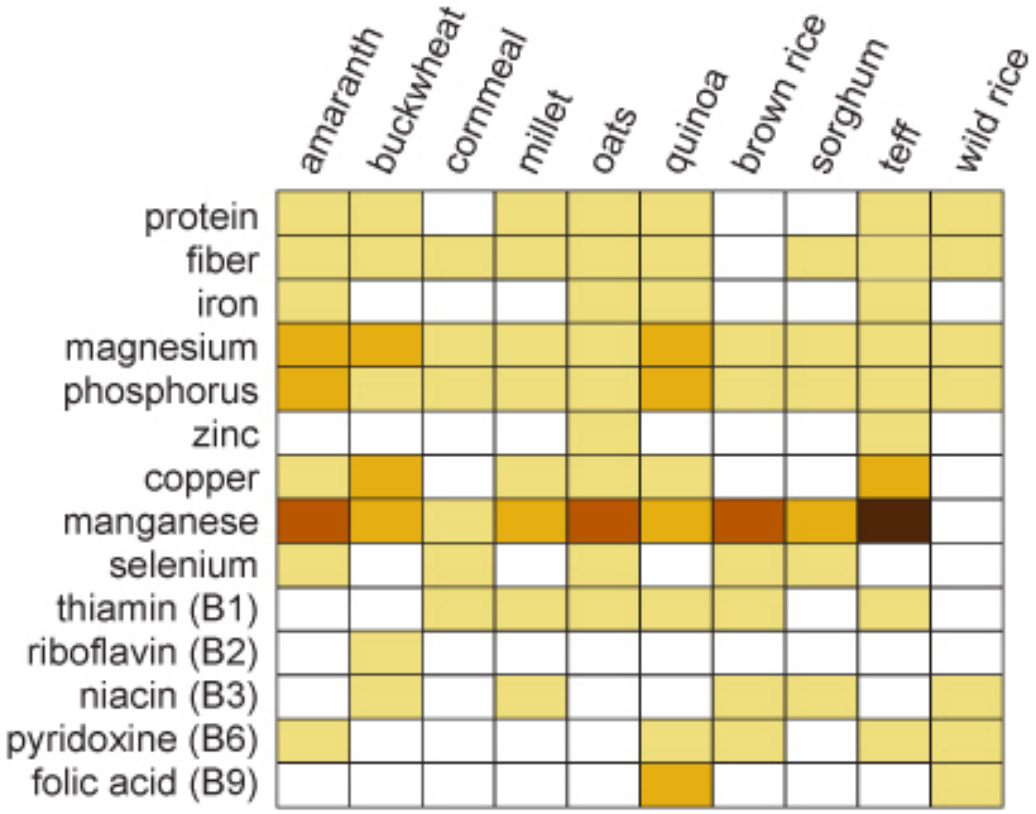
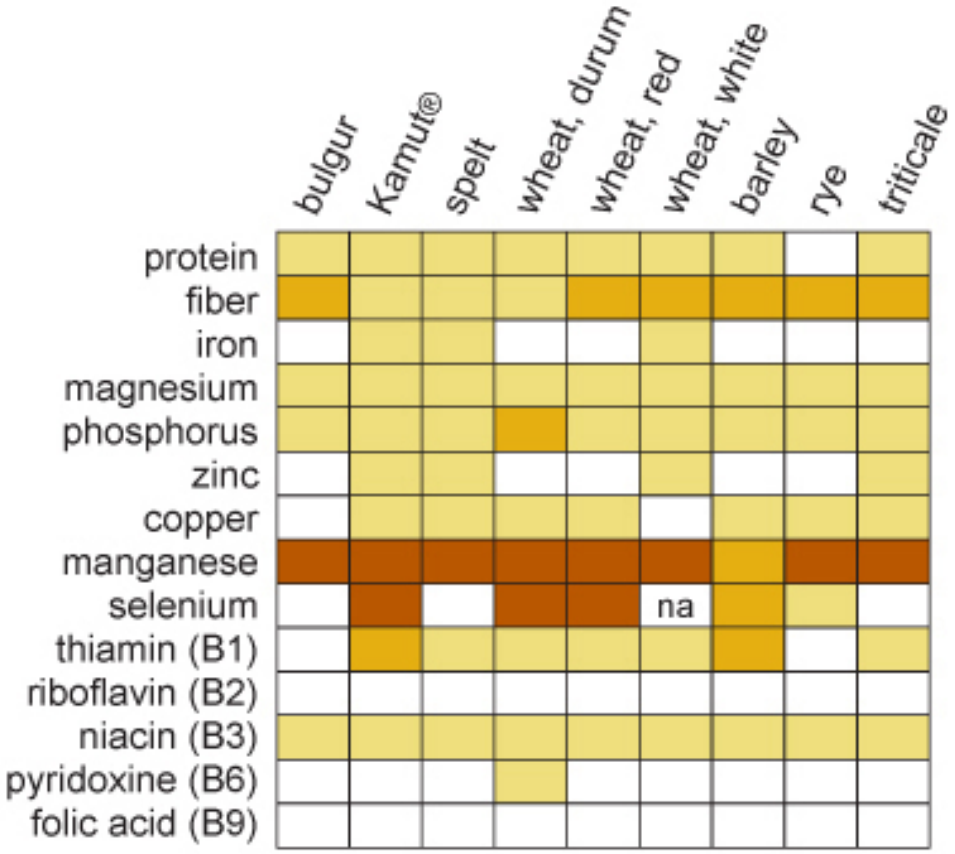
< 10% of daily value

≥ 10% of daily value
Good Source

≥ 20% of daily value
Excellent Source

≥ 50% of daily value

≥ 100% of daily value