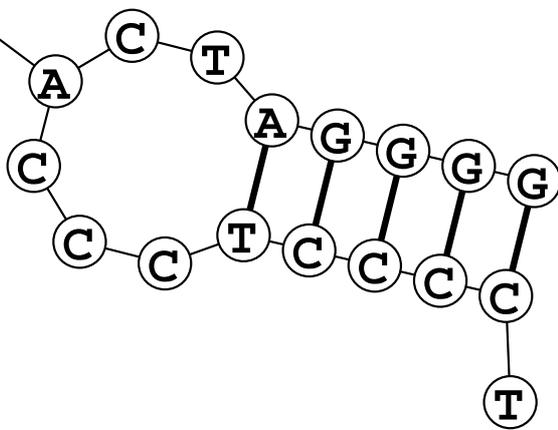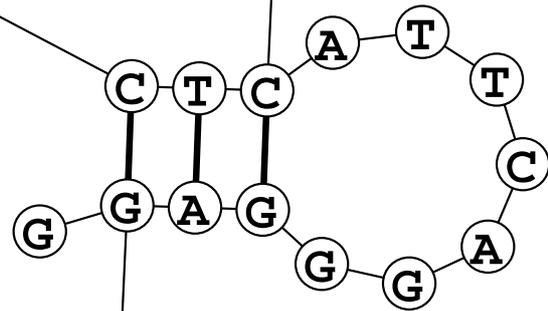ENERGY = -4.5 lactoferrin