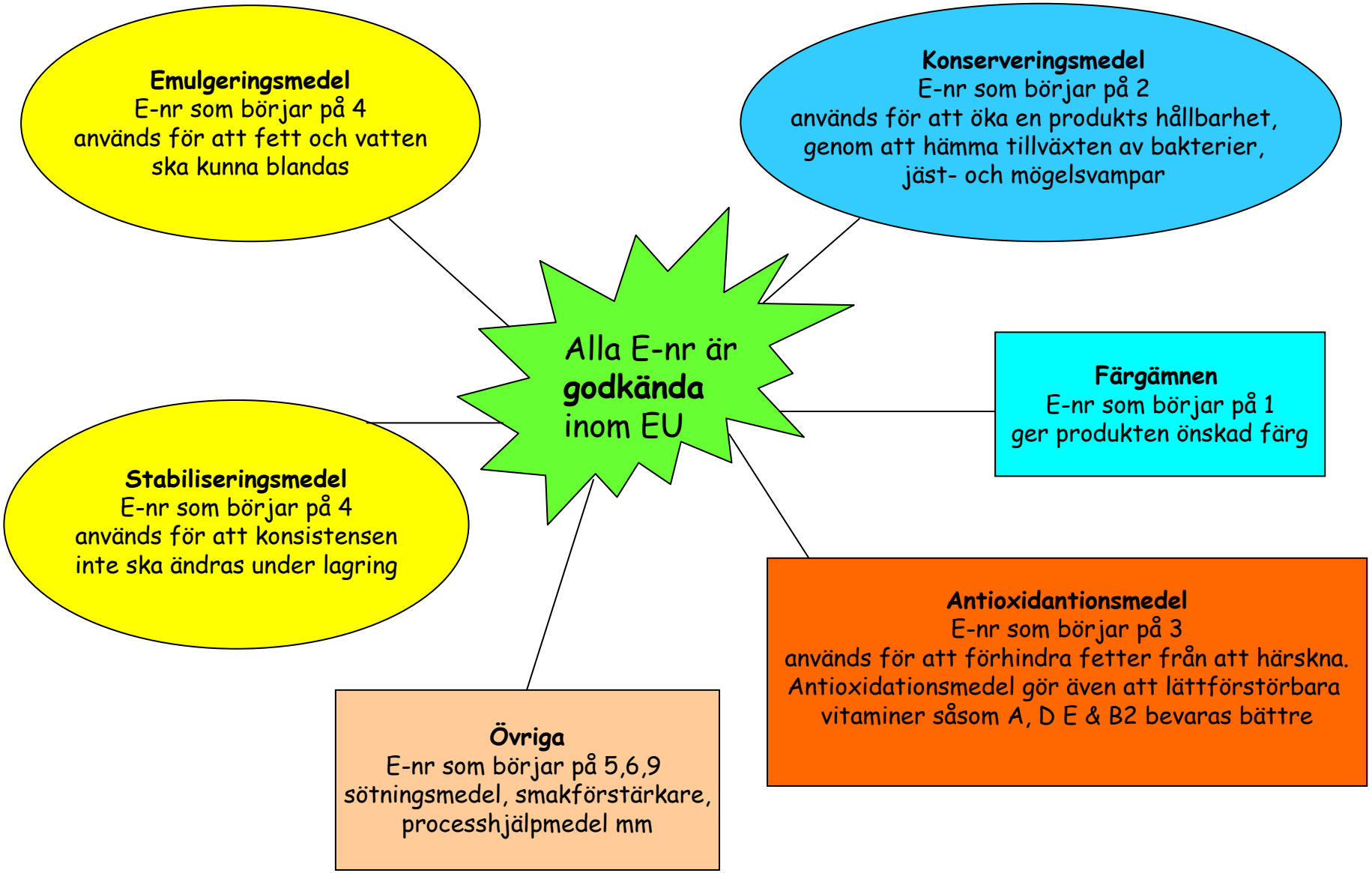Lathund angående E-nummer