RMSE v.s. Regularization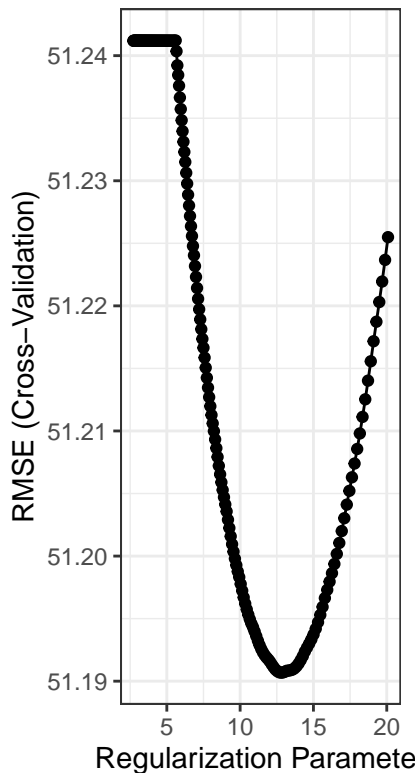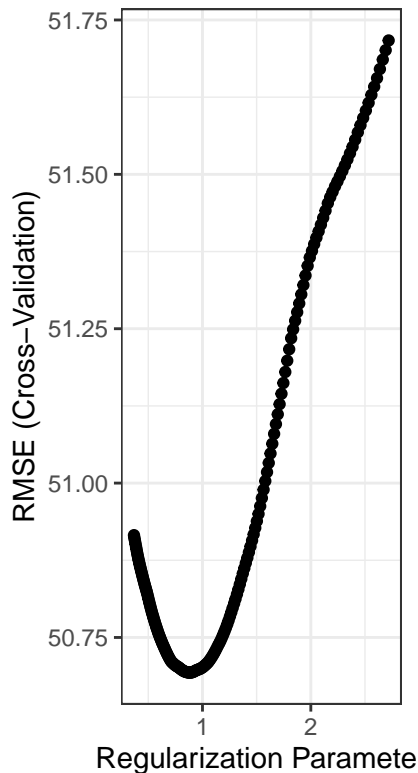 (LASRMSE v.s. Regularization ParameRMSE v.s. Number of Components