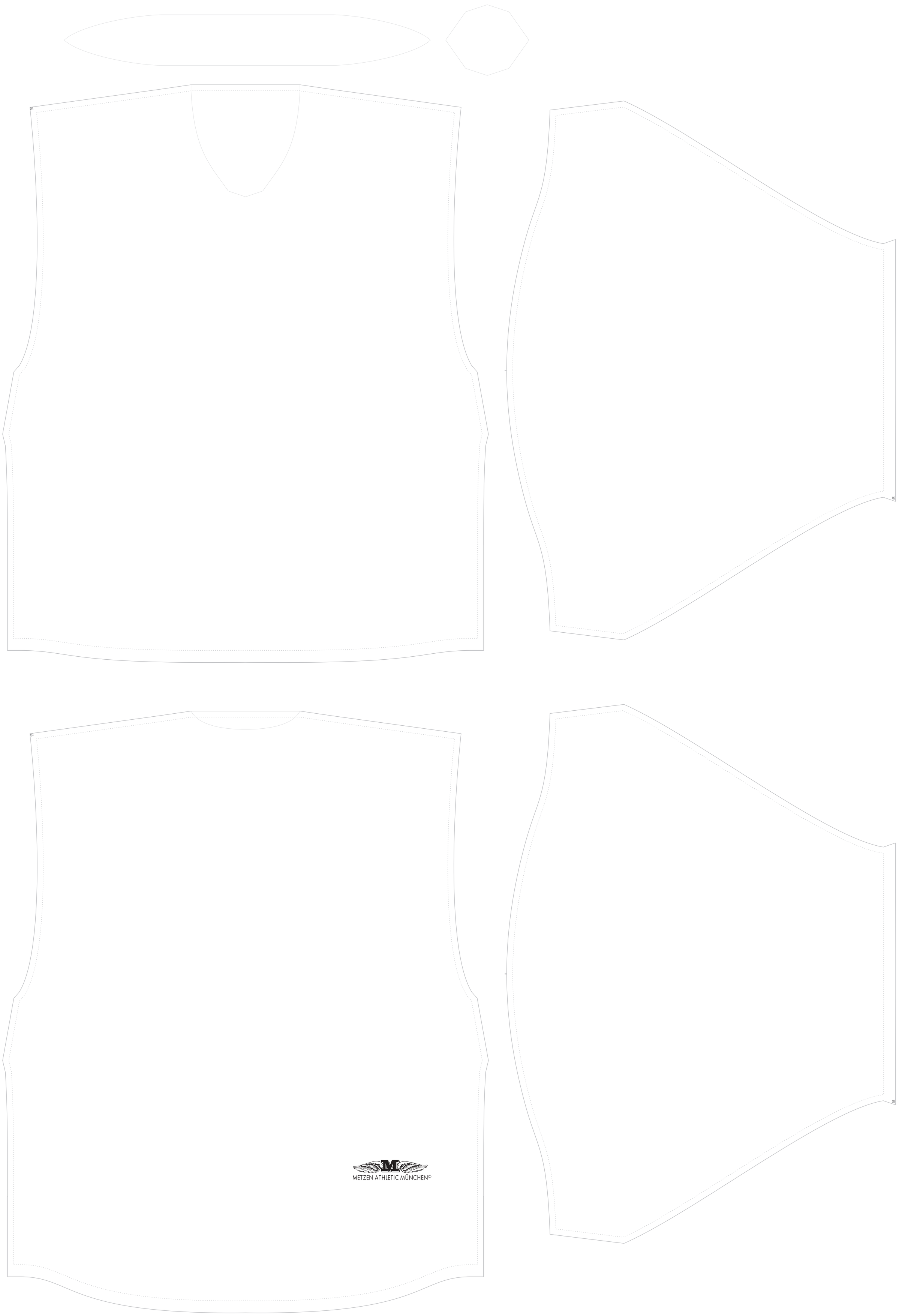56G