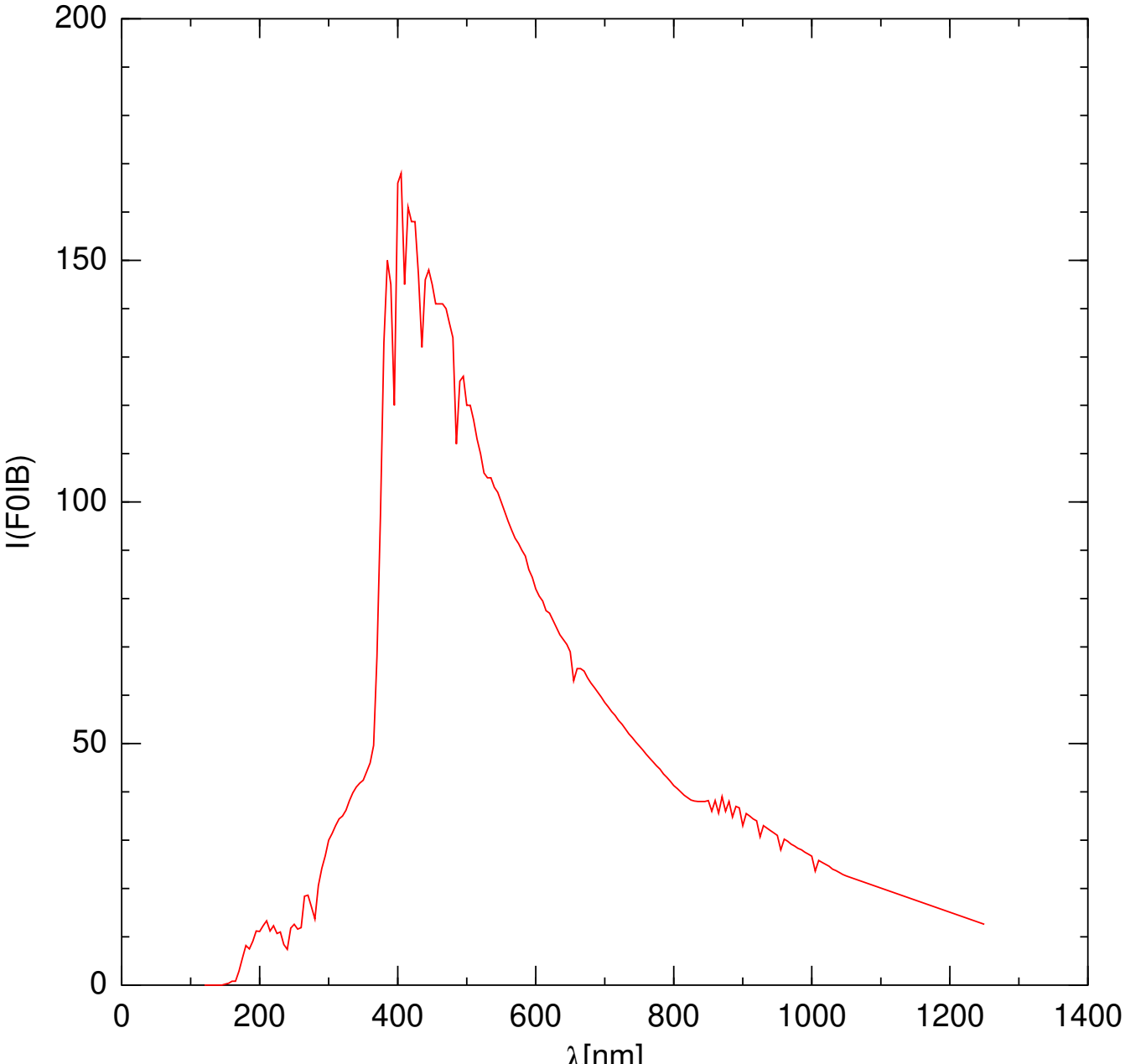F0IB