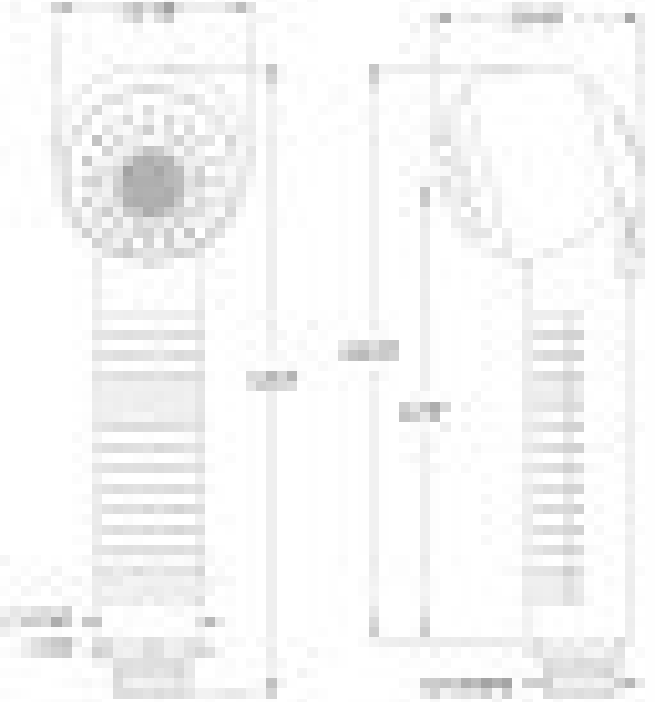中H7208