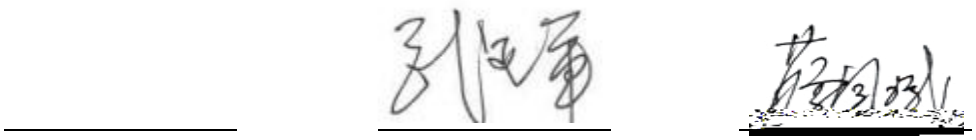X ئم