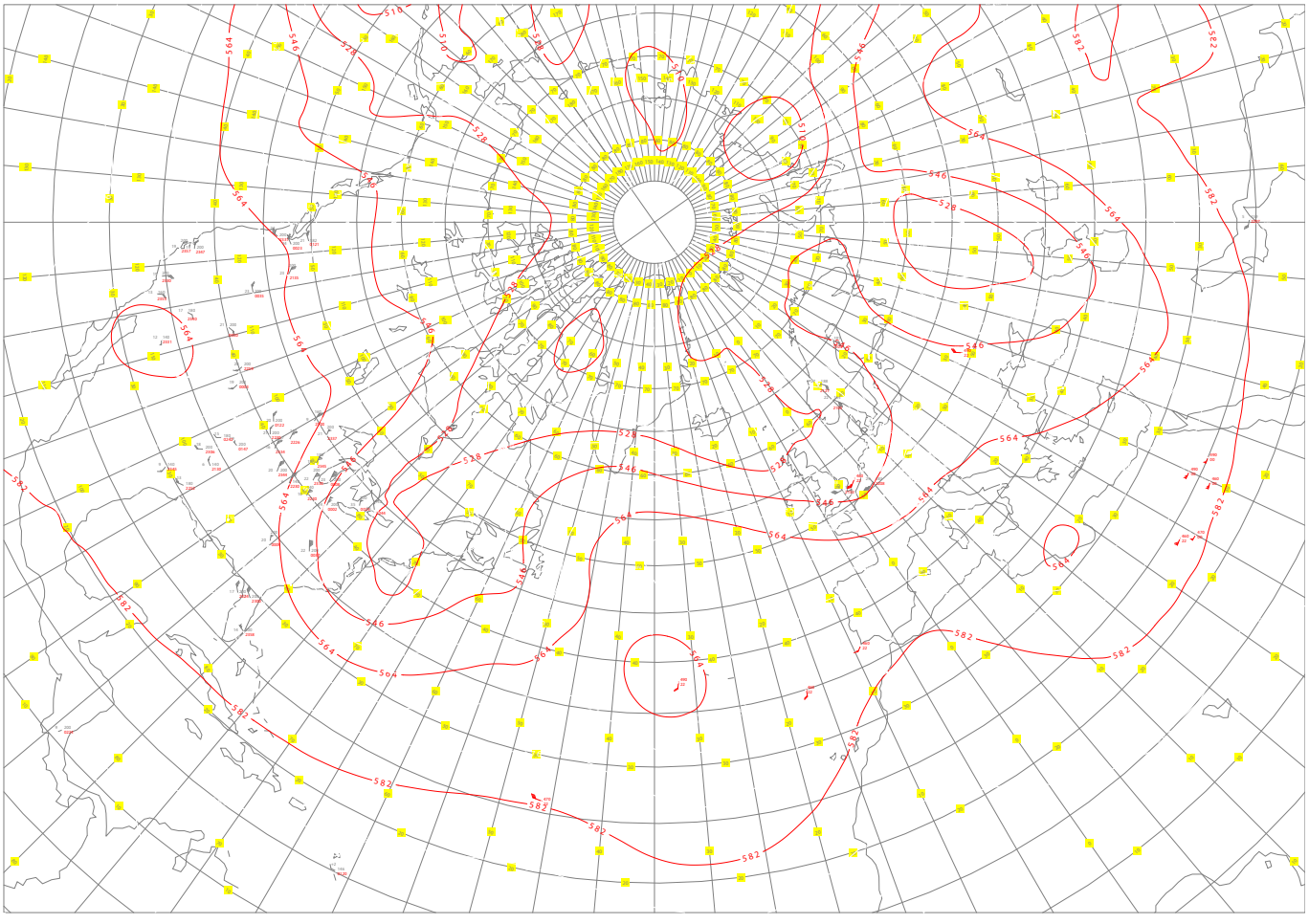500mb