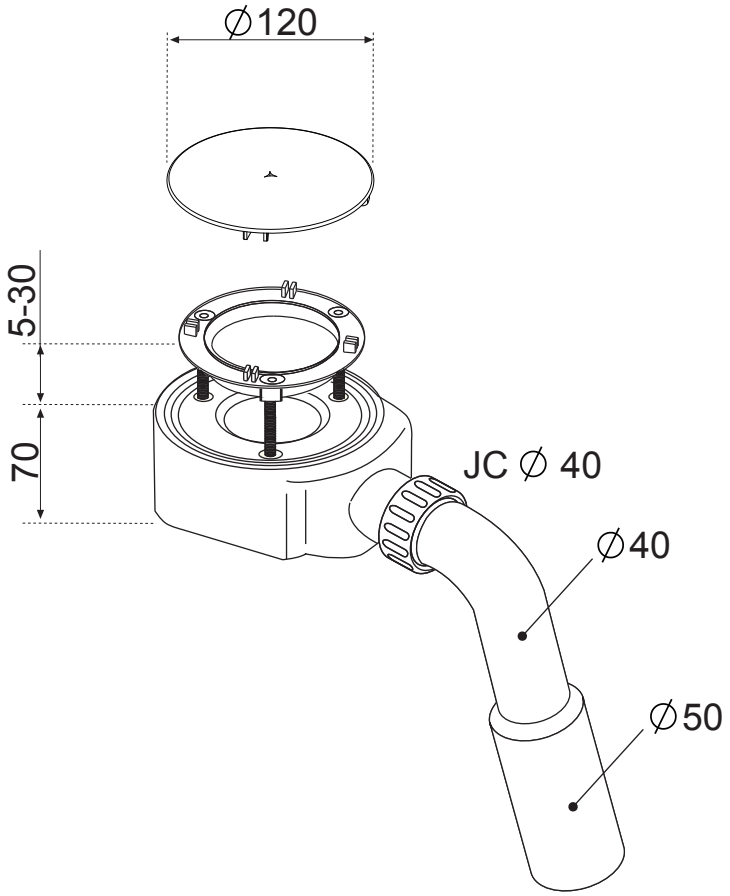R500