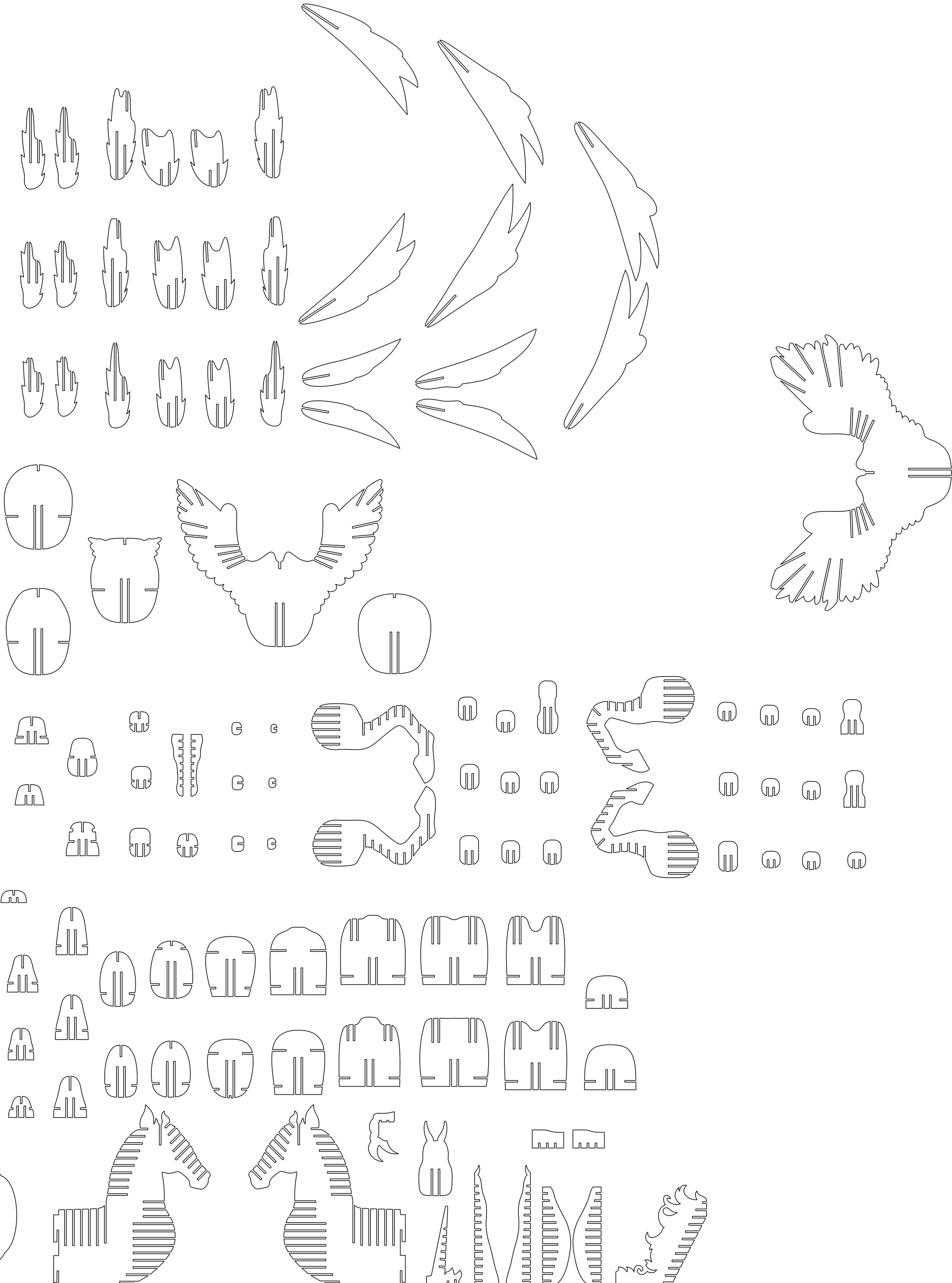3mm