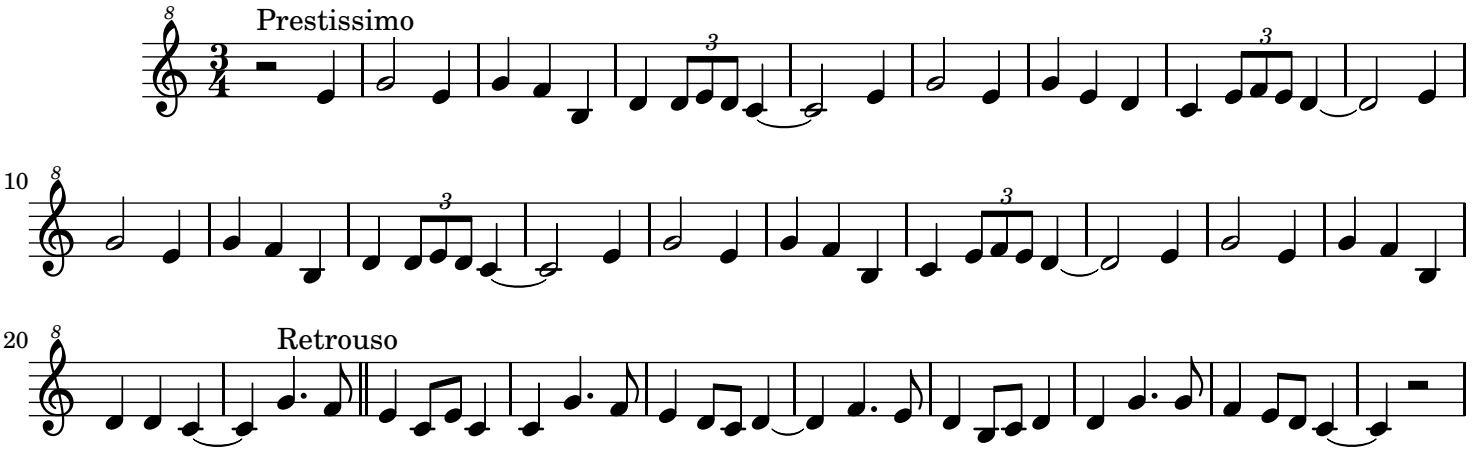Foliada