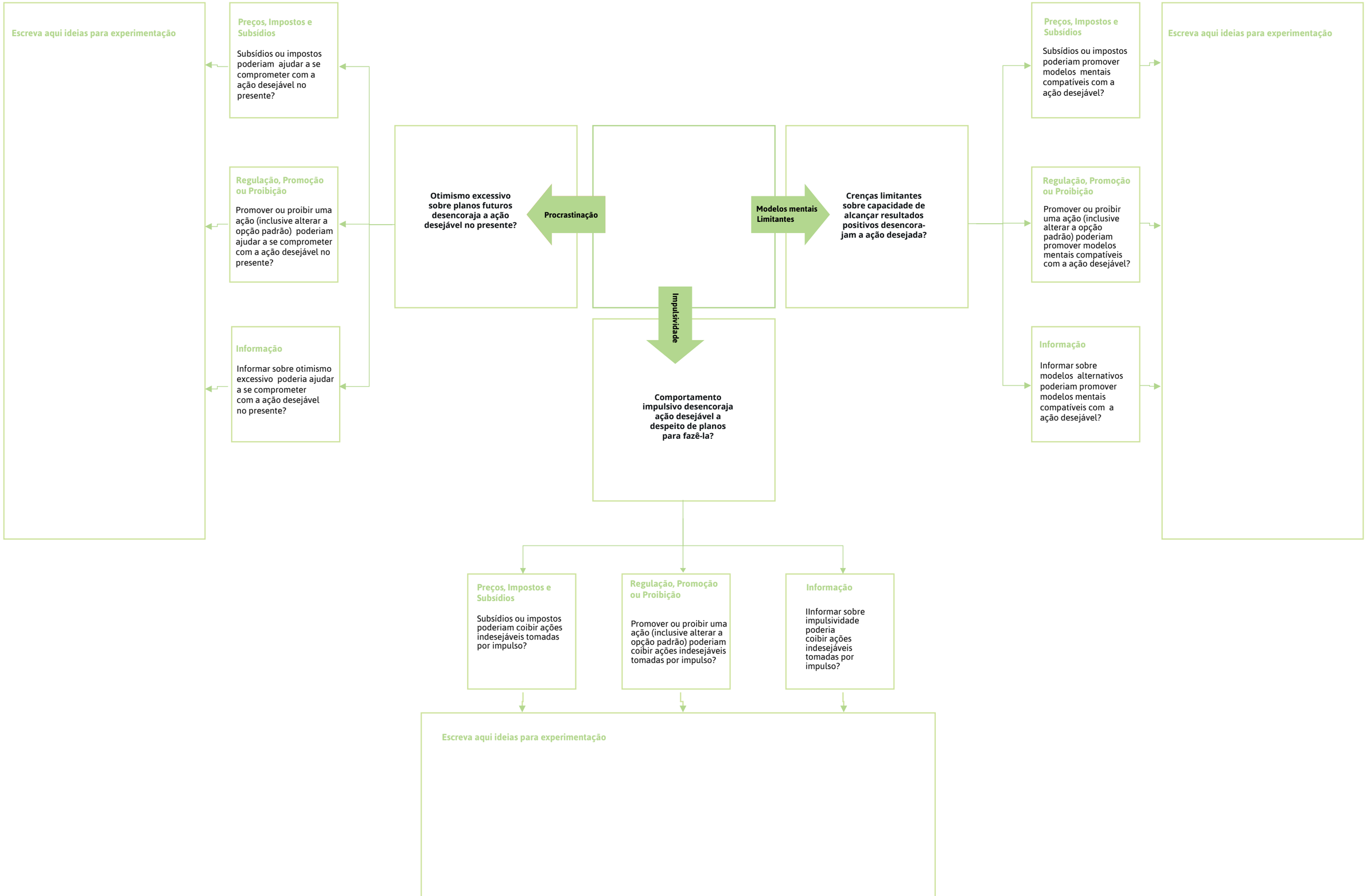Autocontrole