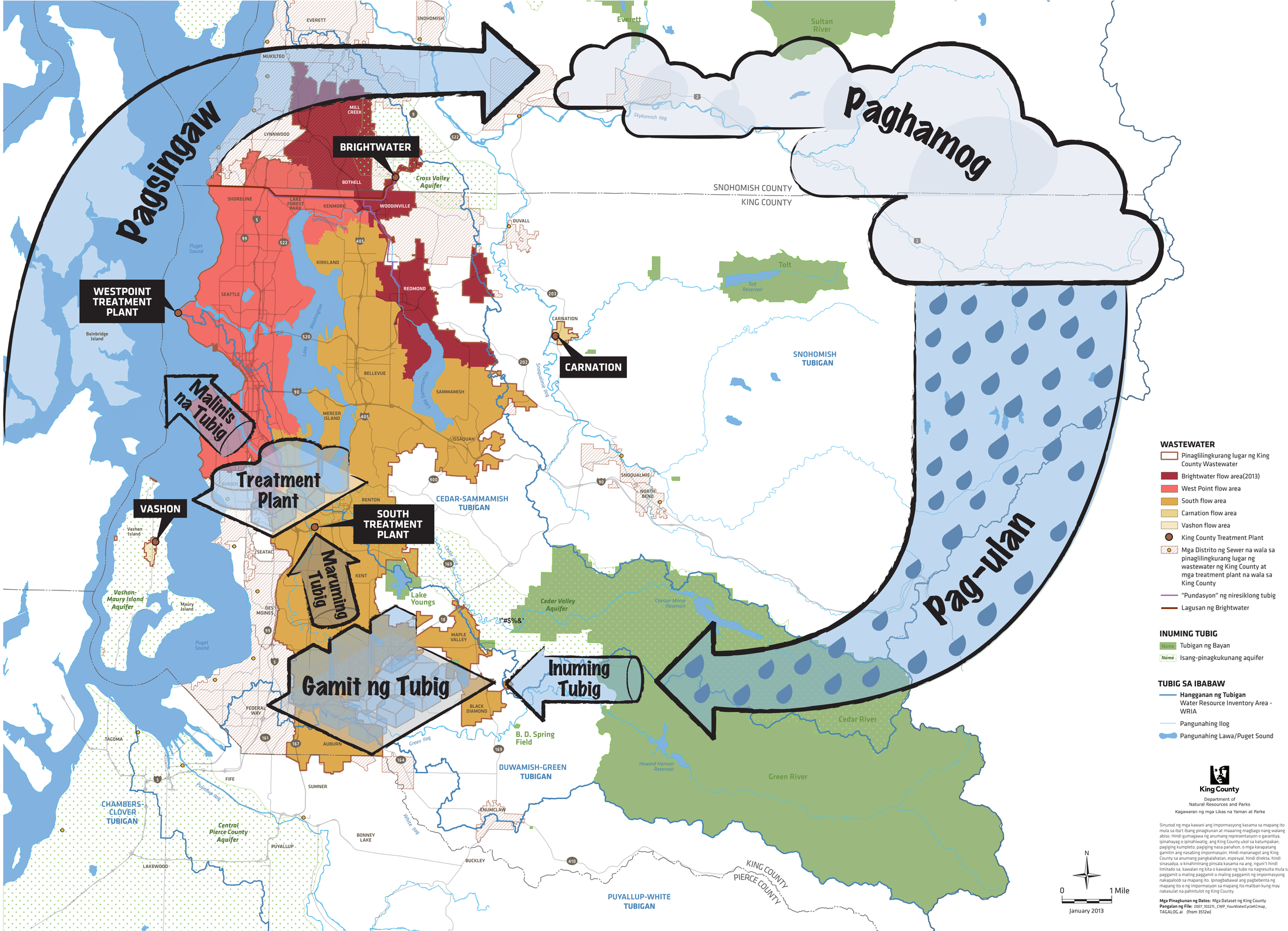# SIKLO NG TUBIG MO