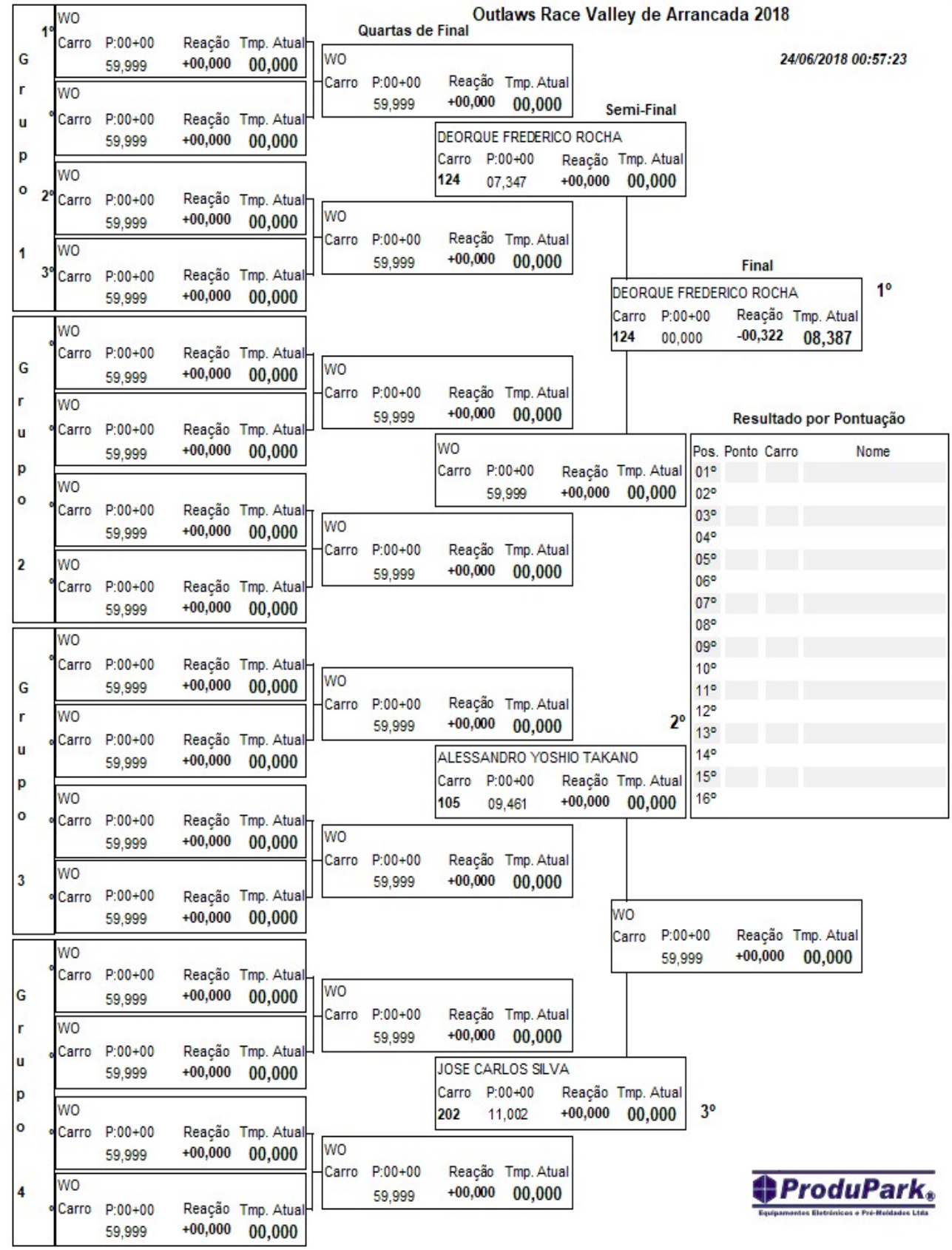H -> (FL) FORCA LIVRE