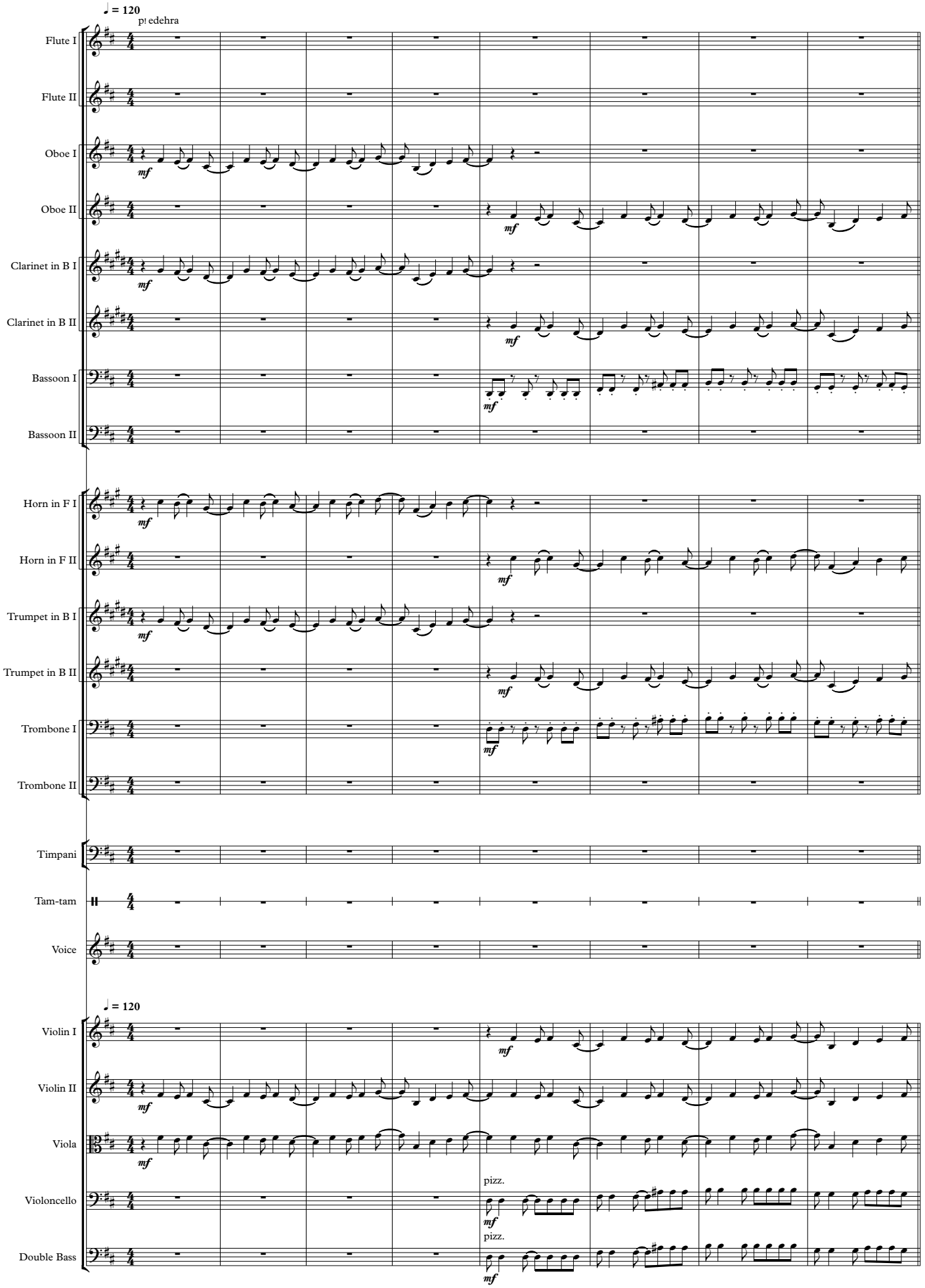Zakázané uvolnění