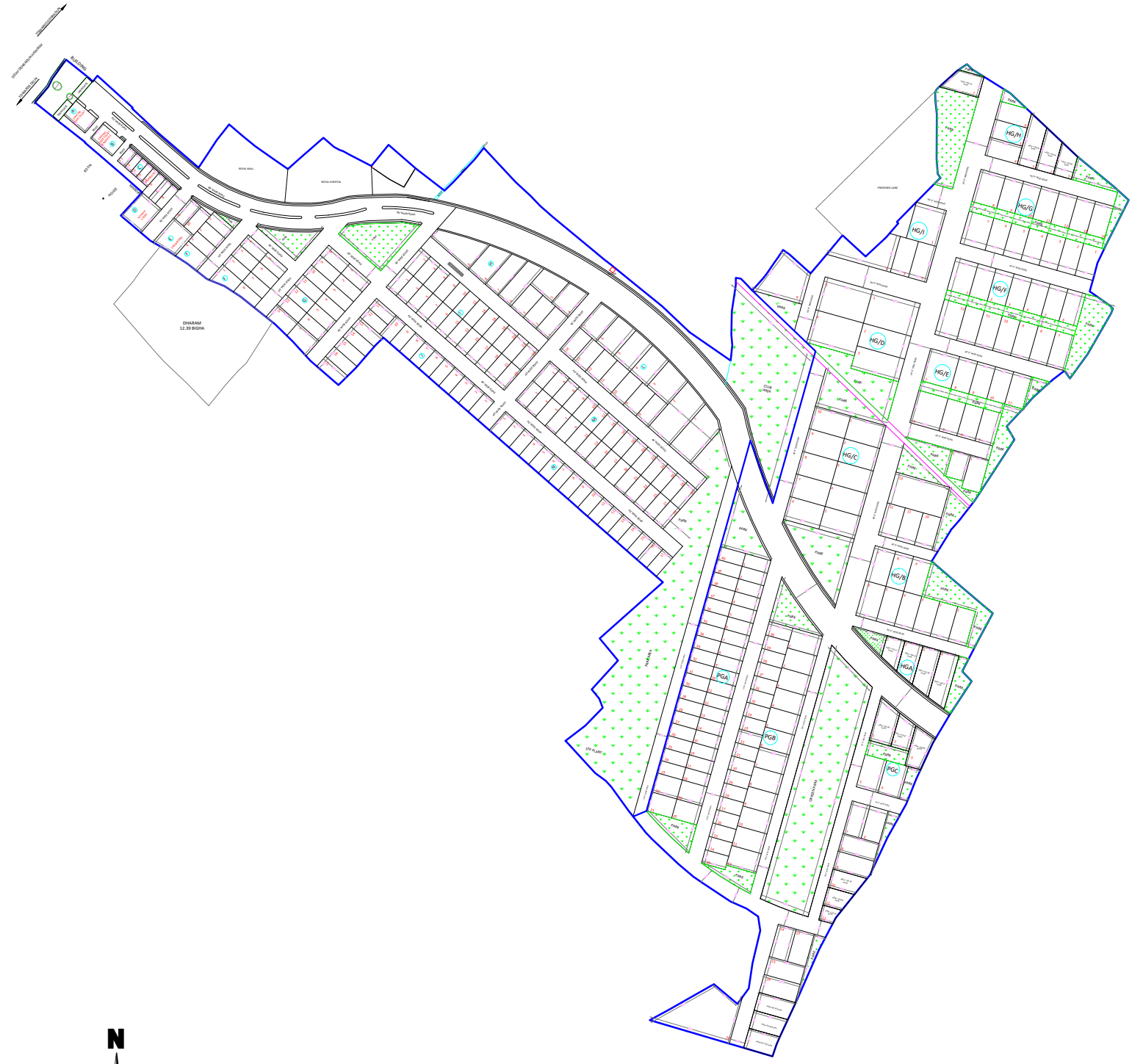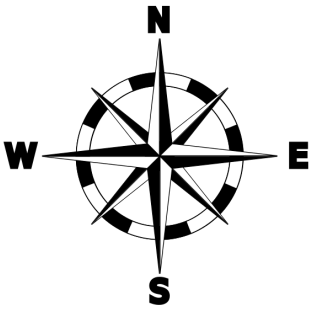ELIXIR PRĀNA