#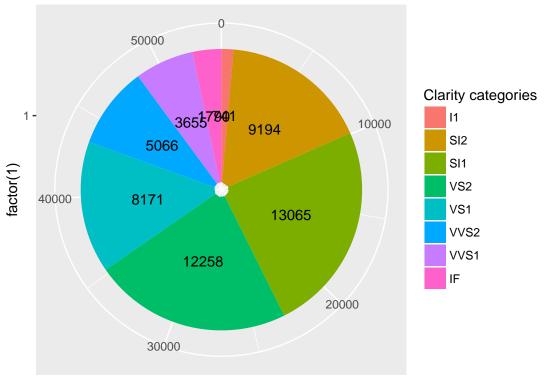 Clarity Frequencies