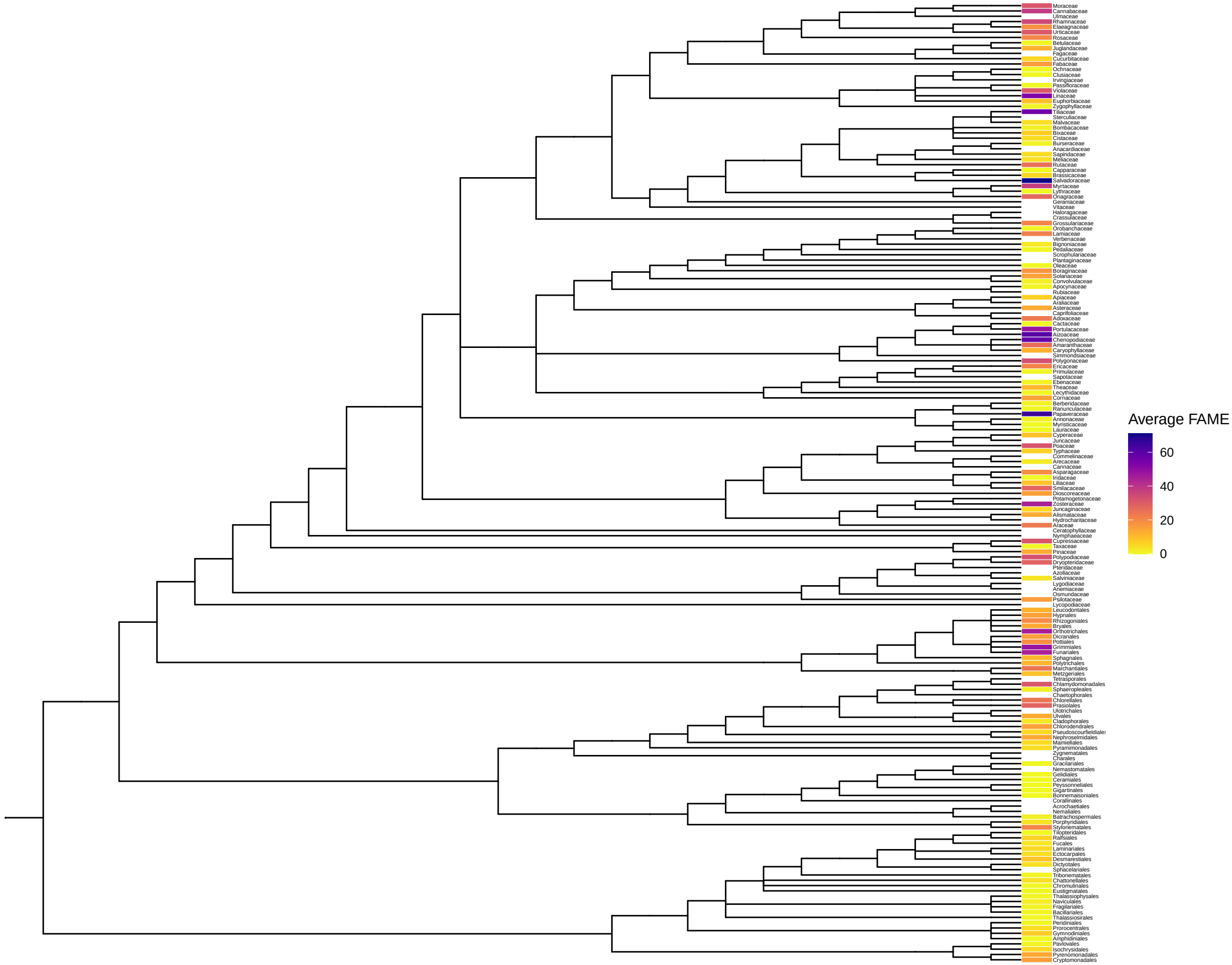alpha.linoleic.acid