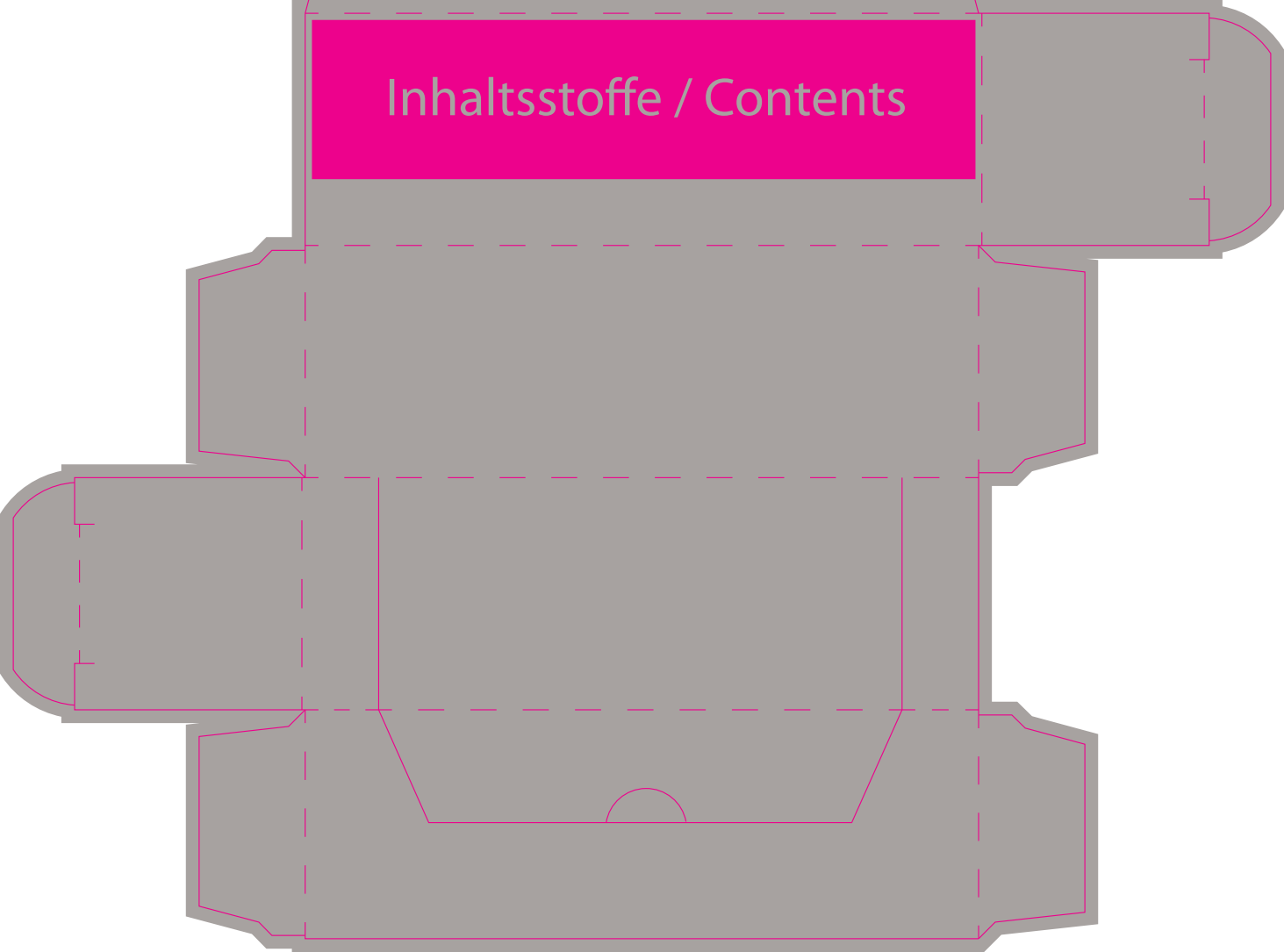Inhaltsstoffe / Contents