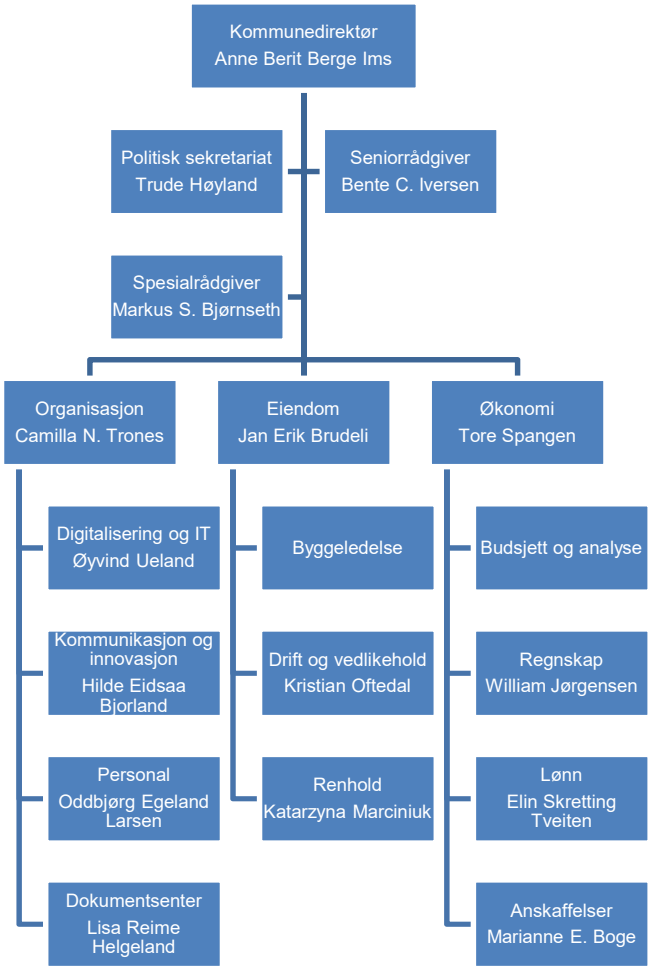# Støttefunksjoner