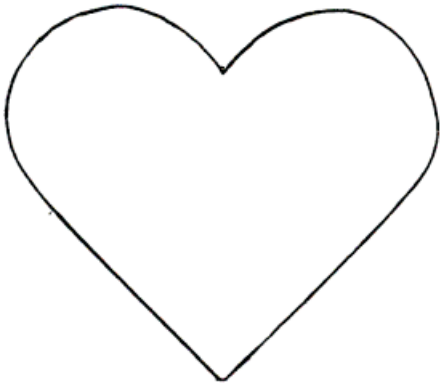Herz-Vorlage