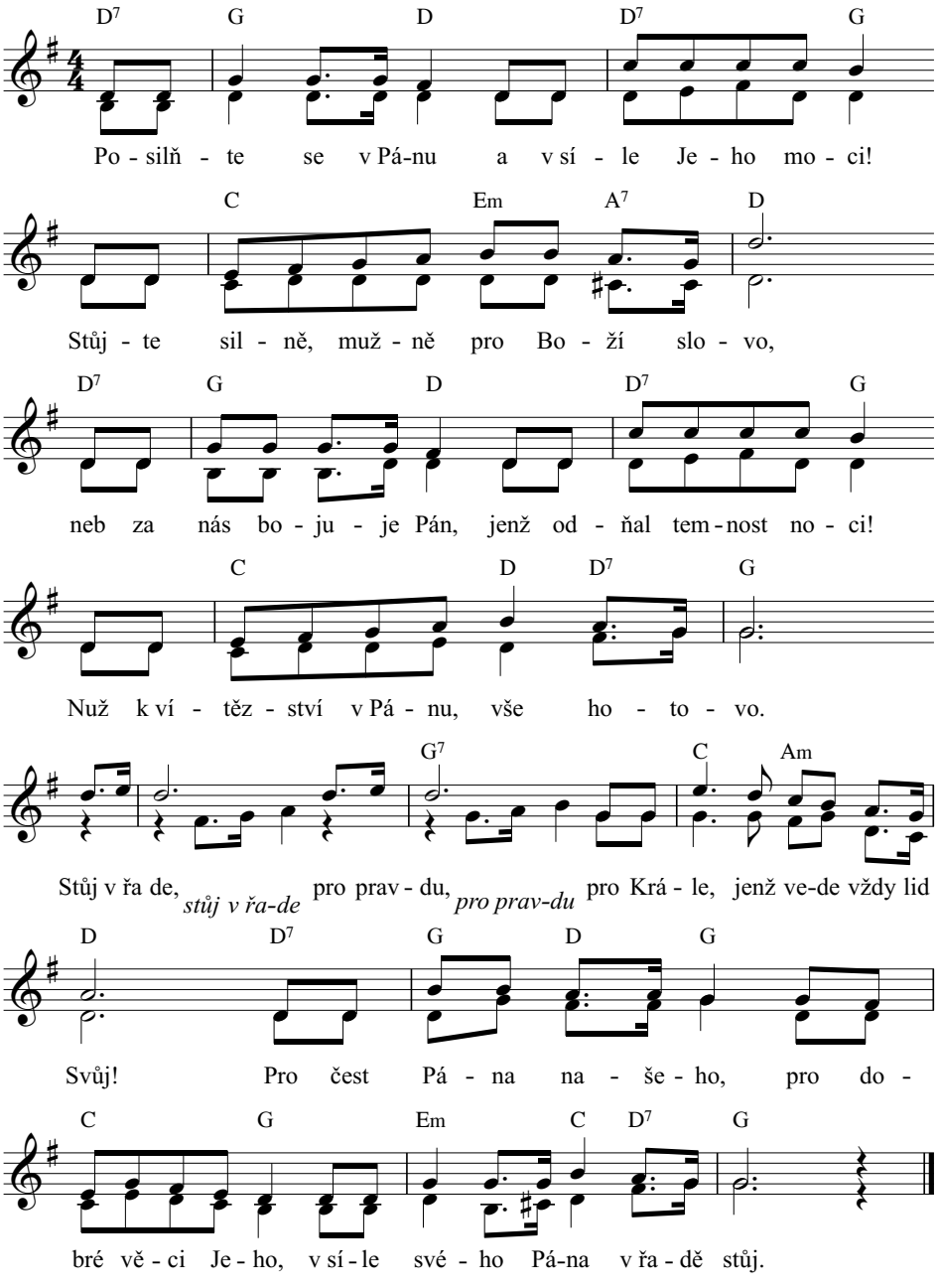Posilňte se v Pánu

