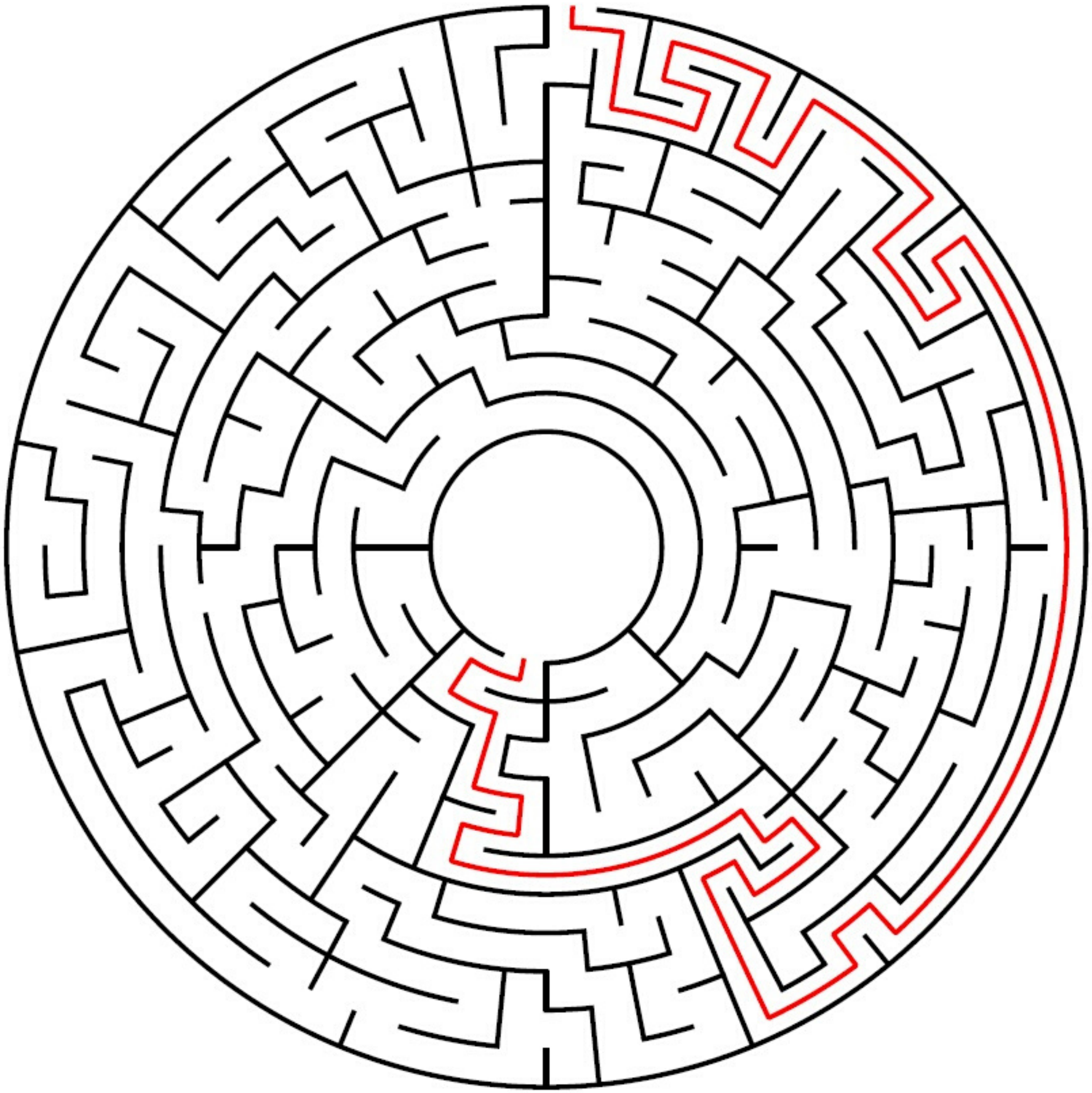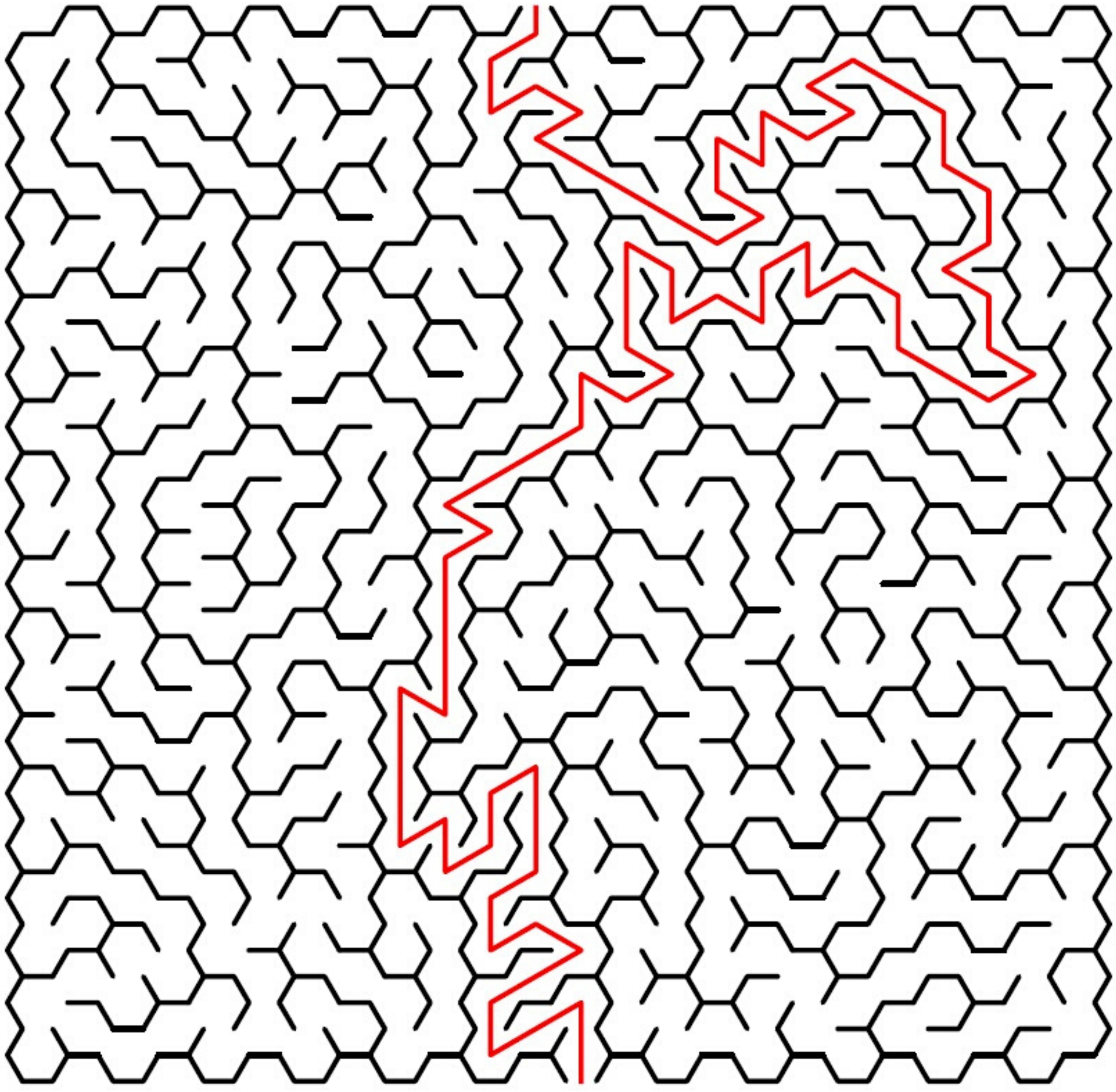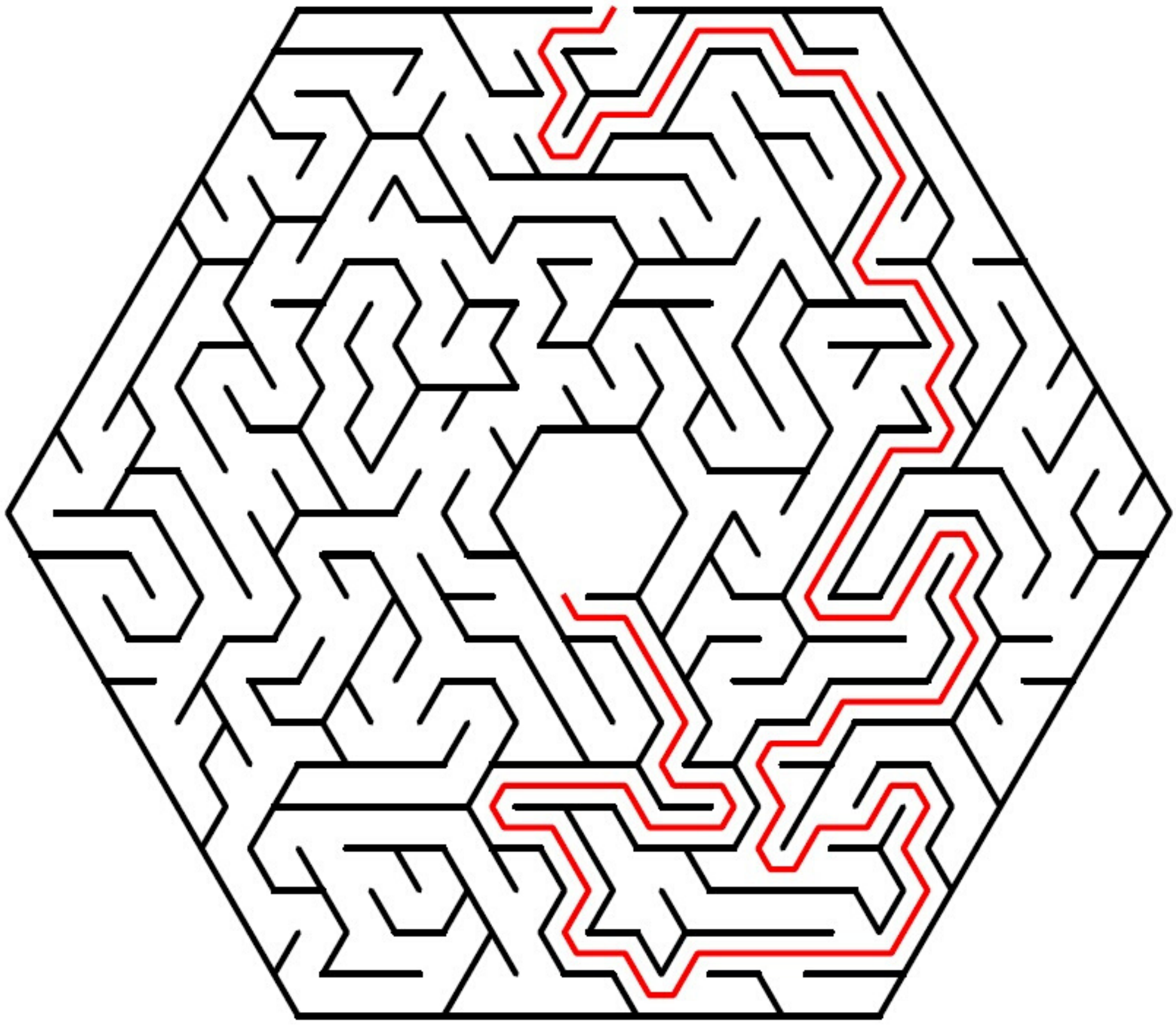Soluciones