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METHODE  
BRIGITTE  
KETTNER

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*A complete  
skin care*

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facial care products  
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# METHODE BRIGITTE KETTNER

## Retail Products

SKIN TYPE	ACNE-PRONE	OILY	COMBINATION	NORMAL / DEHYDRATED	DRY	SENSITIVE	ANTI-AGING	HYPERPIGMENTED
CLEANSING	purifying cleansing milk 1101			cleansing milk 1103	ultra-gentle cleansing milk 1102			cleansing milk 1103
TONER	purifying lotion 1106			clarifying lotion 1108	ultra-gentle lotion 1107			clarifying lotion 1108
PEELING	terra vita 1160 / pre-peel forte cream 1415					terra vita 1160	terra vita 1160 pre-peel forte cream 1415	
SERUM	balancing serum 1375			aqua pure serum 1194	activating serum 1376	soothing serum 1374	skin splash 1479	ap serum 1422
CREAM	anti-blemish cream 1110	ultra-purifying cream 1111	revitalizing gel 1118	aqua pure cream 1192	hydrating cream 1112	calming cream 1115	matricare cream 1482 tonight cream 1485	ap cream 1420
MASK	zinc repair cream 1148	balancing mask 1134		aqua pure mask 1196	nourishing mask 1135		hyaluron cell mask 1490	nourishing mask 1135
EYE CARE	eye contour cream 1140 / drainactive eye fluid 1146							
DÉCOLLETÉ	firming neck cream 1141							
NUTRI-COSMETICS	formula I 591	formula II 592		formula III 593	formula IV 594	formula V 595	formula II 592	

## Cabin Products

SKIN TYPE	ACNE-PRONE	OILY	COMBINATION	NORMAL / DEHYDRATED	DRY	SENSITIVE	ANTI-AGING	HYPERPIGMENTED
CLEANSING	purifying cleansing milk 201			cleansing milk 203	ultra-gentle cleansing milk 202			cleansing milk 203
TONER	purifying lotion 206			clarifying lotion 208	ultra-gentle lotion 207			clarifying lotion 208
PEELING	terra vita 840 / pre-peel forte cream 3315					terra vita 840	terra vita 1160 pre-peel forte cream 3315	
SERUM	oligo element balancing 575			aqua pure serum 3294	oligo element activating 576	oligo element soothing 574	skin splash 490	ap serum 1422
CREAM	anti-blemish cream 3210	ultra-purifying cream 3211	revitalizing gel 3218	aqua pure cream 3292	hydrating cream 3212	calming cream 3215	matricare cream 3392 tonight cream 3395	ap repair cream 3317
MASK	zinc repair cream 3249	balancing mask 3234		aqua pure mask 3296	nourishing mask 3235		hyaluron cell mask 3397	nourishing mask 3235
EYE CARE	eye contour cream 240 / drainactive eye fluid 246							
DÉCOLLETÉ	firming neck cream 3241							

## Cleansing

### PURIFYING CLEANSING MILK

1101 | 6.7 FL. OZ. | 200 ML

#### Purifying. Clarifying. Refining.

The unique creamy texture of the purifying cleansing milk is outstandingly suited to eliminate impurities in oily and acne prone skin types, and is gentle enough to even remove eye-makeup, while providing the skin with moisture and stability. Morning and evening, apply a small amount of purifying cleansing milk to wet skin. Massage in a circular motion and then rinse with warm water. Refresh with toner.



#### Active ingredients:

Propolis, Salicylic Acid, Lavender Oil

### ULTRA GENTLE CLEANSING MILK

1102 | 6.7 FL. OZ. | 200 ML

#### Soothing. Refreshing. Hydrating.

Infused with nourishing milk-proteins, moisturizers, and softeners, the comforting ultra-gentle cleansing milk is outstandingly suited for dry and sensitive skin types and is gentle enough to even remove eye-makeup. It leaves the skin feeling clean, silky-soft and soothed. Morning and evening, apply a small amount of ultra-gentle cleansing milk to wet skin. Massage in a circular motion and then rinse with warm water. Refresh with toner.



#### Active ingredients:

Camomile Extract, Shea Butter, Bisabolol

### CLEANSING MILK

1103 | 6.7 FL. OZ. | 200 ML

#### Clarifying. Refining. Hydrating.

The unique creamy texture of the cleansing milk is outstandingly suited for normal and combination skin types and is gentle enough to even remove eye-makeup. The innovative formula provides the skin with the moisture it needs and stabilizes the skin's own protective acid layer. Morning and evening, apply a small amount of cleansing milk to wet skin. Massage in a circular motion and then rinse with warm water. Refresh with toner.



#### Active ingredients:

Marigold (Calendula) Extract, Sea Buckthorn Oil, Piroctone Olamine



## Toner

### PURIFYING LOTION

1106 | 6.7 FL. OZ. | 200 ML

#### Balancing. Purifying. Refreshing.

The purifying lotion is a mild, refreshing toner best suited for oily, acneic skin that has a mildly astringent and refining effect on the pores. After toning, the skin feels refreshed and balanced and can easily absorb serums and creams. Morning and evening, after cleansing, use fingertips or a cotton pad to apply purifying lotion to dry skin. Wait a few minutes to allow the face to dry before applying any serums or creams. Shake before using, as black specs of Propolis will settle to the bottom.



#### Active ingredients:

Propolis, Pansy, Salicylic Acid

### CLARIFYING LOTION

1108 | 6.7 FL. OZ. | 200 ML

#### Balancing. Clarifying. Refreshing.

The clarifying lotion is a mild, refreshing toner best suited for normal, combination, and dehydrated skin that has a mildly astringent effect on the pores and rebalances your skin's natural protective functions. After toning, the skin feels refreshed and balanced and can easily absorb serums and creams. Morning and evening, after cleansing, use fingertips or a cotton pad to apply clarifying lotion to dry skin. Wait a few minutes to allow the face to dry before applying any serums or creams.



#### Active ingredients:

Marigold (Calendula) Extract, Vitamin Complex, Lactic Acid



### ULTRA-GENTLE LOTION

1107 | 6.7 FL. OZ. | 200 ML

#### Balancing. Soothing. Refreshing.

The ultra-gentle lotion is a mild, refreshing toner best suited for dry, sensitive skin that has a mildly calming effect while rebalancing your skin's natural protective functions. After toning, the skin feels refreshed and balanced and can easily absorb serums and creams. Morning and evening, after cleansing, use fingertips or a cotton pad to apply ultra-gentle lotion to dry skin. Wait a few minutes to allow the face to dry before applying any serums or creams.



#### Active ingredients:

Bisabolol, Licorice Root Extract, Panthenol

## Peeling

### TERRA VITA

1160 | 5.07 FL. OZ. | 150 ML

#### Detoxifying. Purifying. Lightening.

A mild, gentle, yet very effective, peeling agent for face, body and scalp. The basic action enables free radicals to be bonded and a natural ion exchange to take place, which removes toxic substances and opens clogged pores. It absorbs excess sebum while exerting a detoxifying, lightening and regenerating effect. Best suited for all skin types, especially oily and acneic skin. Apply a thick layer of terra vita to wet skin. Let it dry for 3-5 minutes. Massage lightly with moist fingertips in a circular motion and then rinse with warm water. Refresh with toner.



#### Active ingredients:

Mineral Clay (many minerals and trace elements), Marigold (Calendula) Extract



### PRE-PEEL FORTE CREAM

1415 | 1.01 FL. OZ. | 30 ML

#### Rejuvenating. Refining. Illuminating.

The soft-peeling pre-peel forte cream exfoliant, which activates blood circulation, has a very unique and instantly smoothing and rejuvenating effect. It helps to combat impurities and early signs of aging by visibly improving the skin's texture, tone, and elasticity while reducing the appearance of large pores. The end result is an instantly radiant complexion that will last between 12-24 hours. Perfect for special occasions, acne after-care, or as a peel prep for other treatments. Best suited for all skin types, except for hypersensitive skin. Apply a thin layer of pre-peel forte cream to freshly cleansed skin 2-3 times a week, avoiding the eye area. It is expected that you will feel some warmth and see reddening of the skin, this is a normal reaction as it activates blood circulation. After 20 minutes, thoroughly wash off with warm water. Your skin may visibly continue to redden over the next 30 minutes, even though the product has been removed, this too is normal. IMPORTANT: Do not apply during pregnancy or to hypersensitive skin.



#### Active ingredients:

Salicylic Acid, Niacinamide (Vitamin B3), Pansy



## Serum

### BALANCING SERUM

1375 | 1.01 FL. OZ. | 30 ML

#### Balancing. Nourishing. Regenerating. Protecting.

The balancing serum is a unique serum, best suited for oily, acneic skin, that is packed full of nutrient-rich trace elements which act as catalyst to speed up, stimulate, and protect cellular activity while providing a sensory stimulation to the skin cells and the natural concentration of vitality to combat the visible signs of fatigue and stress. This approach provides a sensory stimulation to the skin cells and the natural concentration of vitality and energy. Morning and evening, apply a small amount of balancing serum to freshly cleansed and toned skin, prior to applying the cream.



#### Active ingredients:

Zinc, Copper, Red Grape Extract, Chicory Extract

### AQUA PURE SERUM

1194 | 1.01 FL. OZ. | 30 ML

#### Moisturizing. Refreshing. Hydrating.

The aqua pure serum promotes the suppleness, elasticity and tone of the skin. The skin's water balance is harmonized while moisture is optimally restored. At the same time, the skin's protective functions are strengthened and its surface is refreshed. Best suited for all skin types, especially dehydrated skin. Morning and evening, apply a small amount of aqua pure serum to freshly cleansed and toned skin, prior to applying the cream.



#### Active ingredients:

Hyaluronic Acid, Hydro Saccharide Complex, Hydro Gluco Complex

### ACTIVATING SERUM

1376 | 1.01 FL. OZ. | 30 ML

#### Stimulating. Regenerating. Protecting.

The activating serum is best suited for mature and dry skin. It is packed full of nutrient-rich trace elements which speed up, stimulate, and protect cellular activity to combat the visible signs of fatigue and stress. Morning and evening, apply a small amount of activating serum to freshly cleansed and toned skin, prior to applying moisturizer.



#### Active ingredients:

Zinc, Copper, Manganese, Lipo-amino acid

### SOOTHING SERUM

1374 | 1.01 FL. OZ. | 30 ML

#### Protecting. Nourishing. Strengthening. Soothing.

The soothing serum is a serum best suited for red and sensitive skin. It is packed full of nutrient-rich trace elements which stabilize superficial blood vessels and smoothe the skin's surface to provide and overall soothing effect. Morning and evening, apply a small amount of soothing serum to freshly cleansed and toned skin, prior to applying the cream.



#### Active ingredients:

Cobalt, Manganese, Picea Abies Extract, Anti-Redness Phyto Complex (Butchers Broom, St. John's Wort)

### SKIN SPLASH

1479 | 3.38 FL. OZ. | 100 ML



#### Anti-Aging. Vitalizing. Refreshing.

Skin splash is a rapidly absorbing liposome serum with a high-quality complex of active ingredients. The Coenzyme Q10 improves the supply of energy to skin cells and instantly makes your skin look fresher and more radiant. Best suited for most skin types. Morning and evening, apply a small amount of skin splash serum to freshly cleansed and toned skin, prior to applying the cream.



#### Active ingredients:

Biotin (Vitamin H), Coenzyme Q10, Hyaluronic Acid

### AP SERUM

1422 | 1.01 FL. OZ. | 30 ML

#### Repairing. Clarifying. Lightening.

Experience AP Serum, an innovative skincare serum that counteracts UV-induced skin ageing. Thanks to the combination of active ingredients, it helps to prevent pigmentation spots or lighten existing, unwanted pigmentation and reduce the visible signs of environmental stress.



#### Active ingredients:

Vitamin C Complex, Plankton Extract, Hexylresorcinol



## Cream

### ANTI-BLEMISH CREAM

1110 | 1.69 FL. OZ. | 50 ML



#### Clarifying. Refining. Balancing.

Anti-blemish cream is best suited for oily and acneic skin types. It provides support for the natural skin functions and moisture balance. The skin's own regeneration processes are stimulated and the complexion is refined while bacteria and impurities are reduced. Morning and evening, apply a small amount of anti-blemish cream to freshly cleansed and toned skin, after applying serum.

#### Active ingredients:

Canola Oil, Salicylic Acid, Lichen Extract (Usnea Barbata)

### ULTRA-PURIFYING CREAM

1111 | 1.69 FL. OZ. | 50 ML



#### Hydrating. Repairing. Clarifying.

Ultra-purifying cream cares for combination and lightly blemished skin by matifying oiliness, while helping regulate the skin's natural balance. Contains salicylic acid and wild pansy, renowned for its unique ability to remove dead cells and cleanse clogged pores. Morning and evening, apply a small amount of ultra-purifying cream to freshly cleansed and toned skin, after applying serum.

#### Active ingredients:

Konnyaku, Pansy, Salicylic Acid



### AQUA PURE CREAM

1192 | 1.69 FL. OZ. | 50 ML



#### Moisturizing. Balancing. Hydrating.

The aqua pure cream has a pleasant, light texture and will support the moisture balance of the skin by creating and storing water-binding reserves. Best suited for most skin types, especially dehydrated skin. Morning and evening, apply a small amount of aqua pure cream moisturizer to freshly cleansed and toned skin, after applying serum.



#### Active ingredients:

Hydro Saccharide Complex, Hyaluronic Acid, Cactus Extract

### MATRICARE CREAM

1482 | 1.69 FL. OZ. | 50 ML

#### Anti-Aging. Strengthening. Protecting.

Matricare cream is an intelligent skincare product that adapts to the skin's needs. Specific anti-ageing peptides combat the loss of firmness and volume, while UV filters protect against light-induced skin ageing. Microalgae and Ectoin support the regeneration of UV damage. MATRICARE CREAM leaves the skin hydrated, firmed and noticeably tightened! Apply a small amount to cleansed skin in the morning.



#### Active ingredients:

Microalgae, anti-ageing peptide, photo-ageing filter

### TONIGHT CREAM

1485 | 1.69 FL. OZ. | 50 ML

#### Anti-Aging. Repairing. Hydrating.

Tonight cream was developed to compensate for daily skin damage overnight. Its innovative formula with bakuchiol strengthens the skin barrier and regenerates UV-damaged skin. The hyaluronic acid-linolenic acid complex ensures an even complexion. Revitalized overnight, you can start the day with a glow in the morning - in a sustainable refill pot! Apply a small amount to cleansed skin in the evening.



#### Active ingredients:

Bakuchiol, collagen booster, hyaluronic acid-linolenic acid complex



**CALMING CREAM**  
1115 | 1.69 FL. OZ. | 50 ML



**Calming. Soothing. Hydrating.**

Extra mild and soothing calming cream for dry, red skin counteracts thread veins, also known as couperose. Saponin extract activates micro-circulation and soothes redness and irritations while hyaluronic acid, along with a special blend of oils, provide extra nourishment and protection to soften and balance the skin while helping it withstand environmental elements and external stress. Morning and evening, apply a small amount of calming cream to freshly cleansed and toned skin, after applying serum.



**Active ingredients:**  
Anti-Redness Phyto Complex (Sicaire, Butcher's Broom, Aesculin), Hyaluronic Acid, Panthenol

**REVITALIZING GEL**  
1118 | 1.69 FL. OZ. | 50 ML

**Hydrating. Refreshing. Revitalizing.**

The emulsion-formula moisturizer with a liposome base has a soothing and rejuvenating effect. It is specifically adapted to the needs of normal to combination skin displaying the first signs of aging. Its main ingredients visibly help improve the skin's texture, tone and elasticity. Best suited for normal to combination skin types. In the morning, apply a small amount of revitalizing gel to freshly cleansed and toned skin, after applying serum. Also, an ideal after-shave for men.



**Active ingredients:**  
Collagen Booster (Hydroxyproline), Hyaluronic Acid, Marigold (Calendula) Extract

**HYDRATING CREAM**  
1112 | 1.69 FL. OZ. | 50 ML



**Hydrating. Soothing. Protecting.**

Hydrating cream is a rich moisturizer best suited for normal to dry skin that soothes and nourishes even the most sensitive of faces. Mango core butter and coconut oil provide extra protection so that the skin is able to withstand the elements and dehydration. It protects against free-radical damage while leaving your skin soft, smooth, and radiant. It is a terrific post-shave moisturizer for men. Morning and evening, apply a small amount of hydrating cream moisturizer to freshly cleansed and toned skin, after applying serum.



**Active ingredients:**  
Natural Oils (Jojoba, Babassu, Avocado), Konnyaku, 3D Hydro Gluco Complex

**AP CREAM**  
1420 | 1.69 FL. OZ. | 50 ML

**Repairing. Protecting. Lightening.**

Repairs, regenerates, protects – ap cream is the indispensable intensive care treatment for environmentally stressed, sun-damaged skin prone to hyperpigmentation. With its unique complex of various light and sun filters, it offers ideal protection and re-establishes the skin's own regeneration mechanism. The concentrated ingredients provide lasting protection for your skin against climatic and environmental influences.



Best suited for normal to dry skin types, and hyperpigmented skin. In the morning, apply a small amount of ap cream to freshly cleansed and toned skin to help fight pigmentation and premature aging.

**Active ingredients:**  
Photo Aging Filter (UV filter), Vitamin A, Vitamin E, Hydro Gluco Complex

Mask

**ZINC REPAIR CREAM**  
1148 | 0.50 FL.OZ. | 15 ML

**Soothing. Repairing. Calming.**

The zinc repair cream offers a special combination of zinc oxide, mimosa flower extract, and shea butter to soothe and repair skin irritations. This cream supports the natural skin functions and regenerates damaged skin. Best suited for all skin types, especially sensitive skin prone to eczema and allergies, as well as irritated skin. As needed for irritated skin, apply a small amount of zinc repair cream, to affected areas.



**Active ingredients:**  
Zinc Oxide, Tepezcohuite Extract (Mimosa Plant), Allantoin

**BALANCING MASK**  
1134 | 1.69 FL. OZ. | 50 ML

**Balancing. Soothing. Calming.**

The balancing mask provides a soothing, balanced effect to normal to oily skin, while calming and preventing inflammation, without leaving the skin feeling dry and tight. Morning or evening, apply a thin layer of balancing mask to freshly cleansed skin 2-3 times weekly. After 20 minutes, thoroughly rinse off with warm water.



**Active ingredients:**  
Propolis, Vitamin B6, Vitamin E, Panthenol



## HYALURON CELL MASK

1490 | 4 Pads | 2.7 FL. OZ. | 80 ML

### Anti-Aging. Hydrating. Refrehing.

The lifting hyaluron cell mask with triple hyaluronic acid is an anti-aging booster and ideal for your weekly comfort routine or as a quick refresher during the day. Best suited for most skin types especially for mature skin. The cellulose mask is ideally suited for use with an ultrasonic or microcurrent device.



#### Active ingredients:

Triple-Complex Hyaluronic acid, Hydro Saccharide Complex, Micro-Collagen



## AQUA PURE MASK

1196 | 2.53 FL.OZ. | 75 ML



### Moisturizing. Balancing. Hydrating.

The aqua pure mask uses natural flavoids to support the moisture balance of the skin, while maintaining healthy collagen production and helping to eliminate the formation of free radicals. Best suited for most skin types, especially dehydrated skin. Apply a thin layer of aqua pure mask 2-3 times a week to the face after cleansing and toning. Leave this mask on for at least 20 minutes. It can also be left on overnight. Remove with warm water. Refresh the skin with toner.

#### Active ingredients:

Jojoba Oil, Hydro Saccharide Complex, Rutin



## NOURISHING MASK

1135 | 1.69 FL. OZ. | 50 ML



### Smoothing. Hydrating. Nourishing.

This ultra-creamy leave on mask provides optimal skin-nutrition and hydration to thirsty, dehydrated skin, leaving your face feeling soft supple, and smooth. Best suited for normal to dry skin types. Morning or evening, apply a thin layer of nourishing mask to freshly cleansed skin 2-3 times weekly. After 20 minutes, thoroughly rinse off with warm water. It can also be left on overnight.

#### Active ingredients:

Konnyaku, Chamomile Extract, Vitamin E

## Eye Care

## EYE CONTOUR CREAM

1140 | 0.50 FL. OZ. | 15 ML



### Anti-Aging. Hydrating. Repairing.

This ultra-silky penetrating eye contour cream is specifically formulated to use around the delicate eye area and helps correct the visible signs of aging, loss of firmness, and wrinkles. Best suited for most skin types. Morning and evening, apply eye contour cream around the contours of the eyes to freshly cleansed and toned skin, prior to applying moisturizer.



#### Active ingredients:

Natural Oils (Jojoba, Macadamia Nut), Hyaluronic Acid, Collagen Booster



## DRAINACTIVE EYE FLUID

1146 | 0.50 FL.OZ. | 15 ML

### Anti-Aging. Reduces Dark Circles. Moisturizing.

The drainactive eye fluid reduces dark circles and puffiness by delivering a liposome-draining effect to the delicate eye area. Fine lines are smoothed away leaving your eyes sparkling with visible youthfulness. Morning and evening, gently apply a small amount of drainactive eye fluid under the eyes to freshly cleansed and toned skin, prior to applying moisturizer. For extreme puffiness or irritation, you may repeat the application several times a day.



#### Active ingredients:

Calcium PCA, Hyaluronic Acid, Liposome Extract

## Décolleté

## FIRMING NECK CREAM

1141 | 1.69 FL. OZ. | 50 ML

### Anti-Aging. Firming. Hydrating.

This special, silky firming neck cream deeply penetrates to deliver a firming effect on the delicate neck area, even where premature aging has already occurred, by supporting the natural skin functions and providing a stimulating and regenerating effect. With continued use this fortifying cream leaves the neck and décolleté with a more youthful appearance. Morning and evening, apply a small amount of firming neck cream moisturizer to your freshly cleansed and toned neck and décolleté, after applying serum.



#### Active ingredients:

Konnyaku, Aesculin, Lipo-amino Acid

## Nutricosmetics

## FORMULA I

591 | 0.9 OZ | 25,6 g | 60 Capsules

### Clear skin.

formula I - clear skin with zinc was specially developed to maintain normal skin. A healthy metabolism promotes the supply of vital substances to the skin cells, which is reflected in clear skin.



#### Active ingredients:

The formula contains natural plant power such as artichoke leaves, burdock root, dandelion root/herb and sweet clover as well as zinc.





### FORMULA II

592 | 1.0 OZ | 27,6 g | 60 Capsules

#### Detox.

formula II - detox with iodine contributes to a normal energy metabolism. Not only physical but also mental activities and the constant renewal of body cells require a continuous supply of energy. A balanced energy balance is reflected in a normal body weight and clear skin.



#### Active ingredients:

The formula contains natural plant power such as birch leaves, burdock root and bladderwrack powder with iodine.

### FORMULA III

593 | 0.9 OZ | 24,6 g | 60 Capsules

#### Antistress.

formula III - anti stress with vitamin C contributes to the normal function of the nervous system. The skin can reflect a variety of stress-related symptoms. A balanced organism is reflected in a harmonious complexion.



#### Active ingredients:

The formula contains natural plant power from olive leaves, bilberry fruit, sweet clover and ascorbic acid (Vitamin C).

### FORMULA IV

594 | 1.1 OZ | 30 g | 60 Capsules

#### Harmony.

formula IV - harmony with vitamin B6 contributes to the regulation of hormonal activity. A balanced hormone balance can help to make the skin glow. Dull, tired or irritated skin doesn't stand a chance.



#### Active ingredients:

The formula contains natural plant power such as nettle leaves, olive leaves, calcium algae (Lithothamnium) and pyridoxine hydrochloride (Vitamin B6).

### FORMULA V

595 | 0.8 OZ | 22,8 g | 60 Capsules

#### Anti-Aging.

formula V - anti aging with biotin helps to maintain normal skin and hair health. A healthy skin and hair structure can promote a youthful appearance.



#### Active ingredients:

The formula contains natural plant power dandelion root with herb, birch leaves, nasturtium herb and biotin.



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# METHODE BRIGITTE KETTNER

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**METHODE BRIGITTE KETTNER GmbH is now ISO 9001 certified.**

Die Exklusivmethode autorisierter Kosmetikinstitute.  
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