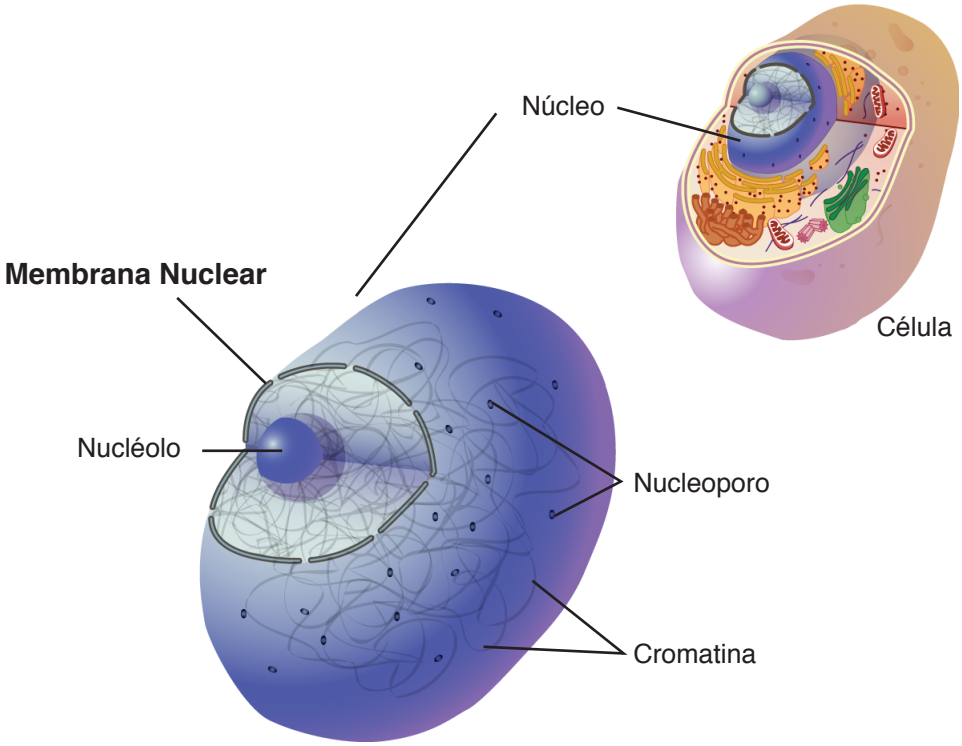Membrana Nuclear