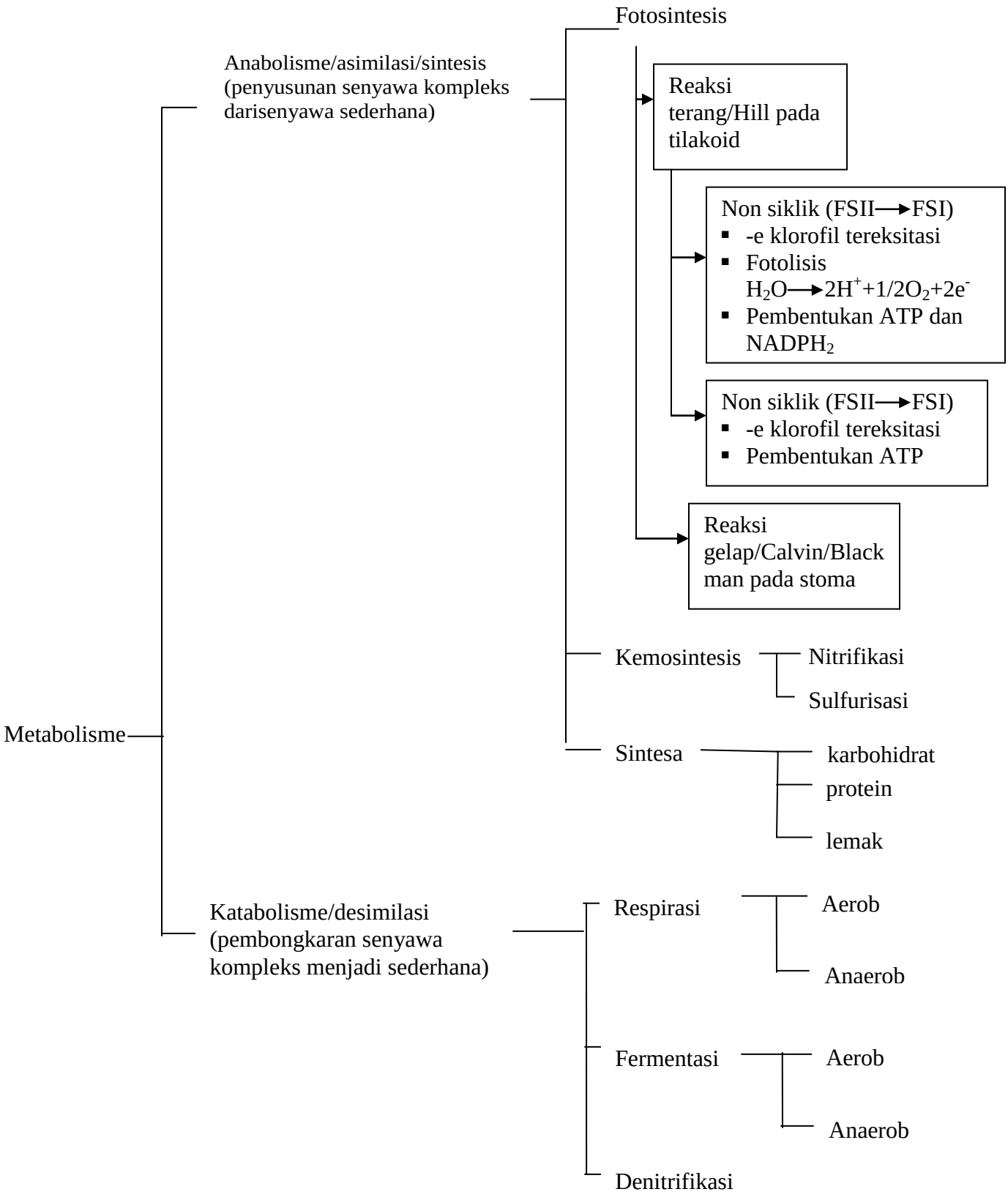PETA KONSEP METABOLISME: