



Student research group on phytochemistry

Academic year 2025-2026

Acronym: **PHYTOCHEM**

Coordinators of the research group:

Associate Professor Varga Erzsébet PhD

Associate Professor Ștefănescu Ruxandra PhD

Senior lecturer Laczkó-Zöld Eszter PhD

Technician Balizs Attila

Contact:

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Research topics:

- Analysis of hydrophilic and lipophilic compounds extracted from herbal drugs and berries with antioxidant capacity
- Critical evaluation of dietary supplements from the Romanian market
- Phytochemical, microbiological, and pharmacological study of some medicinal plants
- Phytochemical analysis of polyphenolic compounds from *Vaccinium* species

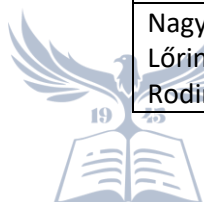
Relevant research infrastructure:

UV/VIS microplate Spectrophotometer (Biotek/ Epoch™ 2), UV/VIS Spectrophotometer, Freeze dryer (Alpha 1-2LD Plus), Ultrasound bath (Nachita), Ultrasonic disintegrator UP50H (Hielscher), Microscope with photo camera (MICROS, MCX50), Rotary evaporator (Janke & Kunkel IKA Labortechnik), HPLC-UV (Waters 2695)

Students currently involved in PHYTOCHEM research group:

Students in their last year of study:

Students coordonated by Associate Professor Varga Erzsébet PhD	Students coordonated by Senior lecturer Laczkó-Zöld Eszter PhD	Students coordonated by Senior lecturer Ștefănescu Ruxandra PhD
Nagy Júlia Lőrincz Sarolta Rodina Dayana Emilia	Kiss Balázs Máthé Dalma Nagy Zsófia	Covrig Narcisa Pop Maria





Relevant abstracts/in extenso publications with student's contribution (*student):

Year 2025:

1. Ștefănescu R, Boda F, **Sebestyen M, Râșteiu I**, Laczkó-Zöld E, Farczadi L. Pharmacognostic evaluation and antioxidant profiling of five varieties of *Ribes nigrum* grown in Romania. Plants 2025, 14, 1604. FI: 4.1 (2024), Q1.
2. Laczkó Zöld E, Kis C, **Nagy-György E**, Domokos E, Ferencz E, Szabó Z-I. Fast Determination of Furocoumarins in Food Supplements Containing *Heracleum sphondylium* L. Using Capillary Electrophoresis. Foods. 2025; 14(13):2348. FI: 5,1 (Q1)
3. **Gorea MC, Gliga E**, Ștefănescu R. Medicinal mushrooms: therapeutic properties and pharmacological applications. Acta Marisiensis. Seria Medica. Vol. 71, suppl4, 2025. International Congress for Students, Young Doctors and Pharmacists Marisiensis, Târgu Mureș, 21-25 May 2025.
4. **Luca AN**, Ștefănescu R. Herbal products in the management of oral diseases: a survey-based study. Acta Marisiensis. Seria Medica. Vol. 71, suppl4, 2025. International Congress for Students, Young Doctors and Pharmacists Marisiensis, Târgu Mureș, 21-25 May 2025.
5. **Stadnik H**, Ștefănescu R. Phytotherapy for respiratory diseases: evaluating the role of onion syrup and wild rose syrup in traditional and modern medicine. Acta Marisiensis. Seria Medica. Vol. 71, suppl4, 2025. International Congress for Students, Young Doctors and Pharmacists Marisiensis, Târgu Mureș, 21-25 May 2025.
6. Varga E, **Bocskai B**, Balizs A, Darkó B, Váncsa Sz: Orvosi zsálya illóolajának minőségi vizsgálata az előállítási módszerek függvényében, Orvostudományi Értesítő, 2025, 98, supl.1, p. 40
7. **Szász-Ajtony Kincső** (îndrumător științific: Varga Erzsébet, Dónáth-Nagy Gabriella). Phytochemical analysis of quince fruit (*Cydonia oblonga* Mill.), 32nd Students' Scientific Conference, 7-10 May 2025, Targu Mures. Abstract. Orvostudományi Értesítő, 2025, 98, supl.2, p.145.
8. Varga E, **Szabó N**, Boldizsár I.: The artemisinin content of *Artemisia annua* L., Congresul Național de Farmacie ediția a XX-a, 24-26 septembrie 2025, Târgu Mureș, Volum de rezumate, p. 154
9. Csenge Kiss, Gabriella Donáth-Nagy, Eszter Laczkó-Zöld, **Erzsébet Nagy-György**, Erzsébet Domokos, Elek Ferencz, Zoltán-István Szabó: Determinarea rapidă a furanocumarinelor în produse vegetale pe bază de *Heracleum sphondylium* L. prin electroforeză capilară. Congresul Național de Farmacie, 24-26 septembrie 2025, volumul de abstract, pag.183
10. Eszter Laczkó-Zöld, **Amanda-Dorottya Gál, Eszter Fodor, Aletta Imets**, Zoltán-István Szabó: Analiza secoiridoidelor în produse vegetale și suplimente alimentare prin metode cromatografice. Congresul Național de Farmacie, 24-26 septembrie 2025, volumul de abstract, pag.184

Year 2024:

1. Ștefănescu R, Ósz BE, **Pintea A**, Laczkó-Zöld E, Tero-Vescan A, Vari CE, Fulop E, **Blaș I**, Vancea S. Fennel Essential Oil as a Complementary Therapy in the Management of Diabetes. Pharmaceutics 2023, 15(12), 2657; <https://doi.org/10.3390/pharmaceutics15122657>. FI: 5.4 (2022) Q1
2. **Olar D**, Boda F, Tero-Vescan A, Vlad RA, Ștefănescu R. Indigenous Cannabis Sativa - The Pharmacognostical Analysis Of A Weed-Type Variety. Acta Biologica Marisiensis, 2024, 7(1): 1-12. ISSN: 2601 – 6141.





3. Ștefănescu R, **Marian R.** Bilberry Anthocyanins - Possible Applications in Skincare Products. Acta Biologica Marisiensis 2023, 6, 54–61, doi:10.2478/abmj-2023-0005, ISSN: 2601 – 6141.
4. Laczkó-Zöld, E.; Csupor-Löffler, B.; **Kolcsár, E.-B.**; Ferenci, T.; Nan, M.; Tóth, B.; Csupor, D. The Metabolic Effect of *Momordica Charantia* Cannot Be Determined Based on the Available Clinical Evidence: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. Front. Nutr. 2024, 10. IF: 5 (Q2).
5. Eszter Laczkó Zöld, **Larisa Melinda Toth**, Lenard Farczadi, Ruxandra Ștefănescu: Polyphenolic profile and antioxidant properties of momordica charantia L. 'Enaja' cultivar grown in Romania. Natural Product Research, DOI10.1080/14786419.2023.2213805. IF: 2.2 (Q3).
6. **Nagy-György Erzsébet, Török Barbara** (îndrumător științific Laczkó-Zöld Eszter). Analysis of furanocoumarins from dietary supplements containing *Heracleum sphondylium* L. 31st Students' Scientific Conference, 24-27 April 2024, Tartgu Mures. Abstract. Orvostudományi Értesítő, 2024, 97, supl.2, p.149
7. **Pálosi Réka** (îndrumător științific Ferencz Elek, Laczkó-Zöld Eszter). Quality by design based high performance liquid chromatography method development for determination of coumarins and furanocoumarins, 31st Students' Scientific Conference, 24-27 April 2024, Tartgu Mures. Abstract. Orvostudományi Értesítő, 2024, 97, supl.2, p 149
8. **Szeles Kinga Renáta** (îndrumător științific Laczkó-Zöld Eszter). Comparative study of *Hypericum perforatum* L. samples collected in Harghita county. 31st Students' Scientific Conference, 24-27 April 2024, Tartgu Mures. Abstract. Orvostudományi Értesítő, 2024, 97, supl.2, p.150
9. **Török Barbara, Nagy-György Erzsébet** (îndrumător științific Laczkó-Zöld Eszter). Evaluation of the furocoumarin content of extracts and dietary supplement with *Heracleum sphondylium* L. content by high performance liquid chromatography. 31st Students' Scientific Conference, 24-27 April 2024, Tartgu Mures. Abstract. Orvostudományi Értesítő, 2024, 97, supl.2, p.150
10. **Alföldi Ingrid-Tünde** (îndrumător științific Varga Erzsébet). Phytotherapeutic use of dandelion. 31st Students' Scientific Conference, 24-27 April 2024, Tartgu Mures. Abstract. Orvostudományi Értesítő, 2024, 97, supl.2, p.145.
11. **Lőrincz Réka** (îndrumător științific Varga Erzsébet). Therapeutic use of resveratrol in various diseases based on current research. 31st Students' Scientific Conference, 24-27 April 2024, Tartgu Mures. Abstract. Orvostudományi Értesítő, 2024, 97, supl.2, p.147.
12. **Uj Ágnes** (îndrumător științific Varga Erzsébet). Topical questions regarding cyanogenic glycosides. 31st Students' Scientific Conference, 24-27 April 2024, Tartgu Mures. Abstract. Orvostudományi Értesítő, 2024, 97, supl.2, p.151.
13. **Bartók Brigitta** (îndrumător științific Varga Erzsébet). Phytochemical analysis of goji berry. 31st Students' Scientific Conference, 24-27 April 2024, Tartgu Mures. Abstract. Orvostudományi Értesítő, 2024, 97, supl.2, p.153.
14. Varga Erzsébet, **Szabó Nándor, Bartha Biborka**, Váncsa szende, Fülöp Ibolya. Phytochemical study of *Artemisia annua* L. Orvostudományi Értesítő, 2024, 97, supl.1. Abstract.

Year 2023:

1. **Olar DM***, Boda FA, Ștefănescu R. Indigenous, invasive Cannabis sativa. Friend or foe? Acta Marisiensis Seria Medica. 2023; vol. 69, suppl. 1, pg 131. International Congress for students,



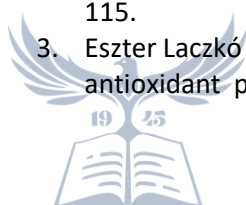


young doctors and pharmacists Marisiensis, 17-21 MAY 2023, Târgu Mureș, România. ISSN: 2668-7755

2. Varga E., **Szabó N.***, Vancea Sz.: Studiul uleiului volatil din *Artemisia annua* L., Congresul National de Farmacie, Cluj Napoca, 2023, vol. de rezumate, 102
3. **Koncz G.R.***, Püsök K., Varga E.: Élelmiszernövényeink fitokémiai vizsgálata (Studiul fitochimic al plantelor alimentare), Orvostudományi Értesítő, 2023, 96, 1, 30 (Societatea Muzeului Ardelean, Secția Medicală și Farmaceutică, apr. 2023 – Miercirea Ciuc)
4. Varga E., **Nagy A.***: Lektinek a mindennapokban (Lectine în viața de zi cu zi), Orvostudományi Értesítő, 2023, 96, 1, 57 (Societatea Muzeului Ardelean, Secția Medicală și Farmaceutică, apr.2023- Mirecurea Ciuc)
5. **Kerekes Andrea*** (îndrumător științific: dr. Varga E.), A hóvirág gyógyászati értéke (Valoarea terapeutică a ghiocelului), Conferința Științifică Studentească, ediția a 30-a 10-13. mai 2023 Târgu Mureș, Orvostudományi Értesítő, 2023, 96. 2. 103
6. **Koncz Gabriella-Renáta*** (îndrumător științific: dr. Varga E.), Beta vulgaris rubra gyökérgumóinak fitokémiai vizsgálata (Studiul fitochimic al tuberculilor de Beta vulgaris rubra), Conferința Științifică Studentească, ediția a 30-a 10-13. mai 2023 Târgu Mureș, Orvostudományi Értesítő, 2023, 96. 2. 105
7. Szabó Nándor* (îndrumător științific: dr. Varga E.), Az Artemisia annua L. illóolajának kromatográfiás vizsgálata (Analiza cromatografică a uleiului esențial din Artemisia annua L), Conferința Științifică Studentească, ediția a 30-a 10-13. mai 2023 Târgu Mureș, Orvostudományi Értesítő, 2023, 96. 2. 107
8. **Csató Csongor***: Study of dietary supplements containing Valerian root (Valerianae radix) by high-performance liquid chromatography. 30th Students' Scientific Conference, 10-13 May 2023, Targu Mures. Abstract. Orvostudományi Értesítő, 2023, 96, supl.2, pag. 102.
9. **Csató Csongor***, Ferencz Elek, Szabó Zoltán-István, Laczkó-Zöld Eszter: Study of dietary supplements containing Valerian root (Valerianae radix) by high-performance liquid chromatography. Ceopus 21th International Symposium and Summer School on Bioanalysis, 2023. Book of abstracts.
10. Eszter Laczkó Zöld, **Beáta Koreh***, László Jakab-Farkas, Erzsébet Domokos: Analysis of pollen in "handmade" honey samples from the Central Microregion of Romania by scanning electron microscopy. 71st International Congress and Annual Meeting of the Society for Medicinal Plant and natural Product Research (GA), Dublin, 2-5 July, 2023, Book of abstracts.

Year 2022:

1. Erzsébet Varga, **Noémi Birtalan***, Ibolya Fülöp: Comparative polyphenolic, flavonoid and anthocyanin content and antioxidant activities of pomegranate juice and seeds. . Natural Products in Drug Discovery and Development – Advances and Perspectives. PSE Meeting 2022, September 19-22 Iasi, Romania, Abstarcts Book, pag 179.
2. Ruxandra Ștefănescu, **Ioana Rasteiu***, **Monica Sebestyen***, Eszter Laczko-Zold: HPLC-DAD analysis of anthocyanins from Ribes Nigrum fruit extracts. Natural Products in Drug Discovery and Development – Advances and Perspectives. PSE Meeting 2022, September 19-22 Iasi, Romania, Abstarcts Book, pag 115.
3. Eszter Laczkó Zöld, **Larisa Melinda Toth***, Lenard Farczadi, Ruxandra Ștefănescu: Phenolic profile and antioxidant properties of Momordica Charantia l. grown in Romania. Natural Products in Drug





Discovery and Development – Advances and Perspectives. PSE Meeting 2022, September 19-22 Iasi, Romania, Abstarcts Book, pag 202.

4. **Szabó Nándor***: Az Ipomoea batatas (L.) Lam. gyökérgútmójának fitokémiai vizsgálata (Studiul fitochimic al tuberculilor de Ipomoea batatas (L.) Lam), Orvostudományi Értesítő, 2022, 95, 2, 115. Abstract.
5. **Kinda Andrea***. Rákellenes növényi hatóanyagok (Substanțe active vegetale anticancerigene), Orvostudományi Értesítő, 2022, 95, 2, 111. Abstract.
6. **Birtalan Noémi***, Varga Erzsébet: A terápiás céllal használt gránátalma (Punica granatum L.) fitokémiai vizsgálata (Studiul fitochimic al rodiei (Punica granatum L.) utilizate în scopuri terapeutice), Orvostudományi Értesítő, 2022, 95, 1, 13. Abstract.
7. **Edina- Blanka Kolcsár***, Boglárka Csupor Löffler, Dezső Csupor, Tamás Ferenci, Eszter Laczkó Zöld: The effects of Momordica charantia on metabolic syndrome – a systematic review and meta-analysis of randomized, controlled trials. Book of abstract. Acta Marisiensis - Seria Medica, 2022, 68, suppl.3, pag 147.
8. **Ioana Cupse***, Ruxandra Ștefănescu: Abortifacient and teratogenic effects of medicinal plants. Book of abstract. Acta Marisiensis - Seria Medica, 2022, 68, suppl.3, pag 229.
9. **Monica Sebestyen***, Jozsa Eszter, Emilia-Ruxandra Ștefănescu: The phytochemical evaluation of seven blackcurrant varieties. Book of abstract. Acta Marisiensis - Seria Medica, 2022, 68, suppl.3, pag 145.
10. **Alexandra-Simina Muresan***, Ruxandra Ștefănescu: The influence of altitude on the phytochemical profile of bilberry leaves. Book of abstract. Acta Marisiensis - Seria Medica, 2022, 68, suppl.3, pag 146.

Year 2021:

1. Ștefănescu, R.; Farczadi, L.; Huțanu, A.; Ősz, B.E.; Mărușter, M.; **Negroiu, A.***; Vari, C.E. *Tribulus Terrestris Efficacy and Safety Concerns in Diabetes and Erectile Dysfunction, Assessed in an Experimental Model*. Plants **2021**, *10*, 744, doi:[10.3390/plants10040744](https://doi.org/10.3390/plants10040744).
2. Eszter Laczkó-Zöld, **Blanka Bacsadi***, Attila Horváth, Dezső Csupor: *Development and validation of a RP-HPLC-DAD method for quantification of charantin in Momordica charantia products*, Journal of Food Composition and Analysis, 2021, doi: [10.1016/j.jfca.2021.104161](https://doi.org/10.1016/j.jfca.2021.104161).
3. **Kovács Alexandra Gréta***: *Gyógyszerek és gyógynövények együttes alkalmazásának következménye*, Orvostudományi Értesítő, 2021, 94, 1, 120. Abstract.
4. Takacs I, **Urkon M***, Kiss T, Horvath E, Laczkó-Zöld E, Zomborszki ZP, Lukacs A, Oszlanczi G, Csupor D, Szabo A: *The Effect of Wheatgrass Lyophilizate on Blood Clotting Time in Rats*, Scientia Pharmaceutica, 2021, 89 (3), Article Number: 39. DOI: 10.3390/scipharm89030039. WOS:000701757600001. eISSN: 2218-0532. ISI fara FI.
5. Domokos Erzsébet, **Martonfi Gréta-Tamara***, Laczkó Zöld Eszter: Hozzájárulások a romániai piacon található akác- és hársmézek melisszopalinológiai vizsgálatához. XVI. Magyar Növényanatómiai Szimpózium, 2021. november 12. Online, volum de abstract, pag 9. ISBN: 978-963-429-825-0.

Year 2020:

1. Ștefănescu R, Tero-Vescan A, **Negroiu A***, **Aurică E***, Vari CE: *A Comprehensive Review of the Phytochemical, Pharmacological, and Toxicological Properties of Tribulus terrestris L.* Biomolecules, 2020, 10 (5), doi.org/10.3390/biom10050752.





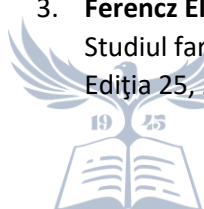
2. Ruxandra Ștefănescu, Eszter Laczko-Zold, Anca Mare, Sigrid Eșianu, Izabela Grama, **Ancuța Negroiu***, Camil Vari – *Risks and Benefits Associated with Tribulus terrestris Products Assessed by Phytochemical and Pharmacological Screening*. Rev.Chim., 2020, 71 (4), 416-423.
3. **Ferencz Elek***, **Demeter Eszter***, **Király Rebeka***, Vancea Szende, **Urkon Melinda***, Laczkó-Zöld Eszter – *A romániai piacon található kasvirág tartalmú étrend-kiegészítők feltérképezése és a leggyakrabban használt termékek minőségi értékelése (Mapping of Echinacea-based dietary supplements on the Romanian market and qualitative evaluation of the most commonly used products)*. Orvostudományi Értesítő (Bulletin of Medical Sciences), 2020, 93(2). DOI: 10.2478/orvtudert-2020-0008.
4. Varga E., **Lieb D.***, Maráz A. *Primula veris L. kivonatok fitokémiai és antimikrobás hatásának vizsgálata (Investigation of the phytochemical and antimicrobial activity of Primula veris L. extracts)*. OrvTudErt 2020, 93(1), 33-37. ISSN 2537-5059, in press.
5. **Roncea F***, Laczko-Zold E, Ștefănescu R: *The analysis of total polyphenolic content and antioxidant activity of different honey samples*. Acta Marisiensis Seria Medica, 2020, 66, 78. International congress for students, young doctors and pharmacists Marisiensis, 25-29 martie 2020, Târgu Mureș, România.
6. **Marian (Ignat) R***, Ștefănescu R: *Antioxidant capacity of a daily face cream with anthocyanins extracted from bilberry*, Acta Marisiensis Seria Medica, 2020, 66, 78. International congress for students, young doctors and pharmacists Marisiensis, 25-29 martie 2020, Târgu Mureș, România.

Year 2019:

7. Eszter Laczkó-Zöld, **Andrea Komlósi***, Erzsébet Varga, Nóra Papp: *Comparative histological evaluation of the fruit of Ribes nigrum and Ribes rubrum*. Acta Biologica Marisiensis, 2019, 2(2), 5-14. Indexat BDI. DOI: 10.2478/Abmj-2019-0006.
8. **Negroiu A***, Vari CE, Farczadi L, Ștefănescu R: *The effects of Tribulus terrestris on testosterone levels of diabetic rats*. Acta Medica Marisiensis, 2019, 65, S1, 69. International Congress for Students, Young doctors and Pharmacists Marisiensis, Târgu Mureș, 2019.
9. Varga E, Szőke H, **Chiorean C***, **Lieb D***: *A Primula veris L. növényi részek hatóanyagainak vizsgálata*. Orvostudományi Értesítő, 2019, 92 (2), 40. Erdélyi Múzeum Egyesület, Orvos-és Gyógyszertudományi Szakosztály, XXIX Tudományos Ülésszak, Satu-Mare, 11-13 aprilie 2019. ISSN:1453-0953 (print).
10. Eszter Laczkó Zöld, Attila Horváth, **Blanka Bacsadi***, Dezső Csupor: *Development and validation of a HPLC-UV method for the quantification of charantin in Momordica charantia products*. Trends in Natural Product Research – PSE Young Scientists' Meeting Budapest, June 19th-21st, 2019, Book of abstract, pg 119, doi: 10.14232/tnpr.2019.af.
11. **Elek Ferencz***, Norbert Kúsz, Judit Hohmann, Martin Vollár, Ágnes Molnár, Eszter Laczkó-Zöld, Zoltán Péter Zomborszki, Boglárka Csupor-Löffler: *Chemical characterization of common ragweed (Ambrosia artemisiifolia L.) root*. Trends in Natural Product Research – PSE Young Scientists' Meeting Budapest, June 19th-21st, 2019, Book of abstract, pg 118, doi: 10.14232/tnpr.2019.af.

Year 2018:

1. Eszter Laczkó-Zöld, **Andrea Komlósi***, **Timea Ülkei***, Erzsébet Fogarasi, Mircea Croitoru, Ibolya Fülöp, Erzsébet Domokos, Ruxandra Ștefănescu, Erzsébet Varga: *Extractability of polyphenols from black currant, red currant and gooseberry and their antioxidant activity*, Acta Biologica Hungarica, 2018, 69 (2), 156-169, cotat ISI, FI 0,439.
2. Varga E, **Schmidt I***, **Szövérfi B***, Pop MD, Kelemen H, Tóth A: *Phenolic content from medicinal plants and their products used in veterinary medicine*, Acta medica Marisiensis, 2018, 64 (2), 77-82, BDI
3. **Ferencz Elek***: *A parlagfűgyökér (Ambrosiae artemisiifoliae radix) farmakognóziái vizsgálata / Studiul farmacognostic a rădăcinii de ambrozia (Ambrosiae artemisiifoliae radix)*. Conferința TDK, Ediția 25, 21-24 martie 2018. Locul I





4. **Dulau Carina Melina***, Esianu Sigrig, Stefanescu Ruxandra: Understanding flavonoid-drug interactions. Acta Medica Marisiensis, 2018, 64, suppl. 1, pp.85. Conferința Marisiensis, 28 martie-1 aprilie, 2018.
5. **Blaș Iuliana***: Influenta căilor de administrare a uleiului volatil de fenicul în diabetul zaharat indus prin streptozocină la șobolani. Coordonator: Eșianu Sigrig, Ștefănescu Ruxandra. Volum de rezumate lucrări științifice, Congresul Național al Studenților Farmaciști din România, Editia a 16-a, Iași, 28 martie -1 aprilie 2018.
6. Laczkó Zöld Eszter, **Szabó Dalma***, Májai Fogarasi Erzsébet, Stefanescu Ruxandra, Varga Erzsébet: Polifenolos vegyületek vizsgálata madárberkenye (*Sorbus aucuparia* L.) termésből. Studiul compușilor polifenolici extrași din fructe de scoruș de munte (*Sorbus aucuparia* L.). Abstract. Buletin de Științe Medicale/Orvostudományi Értesítő, 2018, 91, suppl.2, 28. XXVIII-a Ediție a Sesiunii Științifice Anuale, 19-21 aprilie 2018, Târgu Mureș.
7. **Elek Ferencz***, Eszter Laczkó-Zöld, Boglárka Csupor-Löffler: Phytochemical analysis of common ragweed root (*Ambrosiae artemisiifoliae* radix), Acta Medica Marisiensis, 2018, 64, supl 3, pp 12. ISSN: 2068 – 3324. Scientific Anniversary Symposium - 70 Years from Foundation of University Botanical Garden, Tîrgu Mureș 1948 — 2018, 30 May - 01 June 2018, Tîrgu Mureș
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