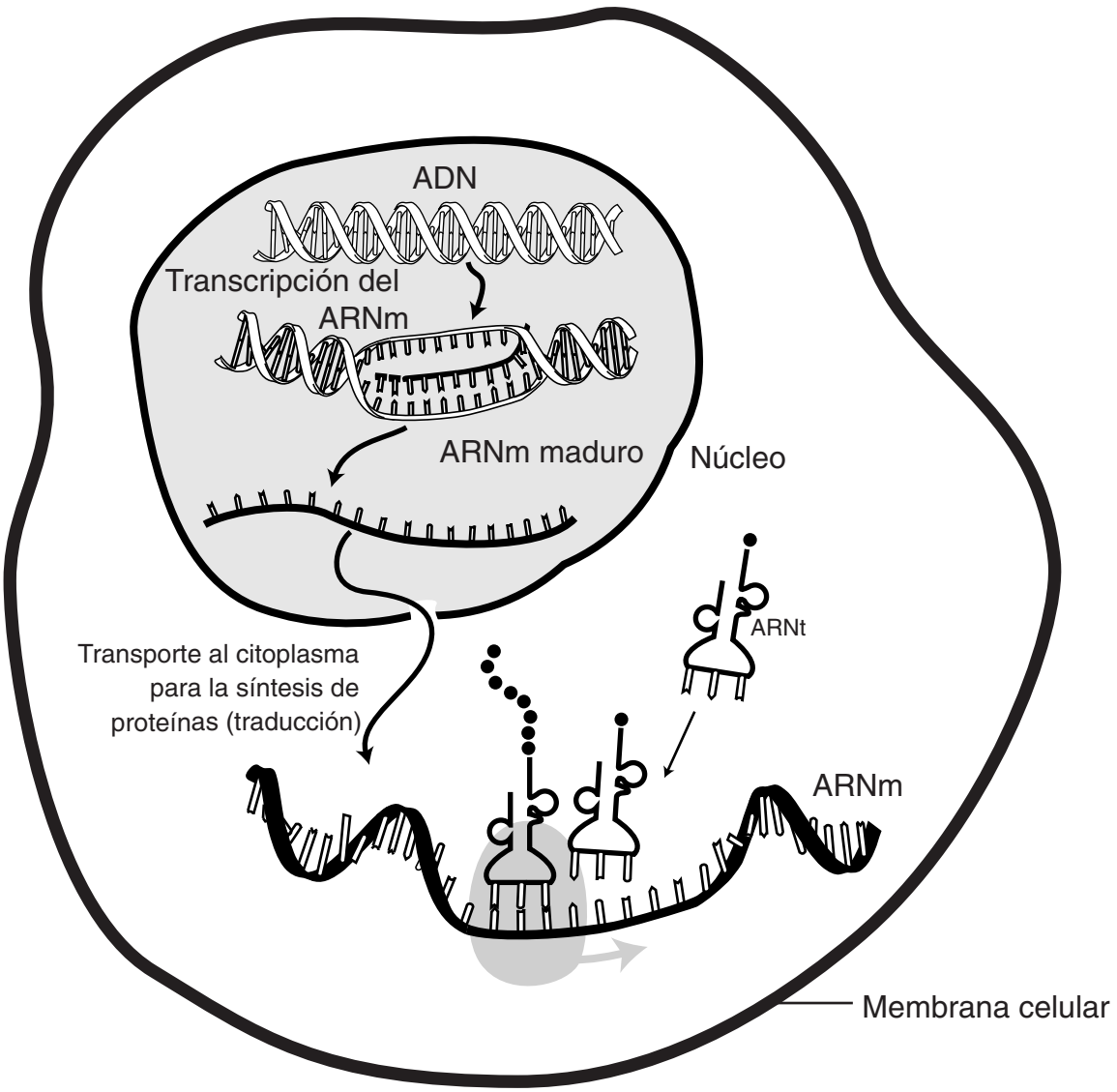ARN mensajero (ARNm)