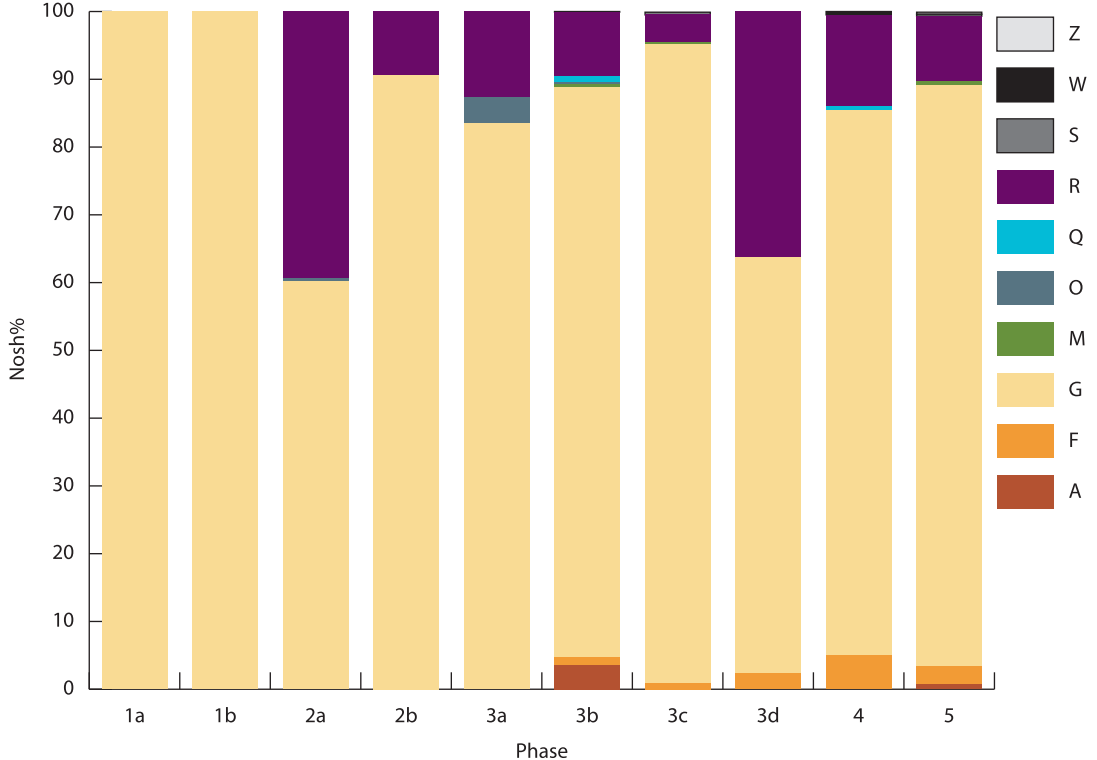
Nosh%
100
90
80
70
60
50
40
30
20
10
0
1a
1b
2a
2b
3a
3b
3c
3d
4
5
Phase
Z
W
S
R
Q
O
M
G
F
A