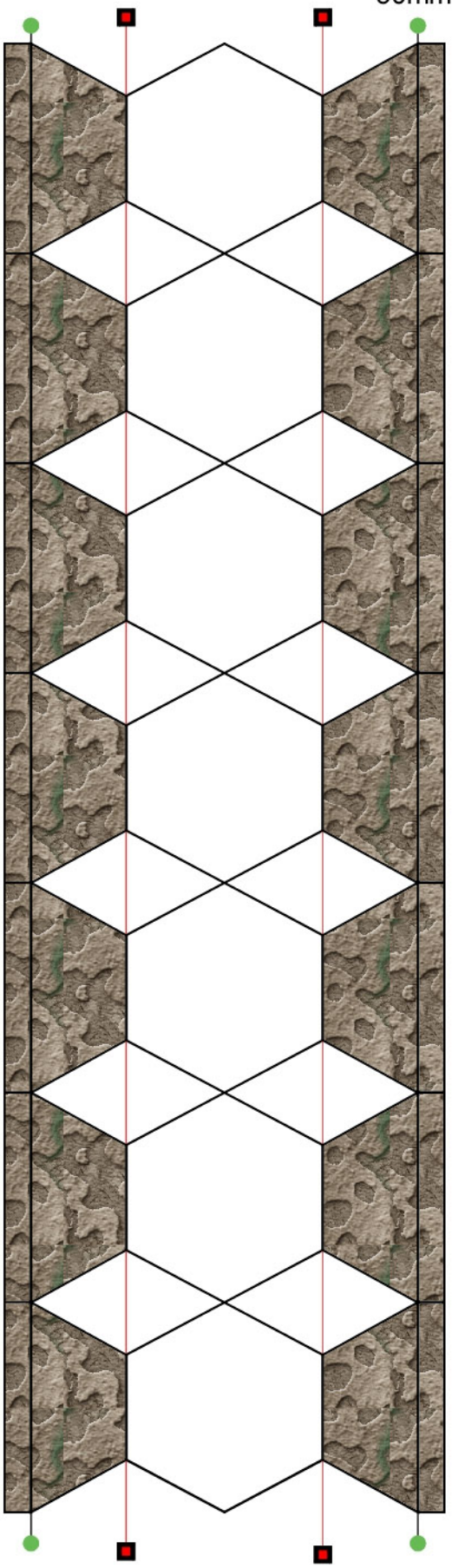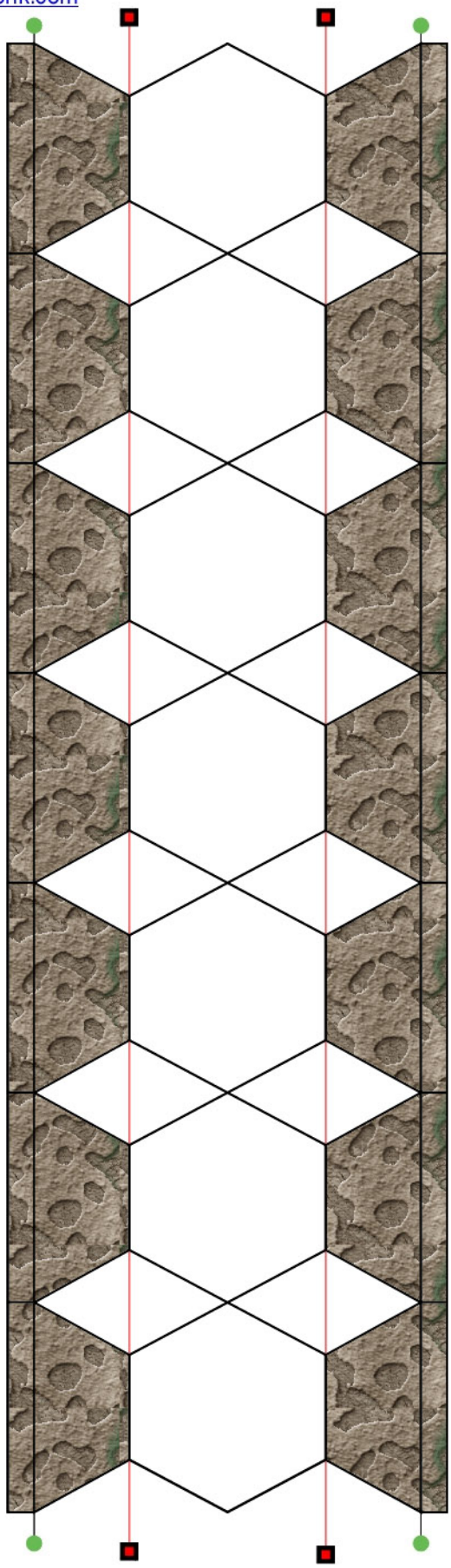30mm HEX onemonk.com