IMPORT THE XMP ZIP FILE
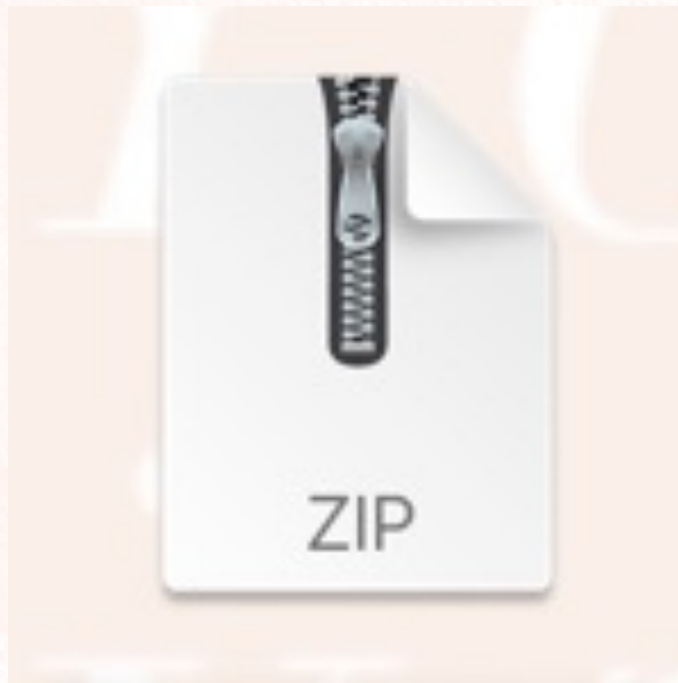
inside the zip file there will be another zip file that contains the letters XMP. Select that zip file & click import.