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<!DOCTYPE html>
<html>

<head>

    <meta charset="utf-8">

    <style type="text/css">
        html, body, .main, .main iframe {
            width: 100%;
            height: 100%;
        }

        html, body {
margin: 0;
padding: 0;
}
html, body, .main, .main iframe {
margin: 0;
width: 100%;
height: 100%;
}
.main iframe {
border: none; /* remove as bordas do iframes*/
}

    </style>

    <title> TITULO DA ABA DO NAVEGADOR AQUI </title>

</head>

<body>
    <div class="main">
        <iframe src="LINK DE AFILAIIDO AQUI" height="100%"
width="100%" noresize="noresize"></iframe>
    </div>
```

```
    </body>  
</html>
```