ERROR IN BUILT-IN MEMORY! (GZ-MS250/GZ-MS240/GZ-MS230)

Turn off this unit, and turn it on again. If the above does not solve the problem, back up your files and execute "FORMAT BUILT-IN MEM." in the media settings menu. (All data will be deleted.)
"FORMAT BUILT-IN MEM. (GZ-MS250/GZ-MS240/GZ-MS230)" (

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