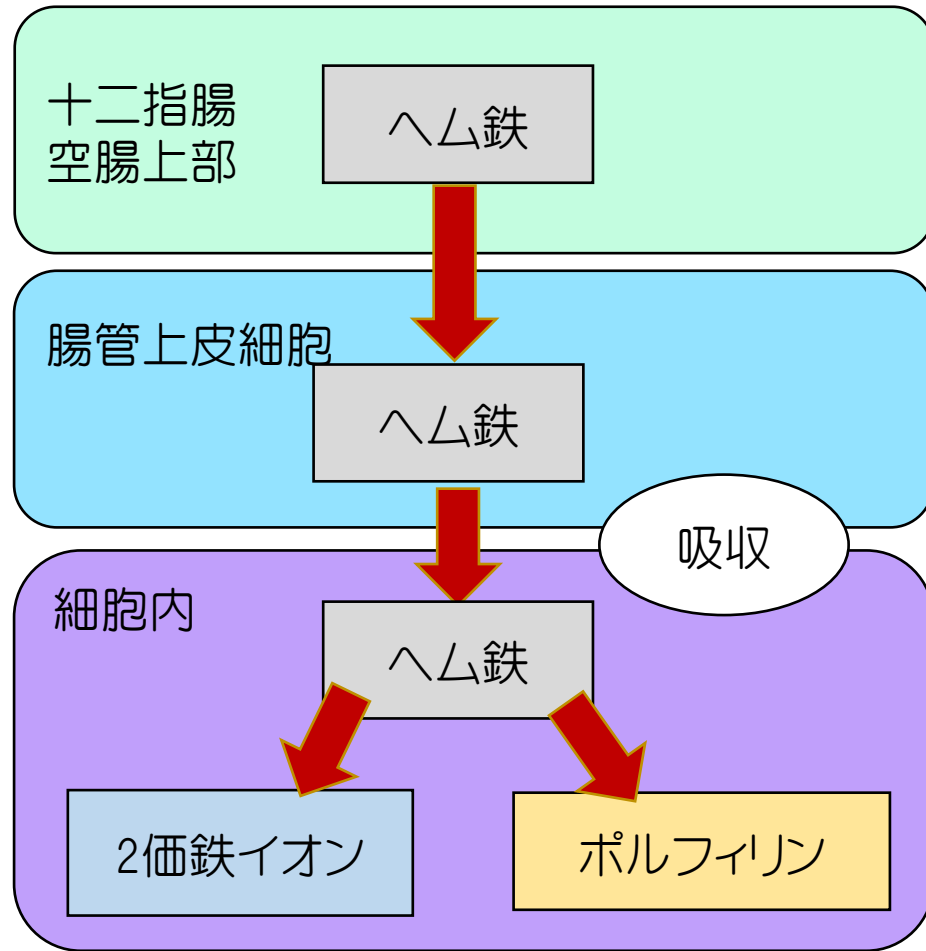


鉄分の吸収

ヘム鉄



非ヘム鉄

