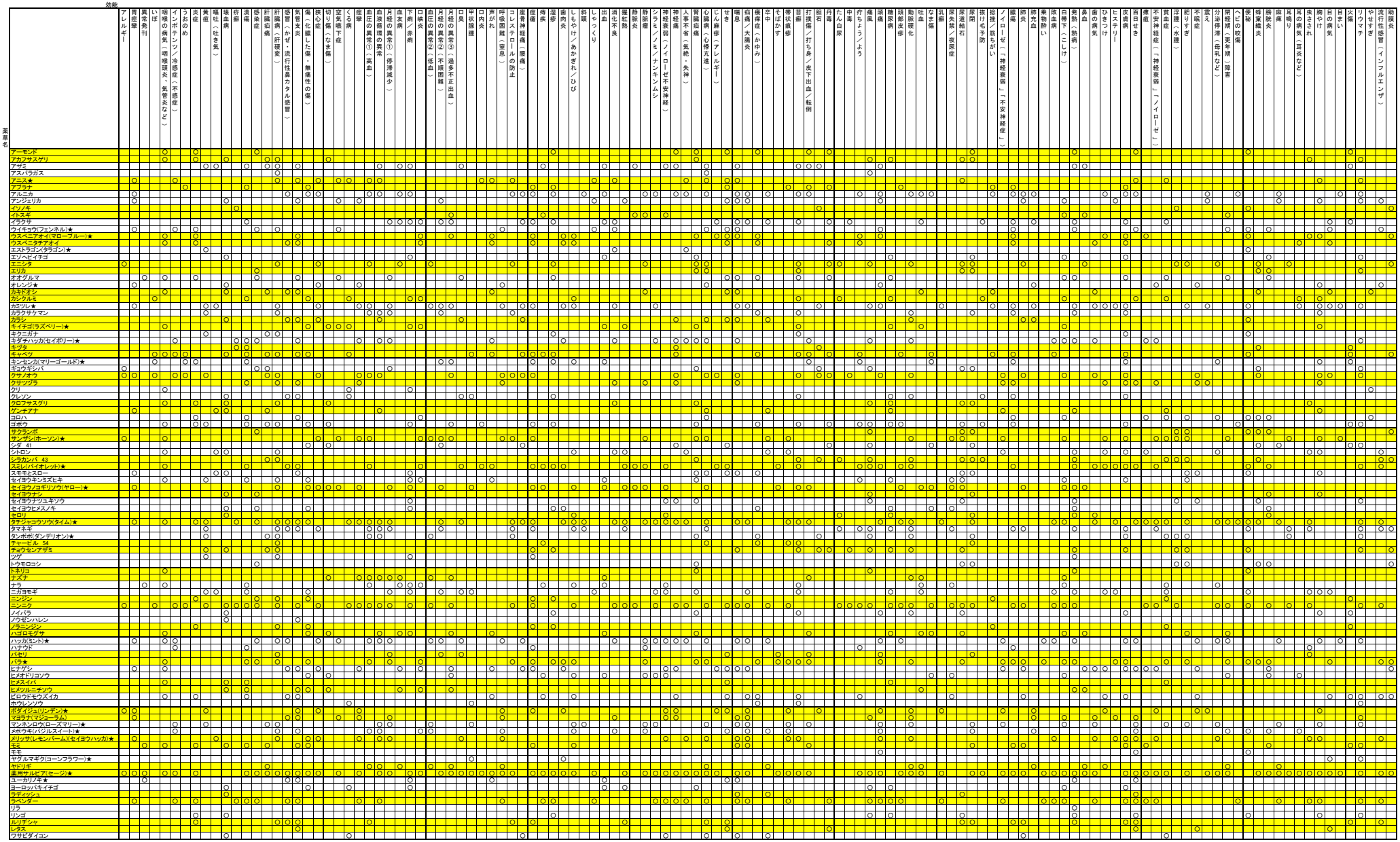ヨーロピアンハーブ効能早見表