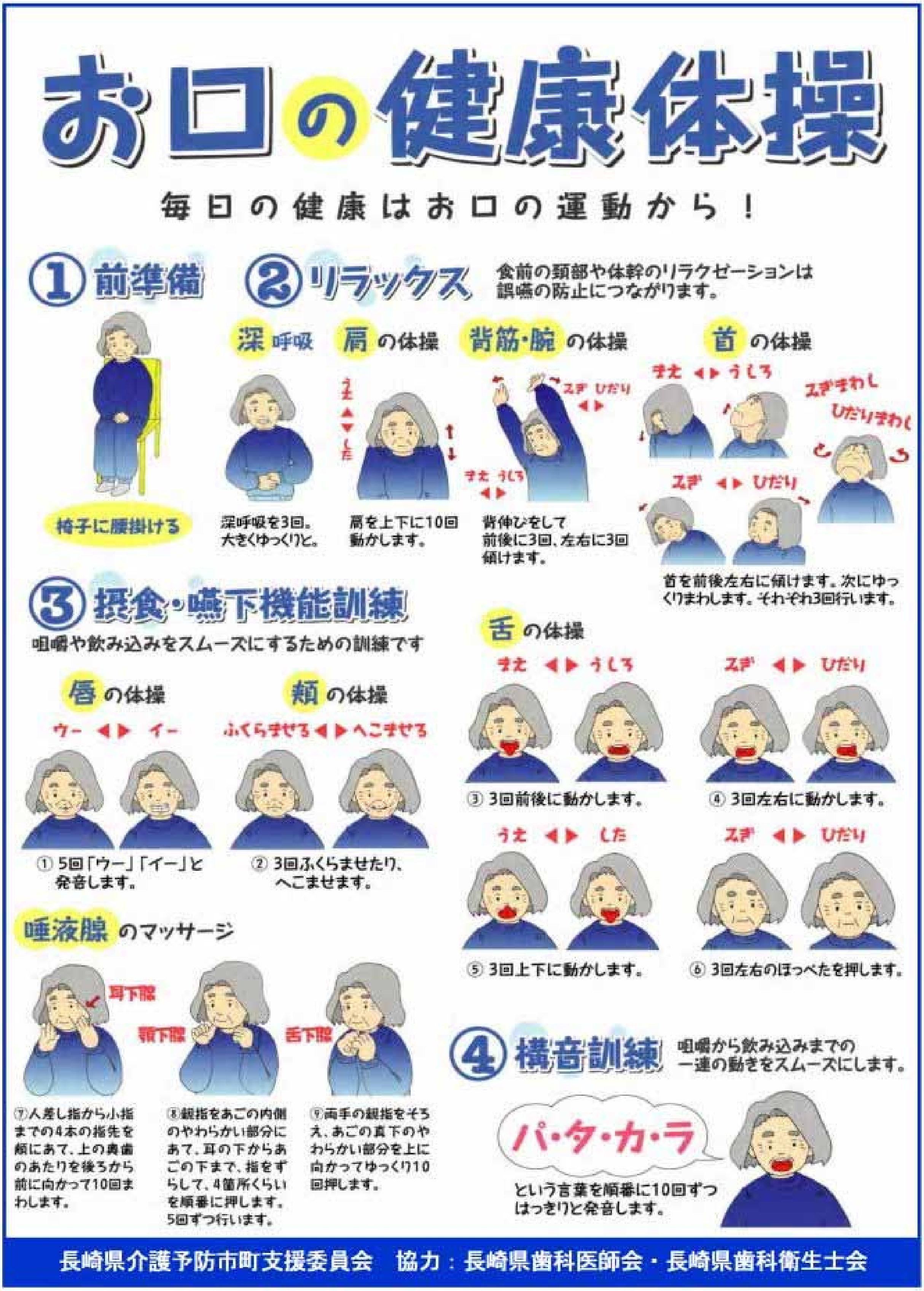3．P３・４「お口の健康体操」