

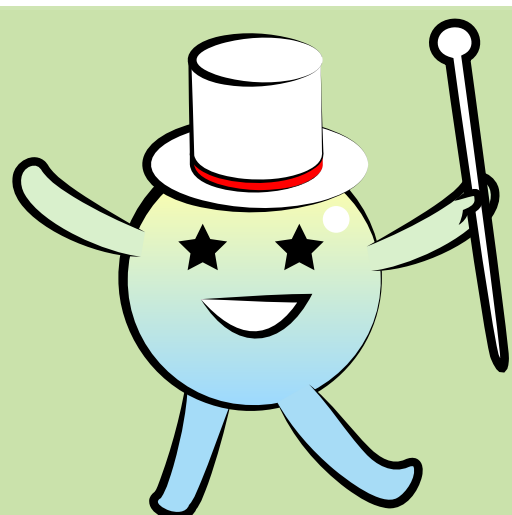
白菜の栄養たち

Nutrition of chinesecabbage



栄養と効果一覧

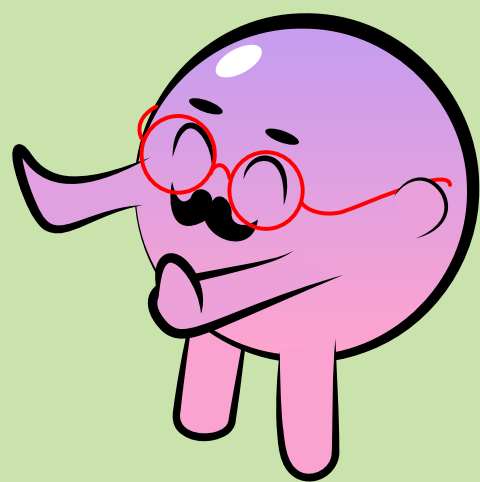
List of nutritional effects



ビタミン B1
Vitamin B1

ブドウ糖をエネルギーに変える

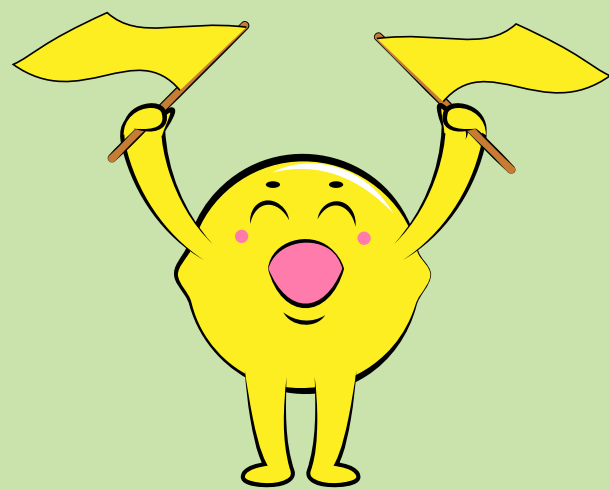
Convert glucose into energy



ビタミン B2
Vitamin B2

肌、粘膜を丈夫にする

Strengthens skin and mucous membranes



ビタミン C
Vitamin C

疲れをとってくれる

Relieves fatigue



ビタミン B6
Vitamin B6

筋肉や血をつくるのを助ける

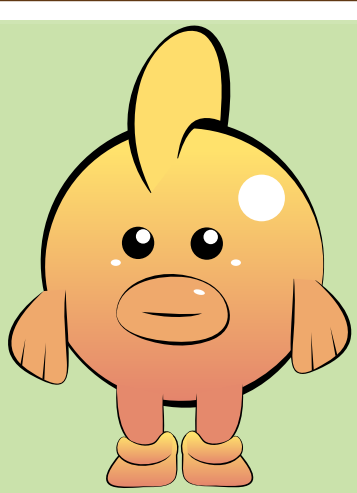
Help build muscle and blood



ビタミン E
Vitamin E

細胞の老化を防ぐ

Prevent cell aging



ビタミンK
Vitamin K

骨や血管の健康を保つ

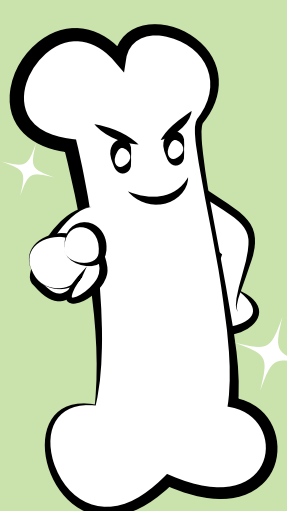
Maintain healthy bones and blood vessels



カリウム
Potassium

摂りすぎた塩分を出す

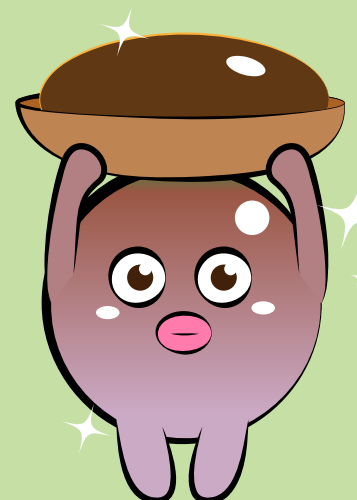
Get rid of excess salt



カルシウム
Calcium

骨や歯の材料になる

Become material for bones and teeth



マグネシウム
Magnesium

血圧を下げる

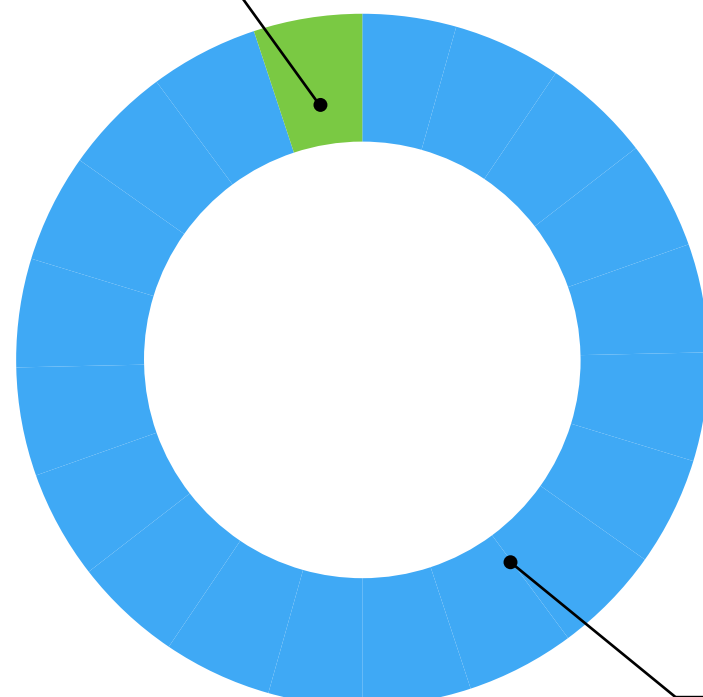
Lower blood pressure




食物繊維
Dietary fiber

お通じを改善する

Improve the gut



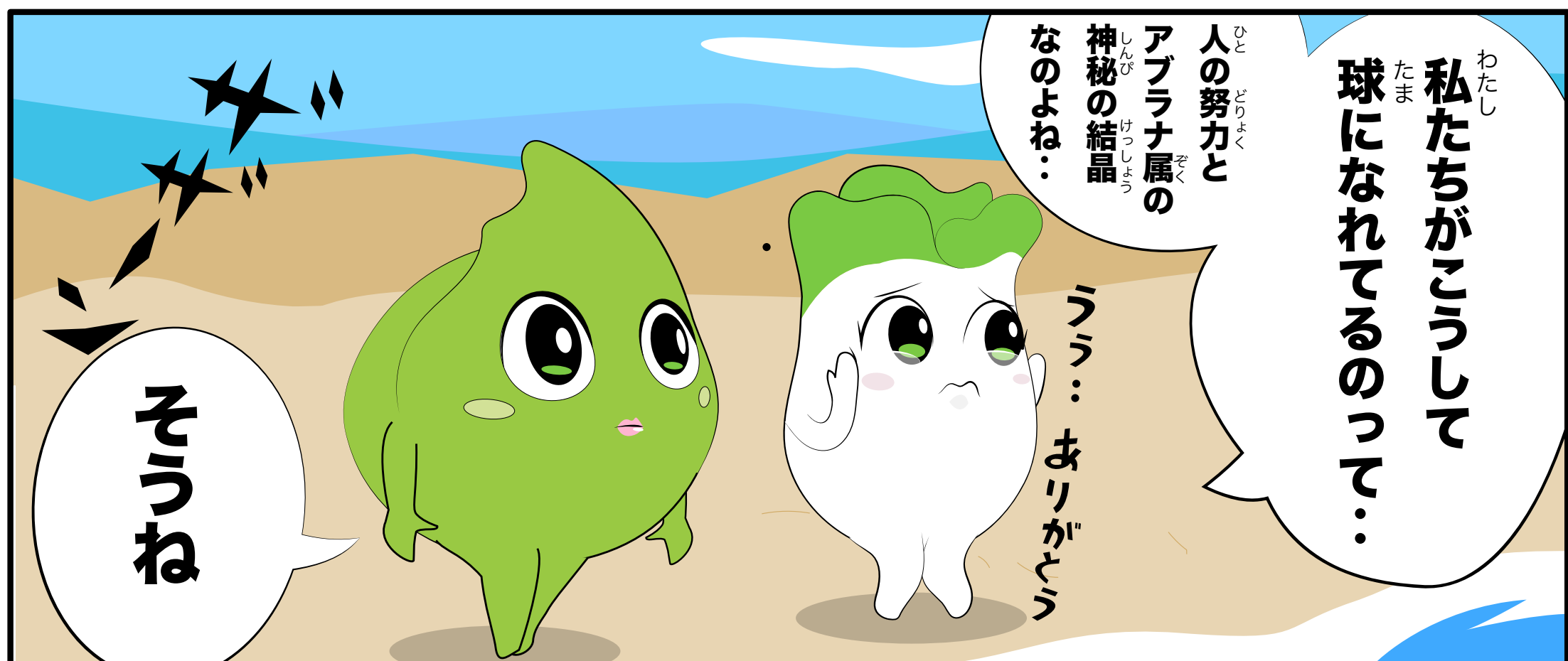
 **水分**
95%

カロリー
calorie



14 kcal /100g

デビュー Debut



The fact that we're able to become spheres like this...isn't it the result of human effort and the mystery of the Brassica genus...?

Yes



So to speak, we are the ball of miracles...

That's right, Miracle Balls!



So to speak, we are the ball of miracles...

Please support us!



野崎白菜
Nozaki Hakusai



御嶽はくさい
Ontake Hakusai



白菜ちゃん
Hakusai - Chan

夢見がちな白菜の少女。キャベツちゃんと一緒に町内会でアイドルデビューを果たした彼女の心は、常にキラキラの夢であふれている

A Chinese cabbage girl who likes to fantasize. She made her idol debut at her neighborhood association with Cabbage-chan, and her heart is always filled with her idealistic dreams.

詳しくは、WEB サイトへ
<https://eikyuhozon.com/chinesecabbage.html>

イラレブック