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????????????????????90g????9g????,????????????????????????6%?12%,????????????????

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????????????????????100g????????????1.8g????????????????50%????1????1??????,

????????????????,??16???

????7??

????????????3????????????????????????1????2??

??4?,????????????

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??VB1????????????\

B2????????????????Vpp??D???

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??2????????????????????????

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??“??”????????????“????”“????”???????

??B1,B2????????????

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????????????????????LNT????????????1969????Chihara????LNT
????????S-180????????5????????LNT????????????
1984??
????????????????180????????10?6??20?80????LNT????????
????????80????????,????:43????????,????55.81%,?37????????,?????
????????35.14%,????????7????????,????????,????
????8??
??LNT????????

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????????10????????,????????????????????????,????????
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????12????????????????????T????????T??????

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????”????????“????”????????,????????,????????
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