



“

6

5

30

6-7 ”

6

5

30

6-7

3

15

60

50g

200ml

82kg

72kg

8cm

28%

22%

0.8mmol/L

2

99,003 63 203 503

513

IP:

,

,

13

_19

IP:

2-3

50

IP:

30 IP:

· “ ”

124

IP:

6 5 30 6-7

161

TXT c

68 6

H X 3 X

tv K8

91 , ,

20

69 iTunes mp4