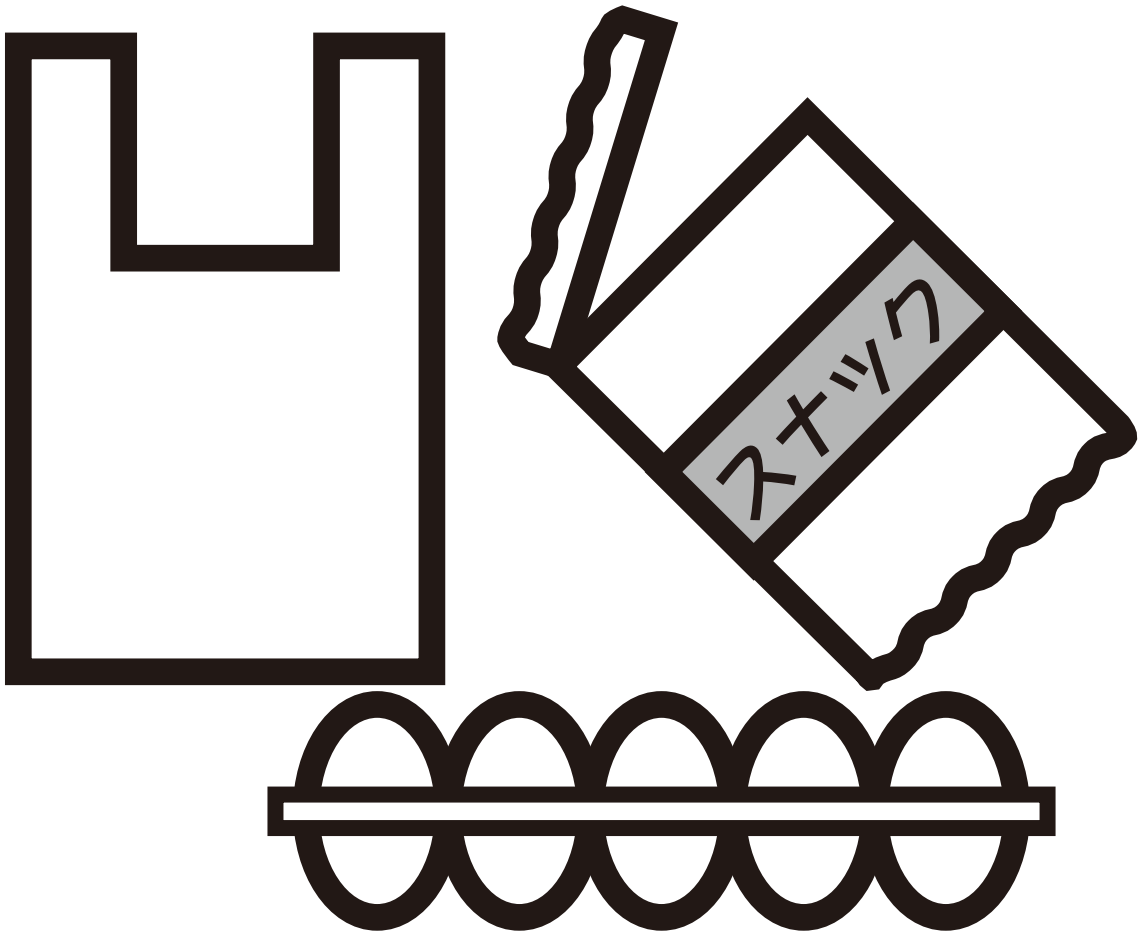プラスチック