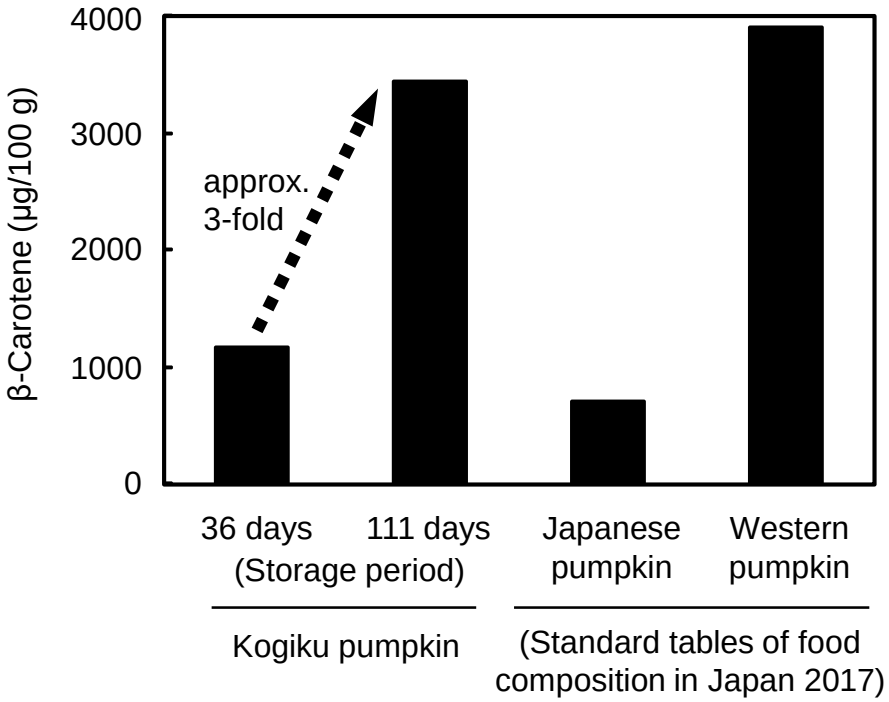
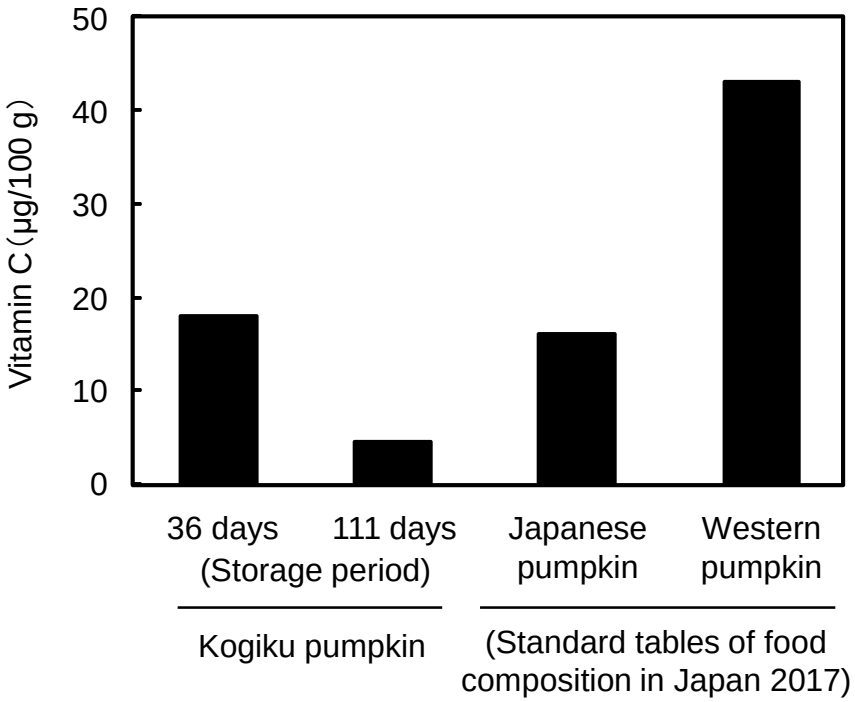

4000
3000
2000
1000
0
β-Carotene (μg/100 g)
approx.
3-fold
36 days
111 days
(Storage period)
Japanese
pumpkin
Western
pumpkin
Kogiku pumpkin
(Standard tables of food
composition in Japan 2017)


Vitamin C（μg/100 g）
50
40
30
20
10
0
36 days
111 days
(Storage period)
Japanese pumpkin
Western pumpkin
Kogiku pumpkin
(Standard tables of food composition in Japan 2017)