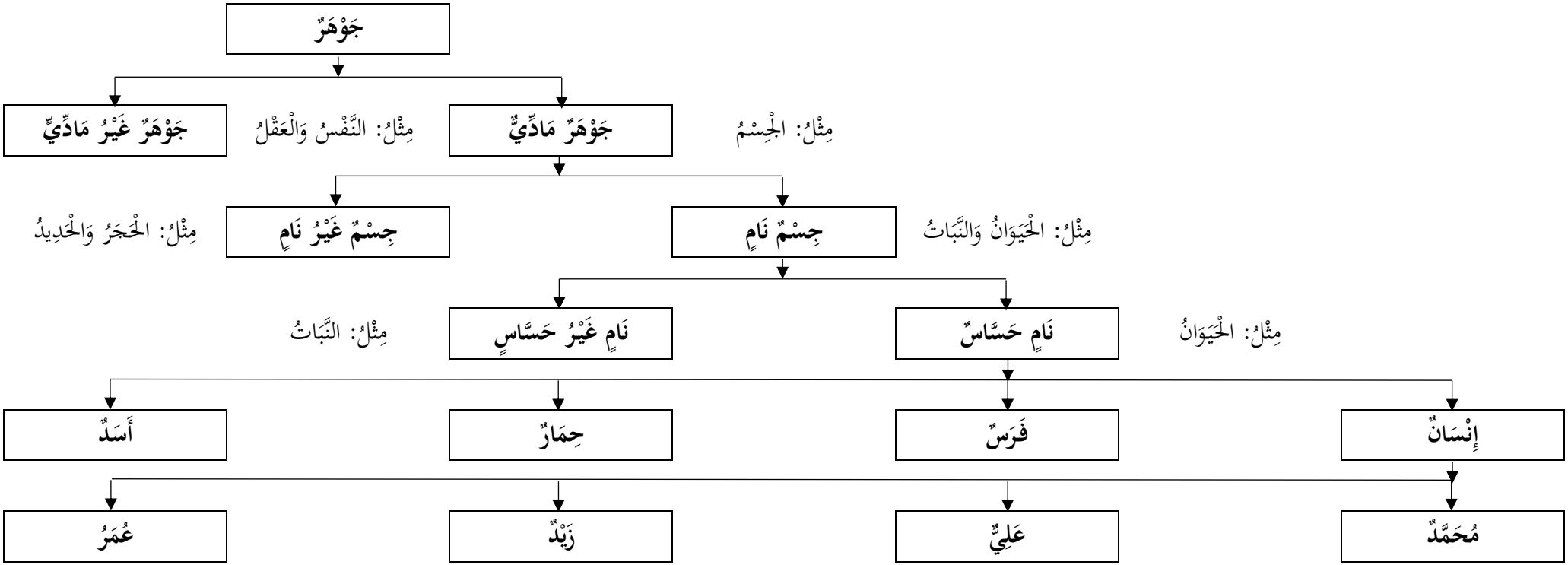الْجَدْوَلُ الْمُسَاعِدُ لِلْكُلِّيَّاتِ الْخَمْسَةِ