



Vitamines et santé: Adoptez un régime alimentaire sain et plein de vitalité ! (French Edition)

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Les vitamines sont des substances organiques que notre corps ne sait pas fabriquer. Il se les procure par l'alimentation.

Il existe 13 vitamines essentielles : A, B1, B2, B3, B5, B6, B8, B9, B12, C, D, E, K.

Les vitamines agissent dans notre organisme et peuvent avoir une action préventive dans de nombreuses pathologies...

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