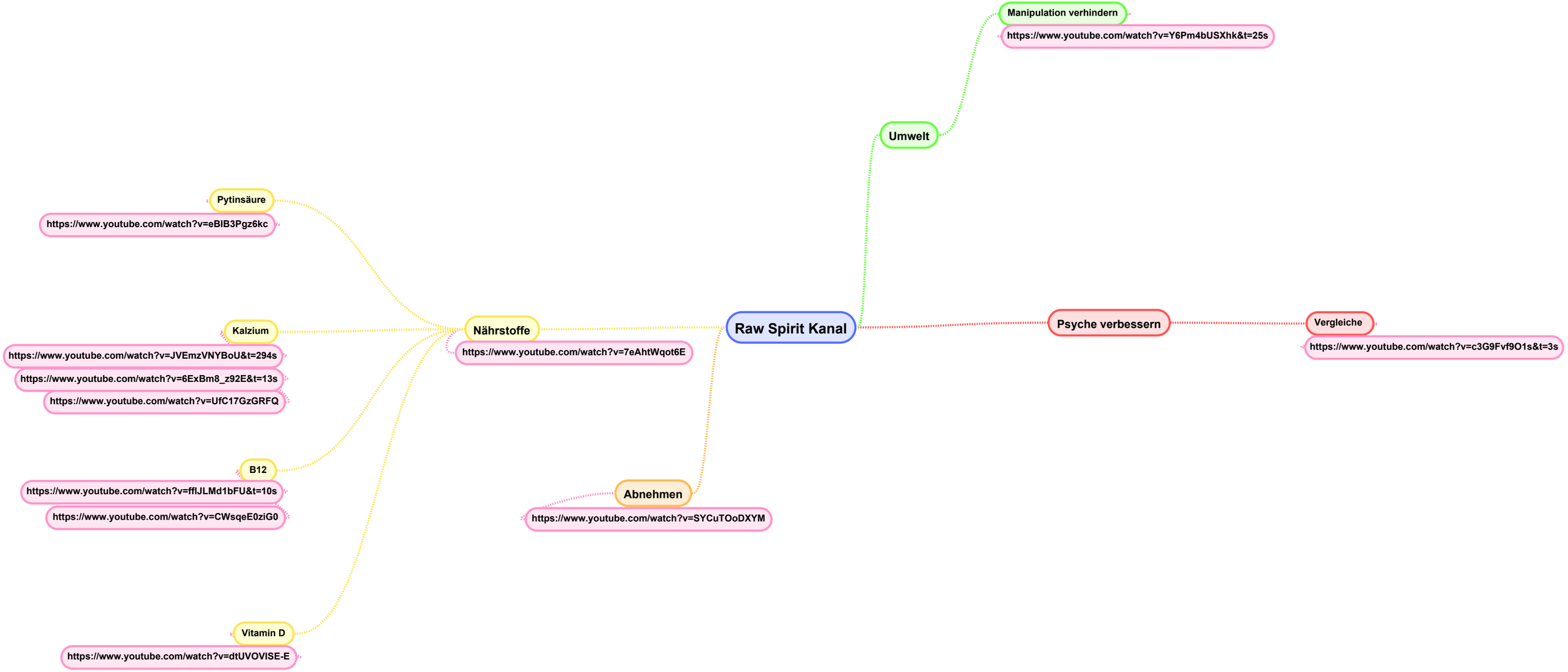
Raw Spirit Kanal
Umwelt
Manipulation verhindern
https://www.youtube.com/watch?v=Y6Pm4bUSXhk&t=25s
Psyche verbessern
Vergleiche
https://www.youtube.com/watch?v=c3G9Fvf9O1s&t=3s
Nährstoffe
https://www.youtube.com/watch?v=7eAhtWqot6E
Pytinsäure
https://www.youtube.com/watch?v=eBIB3Pgz6kc
Kalzium
https://www.youtube.com/watch?v=JVEmzVNYBoU&t=294s
https://www.youtube.com/watch?v=6ExBm8_z92E&t=13s
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B12
https://www.youtube.com/watch?v=ffIJLMd1bFU&t=10s
https://www.youtube.com/watch?v=CWsqeE0ziG0
Vitamin D
https://www.youtube.com/watch?v=dtUVOVISE-E
Abnehmen
https://www.youtube.com/watch?v=SYCuTOoDXYM