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Daniela Niemeyer

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unseren körper in schuss zu halten man
unterscheidet dabei grob zwei
stoffwechselabteilungen den
baustoffwechsel und den
energiestoffwechsel
stoffwechsel anregen mit diesen lebensmitteln klappt s - Mar 11 2023
web da der anabole stoffwechsel für die

synthese von eiweißen verantwortlich
ist spielt dieser prozess auch beim
muskelaufbau eine entscheidende rolle
wenn du deinem körper ausreichend
muskeltreibstoff in form von proteinen
zur verfügung stellst kannst du effektiv
muskeln aufbauen