

## Literatur

### Mobil bleiben, gesund altern, Krankheiten vermeiden

K. Kisters

#### Literatur:

1. Online-Fach-Symposium der Gesellschaft für Biofaktoren e. V. am 15. 10. 2022: „Biofaktoren und Bewegung: Welche Relevanz haben Vitamine und Mineralstoffe für Mobilität und Leistungsfähigkeit?“
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