

A photograph of an elderly man with a white beard and a woman with short blonde hair, both exercising with dumbbells in a gym. The man is in the foreground, wearing a blue t-shirt, and the woman is in the background, wearing a pink top. They are both holding dumbbells and appear to be performing a bicep curl. The gym environment is visible in the background with various exercise machines.

IMMUNSYSTEM UND VITALITÄT STÄRKEN

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