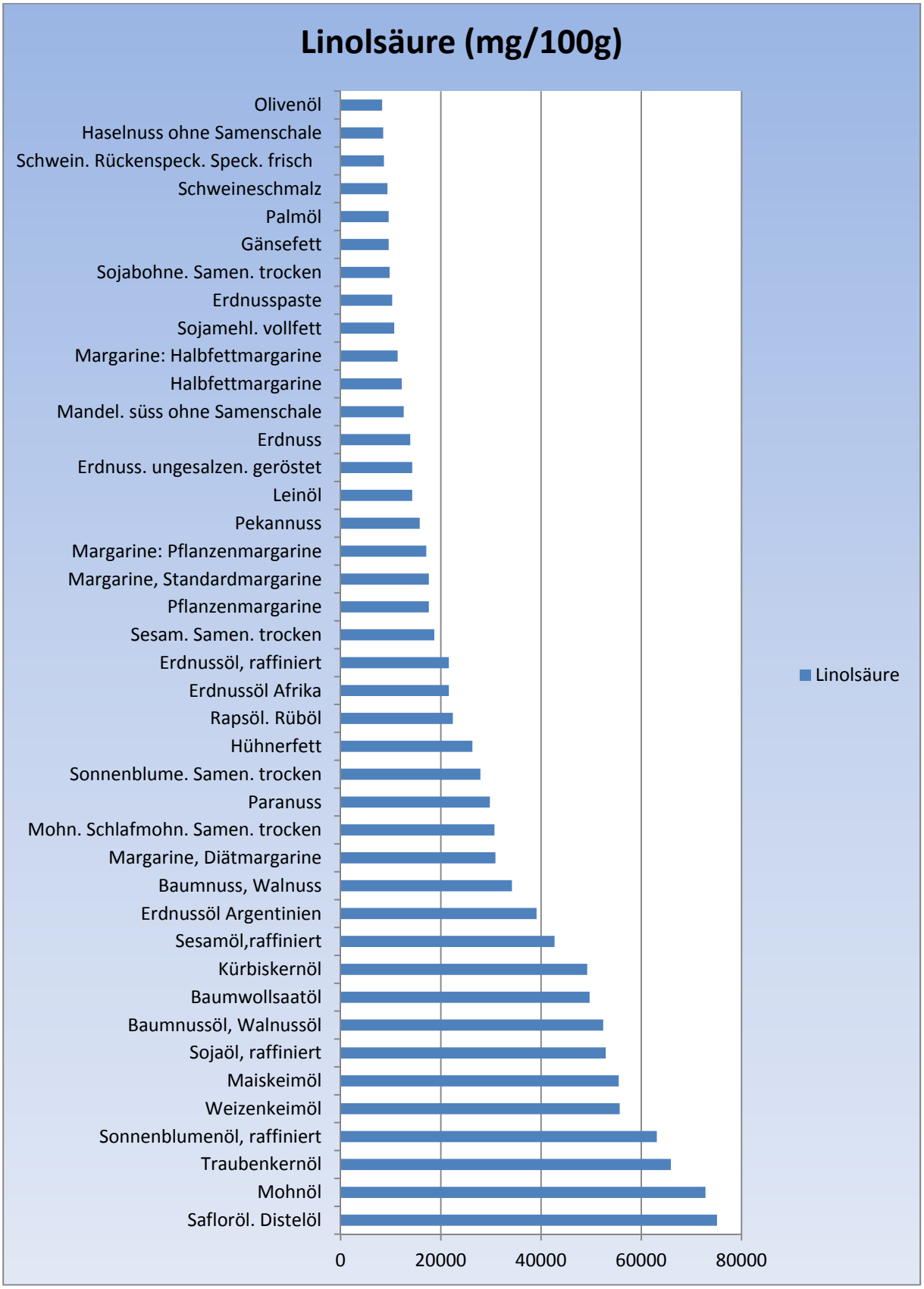Linolsäure in einigen Nahrungsmitteln