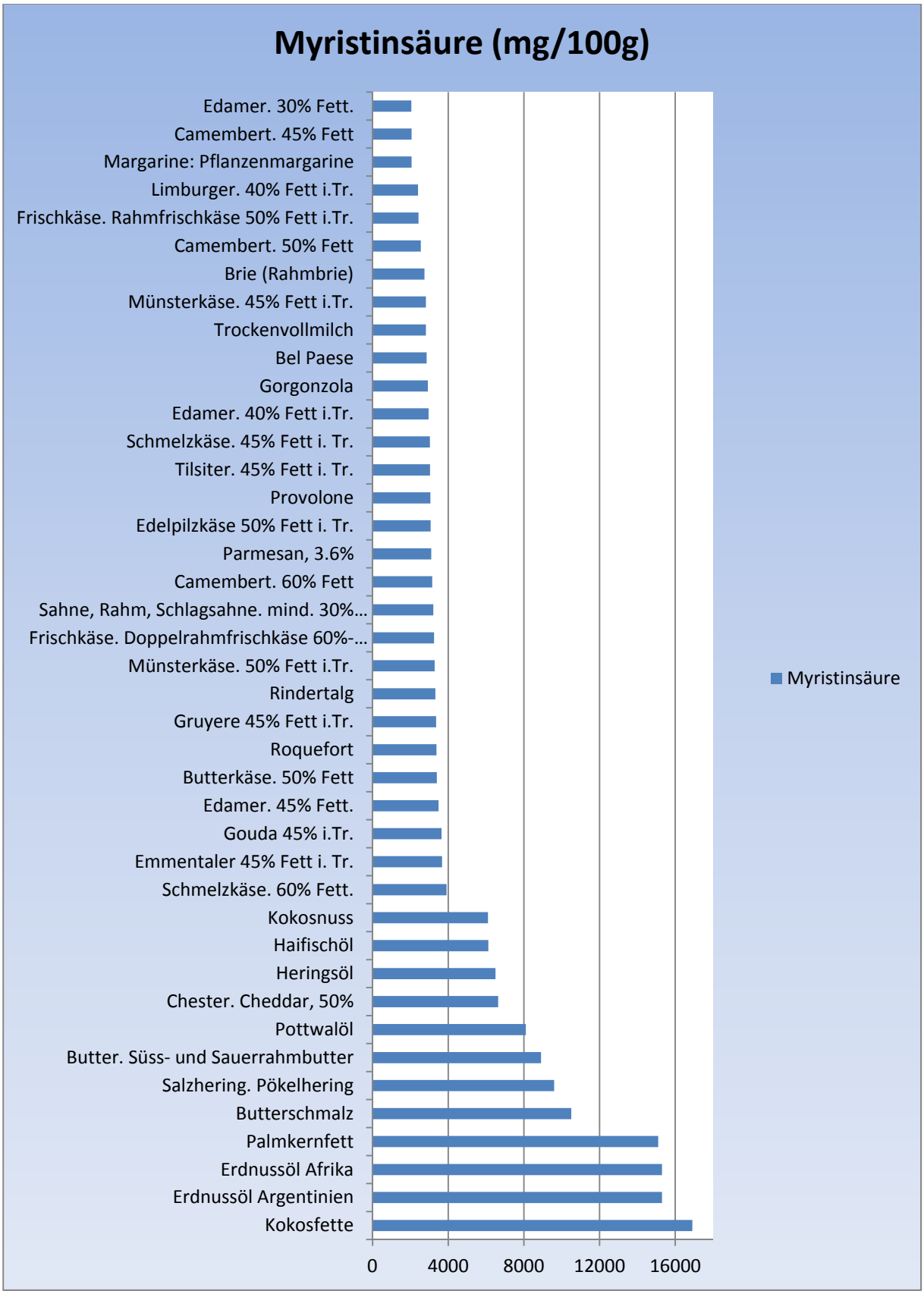Myristinsäure in einigen Nahrungsmitteln