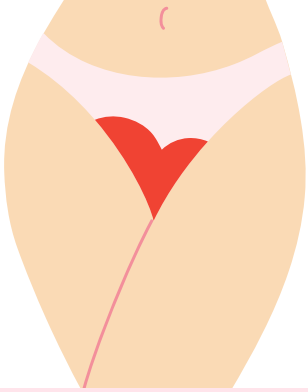
# MEINE TAGE



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STARK

MITTEL

LEICHT

## Symptome

- KRÄMPFE
- MÜDIGKEIT
- KOPFSCHMERZEN
- BAUCHSCHMERZEN
- AKNE

## Zykluslänge

| | |
|---|---|
| JANUAR | |
| FEBRUAR | |
| MÄRZ | |
| APRIL | |
| MAI | |
| JUNI | |
| JULI | |
| AUGUST | |
| SEPTEMBER | |
| OKTOBER | |
| NOVEMBER | |
| DEZEMBER | |

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