

# SOURCES DE VITAMINE D

**250 µg**

Huile de foie de morue  
10 cl



**9 µg**

Saumon cuit à la vapeur  
100g



**3,2 µg**

Jaune oeuf cru  
100g



**2,1 µg**

Jaune oeuf cuit  
100g



**3 µg**

Lait de vache  
250 ml



**4,90 µg**

Thon en conserve  
100g



**8,00 µg**

Maquereau fumé  
100g



**2,97 µg**

Saumon fumé  
100g



**1,18 µg**

Champignon de Paris  
cuit 100g



**22,00 µg**

Hareng fumé  
100g



**12,30 µg**

Sardine grillé  
100g



**5,20 µg**

Truite fumé  
100g



# Lhyperactiviteacute En Deacutebat

**F Rizvi**



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