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web contrairement à la majorité des fruits la noix de coco est très riche en matière grasse et ne contient que peu de vitamine C composée de plus de 35g de lipides pour 100g de chair elle est

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web elle booste le système immunitaire la noix de coco est une excellente source de cuivre le cuivre est un oligo élément nécessaire à la formation de l'hémoglobine et du collagène