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in les cigares du pharaon the detectives did not have a name yet but instead were referred to as x33 and x33bis x33 and x33a in english several other characters make their first appearance in this album rastapopoulos allan thompson and olivier da figureira

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avec 250 millions d exemplaires vendus les aventures de tintin font partie des bandes dessinées européennes les plus célèbres et plus populaires du xx^e siècle 1 tintin au pays des soviets 01 1930 2 tintin au congo 01 1931 3 tintin en Amérique 01 1932 4 les cigares du pharaon 01 1934 5 le lotus bleu 01 1936 6

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web we summarize the epidemiological and clinical studies on the health benefits of fruits and vegetables finally we discuss the role of fiber in fruits and vegetables in disease prevention adv nutr 3 506 516 2012 introduction diets high in fruits and vegetables are widely recommended for their health promoting properties fruits and

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web oct 30 2023 two handfuls of blueberries or raspberries one heaped tablespoon of dried fruit such as sultanas currants or raisins three heaped tablespoons of vegetables such as sweetcorn or peas three heaped tablespoons of any pulse beans peas or lentils one cereal bowl of raw leafy greens such as lettuce watercress or spinach