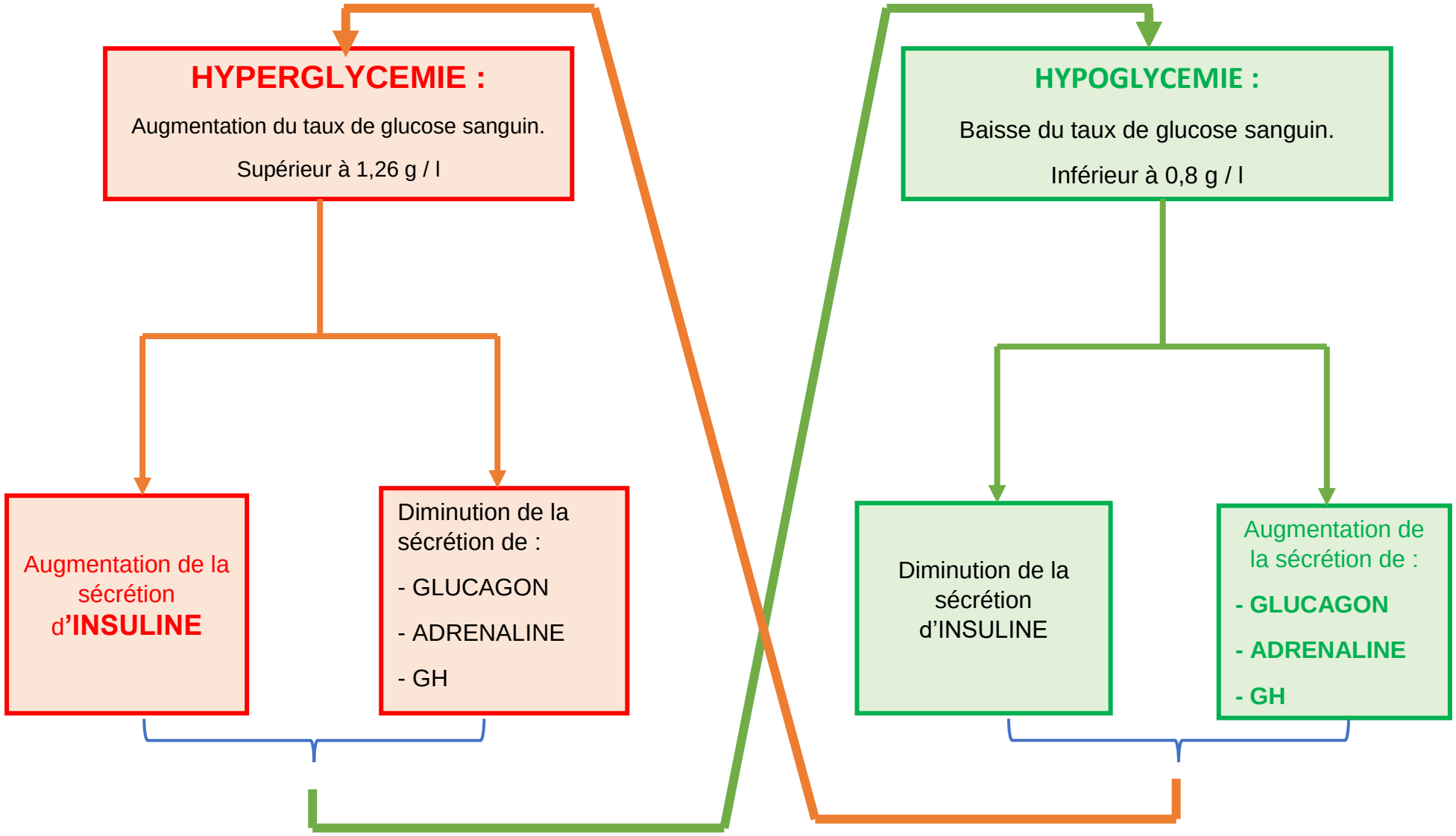Régulation de la glycémie