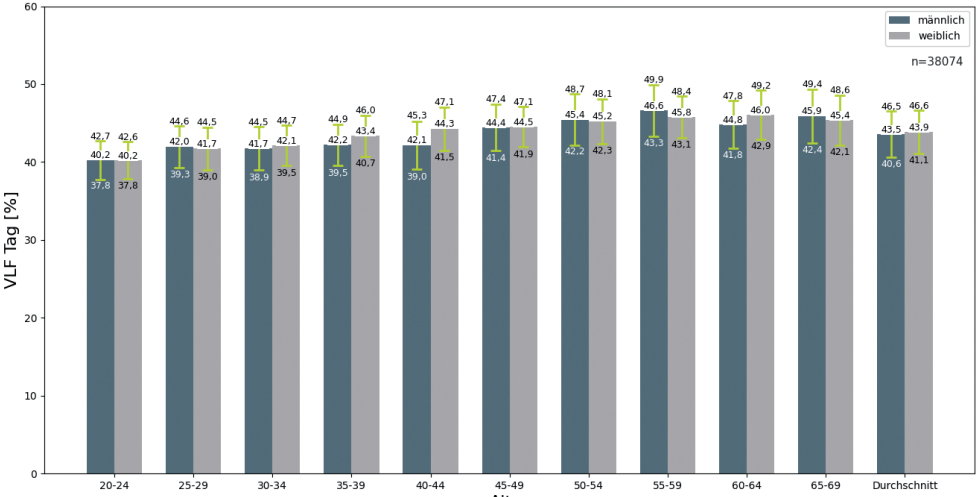

Abb. 4.27 % VLF Tag Männer und Frauen (Quelle: Autonom Health®, 2021).