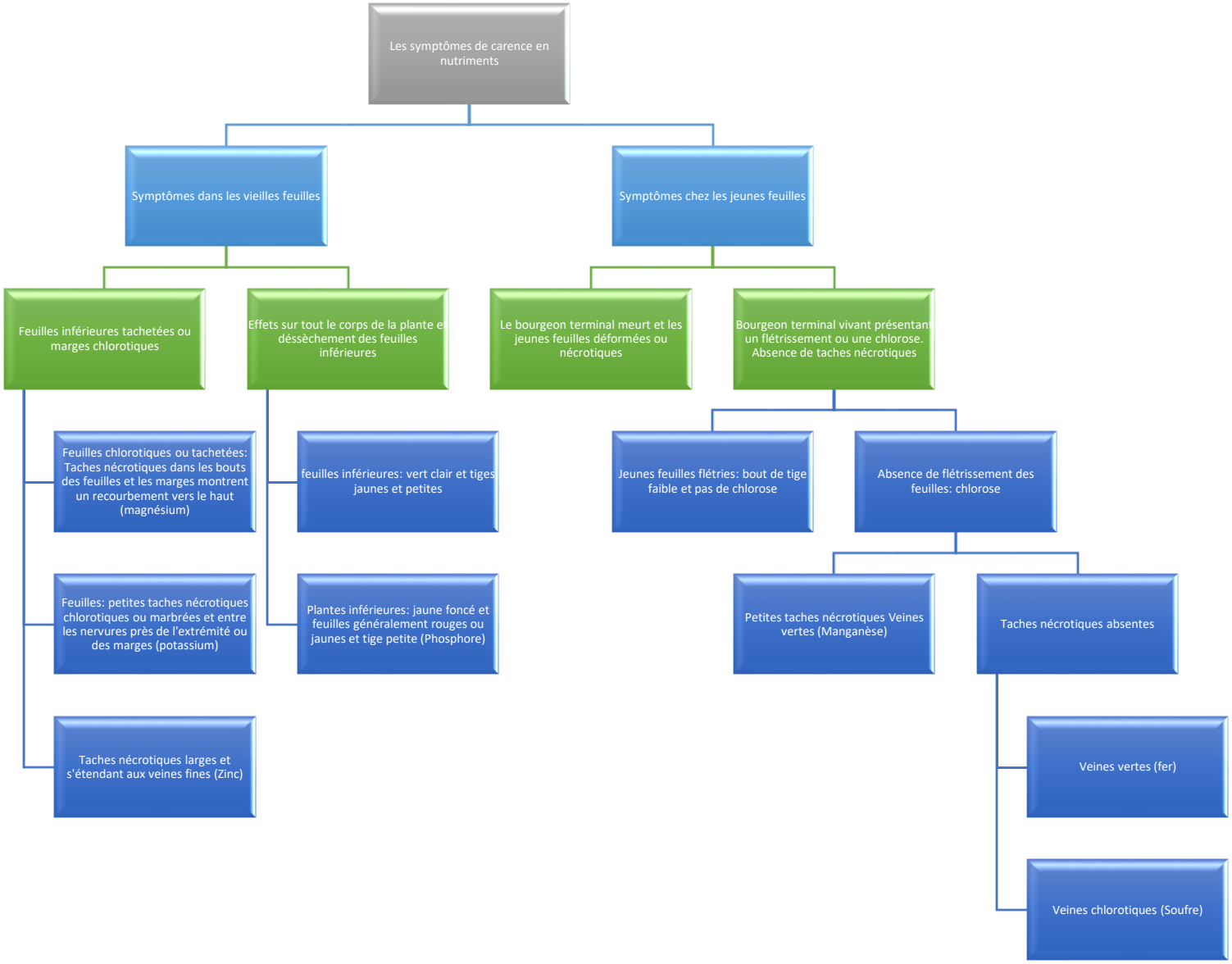LES SYMPTÔMES DE CARENCES