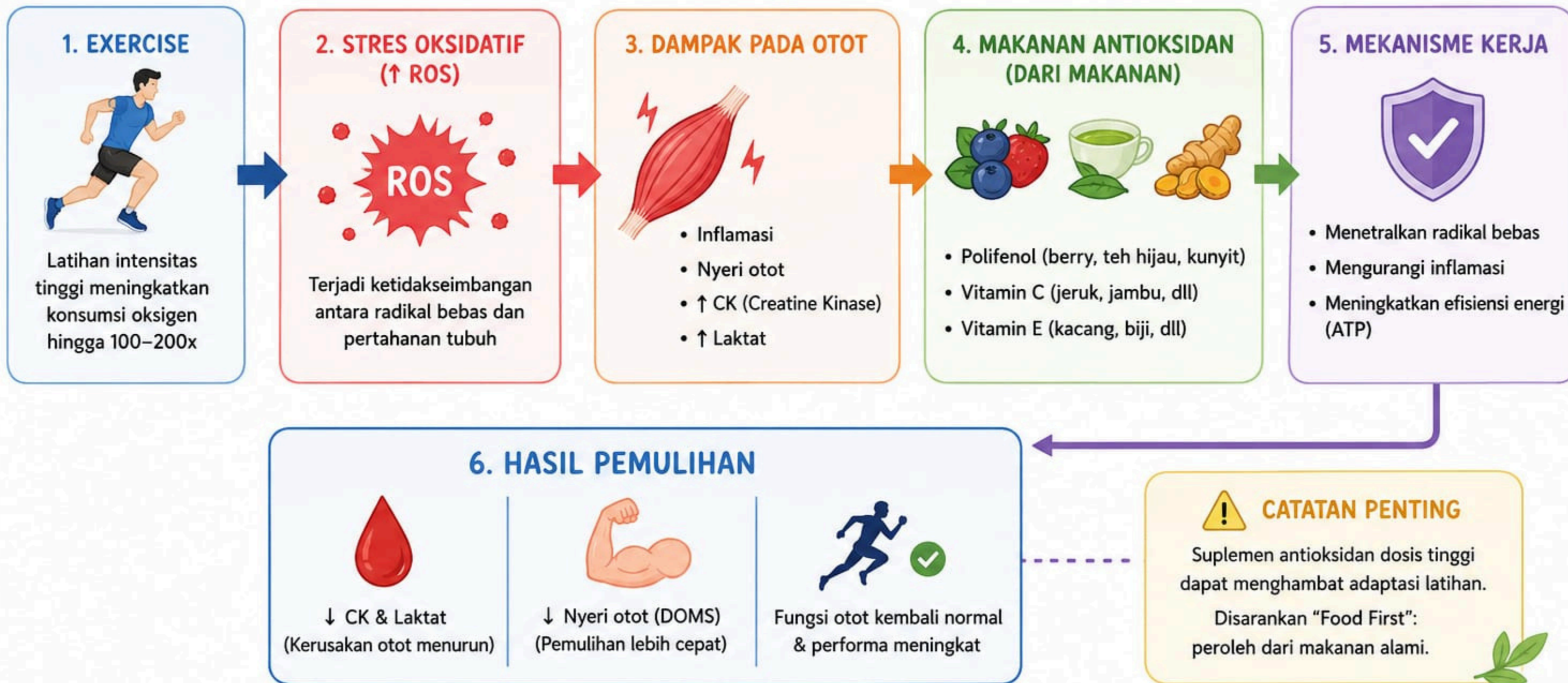


PERAN MAKANAN ANTIOKSIDAN PADA PEMULIHAN SETELAH EXERCISE



DISUSUN OLEH KELOMPOK

1. Nur Marwah Aluyyah 2310301019
 2. Fatah Miqshad 2310301046

REFERENSI

1. Pingitore, A., et al. (2015). Exercise and oxidative stress: potential effects of antioxidant dietary strategies in sports. *Nutrition*, 31(7–8), 916–922.
2. Manach, C., et al. (2015). Polyphenols and recovery after exercise.
3. González, C., & García, L. (2016). Daño fisiológico inducido por el ejercicio.
4. Halliwell, B. (2000). The antioxidant paradox and mechanisms of antioxidant action.