

DAFTAR PUSTAKA

- Allen, D. G., Lamb, G. D., & Westerblad, H. (2008). Skeletal Muscle Fatigue: Cellular Mechanisms. *Physiol Rev Vol 88*, 287–332.
- Awaluddin. (2012). Pendidikan Kebugaran Jasmani Fitness/Gym.
- Chevion, S., Moran, D., & Heled, Y. (2003). Serum antioxidant stress and cell injury after severe physical exercise. *Proceedings of The United State of America Vol 100(9)*, 5119-5123.
- Debold, E. P. (2015). Potential molecular mechanisms underlying muscle fatigue mediated by reactive oxygen and nitrogen species. *Frontiers in Physiology*.
- Eroschenko, V. P. (2010). *Atlas Histologi diFiore dengan Korelasi Fungsional*. Jakarta: EGC.
- F, F. S., Ilyas, E. I., & Sadikin, M. (2010). Peran H⁺ dalam Menimbulkan Kekelahan Otot: Pengaruhnya pada Sediaan Otot Rangka Rana Sp. *Majalah Kedokteran Indonesia, Volume 60, Nomor 4*, 178-180.
- Finaud, J., Lac, G., & Filaire, E. (2006). Oxidative Stress: Relationship with Exercise and Training. *Sports Medicine Vol 36*, 327–358.
- Ganong, W. (2005). *Buku Ajar Fisiologi Kedokteran Ed. 22 h. 70-3*. Jakarta: EGC.
- Gattuso, G., Barreca, D., & Gargiulli, C. (2007). Flavonoid Composition of Citrus Juices. *Molecules Vol 12*, 1641-1673.
- Gonzalez-Molina, E., Dominguez-Perles, R., Moreno, D., & Garcia-Viguera, C. (2010). Natural bioactive compounds of Citrus limon for food and health. *Journal of Pharmaceutical and Biomedical Analysis*, 327-345.
- Gribble, P., & Hertel, J. (2004). Effect of Lower Extremity Muscle Fatigue on Postural Control. *Arch Phys Med Rehabil Vol 85*, 589-592.
- Griwijoyo, S. (2002). Fungsi Tubuh Manusia pada Olahraga untuk Kesehatan dan untuk Prestasi. *Ilmu Faal Olahraga*, 16-17.
- Guyton, A. C., & Hall, J. E. (2007). *FISIOLOGI KEDOKTERAN Ed 11*. Jakarta: EGC.
- Hara, Y., & Watanabe, N. (2013). Effects of Dietary Citric Acid on Metabolic Indicators and Gene Expression in the Skeletal Muscles of Fasted Mice. *Food and Nutrition Sciences Vol. 4 (11)*, 1114-1119.
- Haryadi, N. K. (2013). *Jeruk- Jeruk Bumbu*. Solo: Arcita.

- Iorio, R. A., Duca, S. D., Calamelli, E., Lodolini, M., Scamardella, F., & Pession, A. (2013). Citrus Allergy from Pollen to Clinical Symptoms. *PIOs One Vol 8(1)*, 1-5.
- Kaur, S., & Mondal, P. (2014). Study of Total Phenolic and Flavonoid Content, Antioxidant Activity and Antimicrobial Properties of Medicinal. *Journal of Microbiology & Experimentation*, 1-6.
- Lim, T. (2012). *Edible Medicinal and Non-medicinal Plants*. Canberra: springer Netherlands.
- Martini, F., Nath, J., & Bartholomew, E. (2012). *Fundamentals of Anatomy & Physiology, Ninth Edition*. San Fransisco: Pearson Benjamin Cummings.
- Marwanto. (2014). *Rekayasa Alat Pemeras Air Jeruk Siam dengan Sistem Ulir*. Sambas: POLTESA.
- Mescher, A. (2010). *Muscle tissue. Junqueira's Basic Histology Text & Atlas (Twelfth Edition)*. New York: Mc GrawHill.
- Miharja, L. (2005). Peran Glutation Sebagai Antioksidan Dalam Tubuh. *Majalah Kedokteran Indonesia Vol 55(1)*, 42-43.
- Mohanapriya, Ramaswamy, Rajendran. (2013). Health and Medicinal Propertios of Lemon (Citrus Limonum). *International Journal of Ayurvedic and Herbal Medicine*, 1095-1100.
- Morton, J. (2011). *Lemon. Fruits of warm Climates*. Miami: Creative Resource System.
- Murtie, A., & Yahya, M. (2014). *Infused Water*. Jakarta: PT Bhuana Ilmu Populer.
- Ohtani, M., Sugita, M., & Maruyama, K. (2006). Amino Acid Mixture Improves Training Efficiency in Athletes. *Branched-Chain Amino Acids in Exercise*, 538-543.
- Padayatty SJ, K. A. (2003). Vitamin C as an antioxidant: evaluation of its role in. *J Am Coll Nutr 22(1)*, 18-35.
- Passos, V., Souza, A. d., Rodrigues, L., Bombonatti, J., & Santiago, S. (2013). A conservative treatment approach using direct composite resins for anterior teeth eroded by lemon sucking. *Gen Dent Vol 61(5)*, 1-4.
- Pehrsson, & Pamela, R. (2016). *Basic Report: 09150, Lemons, raw, without peel*. United States: United States Department of Agriculture.
- Price, S., Price, L., & Penoel, D. (1999). *Aromatherapy for Health Profesionals*. Jakarta: Penerbit Buku Kedokteran EGC.

- Ramatina, Amalia, L., & Ekayanti, I. (2014). Pengaruh Suplemen Antioksidan Terhadap Kadar Malondialdehid Plasma Mahasiswi IPB. *Jurnal Gizi dan Pangan Vol 9(1)*, 35-42.
- Rhoades, R. A., & Tanner, G. A. (2003). *MEDICAL PHYSIOLOGY*. Philadelphia: LIPPINCOTT WILLIAMS & WILKINS.
- Rukmana, R., & Oesman, Y. (2001). *Jeruk Lemon*. Yogyakarta: Kanisius.
- Schwalfenberg, G. K. (2012). The Alkaline Diet: Is There Evidence That an Alkaline pH Diet Benefits Health?. *Journal of Environmental and Public Health*, 1-7.
- Septiani, F., Ilyas, E. I., & Sadikin, M. (2010). Peran H⁺ dalam Menimbulkan Kekelahan Otot: Pengaruhnya pada Sediaan Otot Rangka Rana Sp. *Majalah Kedokteran Indonesia, Volume 60, Nomor 4*, 178-180.
- Shei, R.-J., & Mickleborough, T. D. (2013). Relative Contributions of Central and Peripheral Factors in Human Muscle Fatigue during Exercise: A. *Journal of Exercise Physiologyonline Vol 16(6)*, 1-17.
- Sherwood, L. (2007). *Fisiologi Manusia : dari sel ke sistem, Ed 6*. Jakarta: Penerbit Buku Kedokteran EGC.
- Simanjuntak, K. (2007). Radikal Bebas dari Senyawa Toksik Karbon Tetraklorida (CCL₄). *Bina Widya*, 25-31.
- Suhartono, E., Fachir, H., & Setiawan, B. (2007). *Kapita Sketsa Biokimia Stres Oksidatif*. Banjarmasin: Pustaka Benua.
- Swerdlin, A., Rainey, D., & Storrs, F. (2010). Fragrance mix reactions and lime allergic contact dermatitis. *Dermatitis Vol 21(4)*, 214-6.
- Taylor, J., Butler, J., & Gandevia, S. (2000). Changes in muscle afferents, motoneurons and motor drive during muscle fatigue. *Eur J Appl Physiol Vol 83*, 106-115.
- Tortora, G., & Derrickson, B. (2012). *Principles of Anatomy and Physiology 13th ed.* USA: John Wiley & Sons.
- Vollestad, N. (1997). Measurement of human muscle fatigue. *J Neurosci Methods 74(2)*, 219-27.
- Wood, Chris M., Carol Bucking, John Fitzpatrick, and Sunita Nadella. "Alkaline tide and nitrogen conservation after feeding in an elasmobranch." *Respiratory Physiology & Neurobiology*, 2007: 163–170.