



DAFTAR PUSTAKA

- Ansel, H.C., 2005, *Pengantar Bentuk Sediaan Farmasi*, IV, Jakarta, UI Press.
- Aysun, H., 2009, *An overview of ascorbic acid biochemistry*, Ankara Universitesi Eczacilik Fakultesi Dergisi, 38(3), pp. 233–255. Tersedia di: https://doi.org/10.1501/Eczfak_0000000528
- Bailey, R.L. et al., 2011, *Dietary Supplement Use in the United States, 2003–2006*, The Journal of Nutrition, 141(2), pp. 261–266. Tersedia di: <https://doi.org/10.3945/jn.110.133025>
- Bei, R., 2013, *Effects of Vitamin C on health: a review of evidence*, Frontiers in Bioscience, 18(3), p. 1017. Tersedia di: <https://doi.org/10.2741/4160>
- BPOM, 2010, *Peraturan Kepala Badan Pengawasan Obat Dan Makanan Republik Indonesia Nomor Hk. 03.1.23.06.10.5166 Tentang Pencantuman Informasi Asal Bahan Tertentu, Kandungan Alkohol, Dan Batas Kadaluarsa Pada Penandaan/Label Obat, Obat Tradisional, Suplemen Makanan, Dan Pangan*. BPOM.
- BPOM, 2022, *Peraturan Badan Pengawas Obat Dan Makanan Nomor 32 Tahun 2022 Tentang Kriteria Dan Tata Laksana Registrasi Suplemen Kesehatan*, BPOM.
- BPS, 2020, *Badan Pusat Statistik Provinsi Jawa Barat*. Tersedia di: <https://jabar.bps.go.id/indicator/12/730/1/jumlah-penduduk-hasil-sp2020-menurut-wilayah-dan-jenis-kelamin.html> (Diakses: 12 June 2023).
- Caritá, A.C. et al., 2020, *Vitamin C: One compound, several uses. Advances for delivery, efficiency and stability*, Nanomedicine: Nanotechnology, Biology and Medicine, 24, p. 102117. Tersedia di: <https://doi.org/10.1016/j.nano.2019.102117>
- Carpenter, K.J., 2012, *The Discovery of Vitamin C*, Annals of Nutrition and Metabolism, 61(3), pp. 259–264. Tersedia di: <https://doi.org/10.1159/000343121>
- Carr, A.C. dan Maggini, S., 2017, *Vitamin C and Immune Function*, Nutrients, 9(11), p. 1211. Tersedia di: <https://doi.org/10.3390/nu9111211>
- Chalik, R. et al., 2021, *Tingkat Pengetahuan Masyarakat Gontang Raya RW 001 Kota Makassar Terhadap Penggunaan Suplemen Kesehatan Untuk Meningkatkan Imunitas Selama Masa Pandemi Covid-19*, Media Farmasi, 17, p. 168. Tersedia di: <https://doi.org/10.32382/mf.v17i2.2303>
- Courtenay, W.H., 2000, *Constructions of masculinity and their influence on men's well-being: a theory of gender and health*, Social Science & Medicine, 50(10), pp. 1385–1401. Tersedia di: [https://doi.org/10.1016/S0277-9536\(99\)00390-1](https://doi.org/10.1016/S0277-9536(99)00390-1)



- Cutler, D.M. dan Lleras-Muney, A., 2010, *Understanding differences in health behaviors by education*, Journal of Health Economics, 29(1), pp. 1–28. Tersedia di: <https://doi.org/10.1016/j.jhealeco.2009.10.003>
- Depkes RI, 1979, *Farmakope Indonesia*, Edisi ke 3, Jakarta, Kementerian Kesehatan RI.
- Depkes RI, 1995, *Farmakope Indonesia*, Edisi ke 4, Jakarta, Kementerian Kesehatan RI.
- Depkes RI, 2014, *Farmakope Indonesia*, Edisi ke 5, Jakarta, Kementerian Kesehatan RI.
- El-Ishaq, A., 2015, *Effect of Temperature and Storage on Vitamin C Content in Fruits Juice*, International Journal of Chemical and Biomolecular Science, 1, pp. 17–21.
- Esper, D.H., 2015, *Utilization of Nutrition-Focused Physical Assessment in Identifying Micronutrient Deficiencies*, Nutrition in Clinical Practice, 30(2), pp. 194–202. Tersedia di: <https://doi.org/10.1177/0884533615573054>
- Fathelrahman, A., Ibrahim, M. dan Wertheimer, A., 2016, *Pharmacy Practice in Developing Countries: Achievements and Challenges*. Academic Press.
- Foote, J. et al., 2003, *Factors Associated with Dietary Supplement Use among Healthy Adults of Five Ethnicities: The Multiethnic Cohort Study*, American journal of epidemiology, 157, pp. 888–97. Tersedia di: <https://doi.org/10.1093/aje/kwg072>
- Frei, B., Birlouez-Aragon, I. dan Lykkesfeldt, J., 2012, *Authors Perspective: What is the Optimum Intake of Vitamin C in Humans?*, Critical Reviews in Food Science and Nutrition, 52(9), pp. 815–829. Tersedia di: <https://doi.org/10.1080/10408398.2011.649149>
- Hemilä, H. dan Chalker, E., 2013, *Vitamin C for preventing and treating the common cold*, Cochrane Database of Systematic Reviews [Preprint], (1). Tersedia di: <https://doi.org/10.1002/14651858.CD000980.pub4>
- Hickey, S., Roberts, H.J. dan Miller, N.J., 2008, *Pharmacokinetics of oral vitamin C*, Journal of Nutritional & Environmental Medicine, 17(3), pp. 169–177. Tersedia di: <https://doi.org/10.1080/13590840802305423>
- Hidayah, S.N., Izah, N. dan Andari, I.D., 2020, *Peningkatan Imunitas dengan Konsumsi Vitamin C dan Gizi Seimbang Bagi Ibu Hamil Untuk Cegah Corona Di Kota Tegal*, Jurnal ABDINUS : Jurnal Pengabdian Nusantara, 4(1), pp. 170–174. Tersedia di: <https://doi.org/10.29407/ja.v4i1.14641>
- Hughes, R.E., 1981, *Recommended Daily Amounts and Biochemical Roles—The Vitamin C, Carnitine, Fatigue Relationship*, pp. 75–86.
- Institute of Medicine (U.S.) (ed.), 2000, *Dietary reference intakes for vitamin C, vitamin E, selenium, and carotenoids: a report of the Panel on Dietary*

- Antioxidants and Related Compounds*, Institute of Medicine. Washington, D.C, National Academy Press.
- Johnston, C.S. dan Cox, S.K., 2001, *Plasma-Saturating Intakes of Vitamin C Confer Maximal Antioxidant Protection to Plasma*, Journal of the American College of Nutrition, 20(6), pp. 623–627. Tersedia di: <https://doi.org/10.1080/07315724.2001.10719159>
- Kebung, K., 2011, *Filsafat Ilmu Pengetahuan*. Jakarta: Prestasi Pustakaraya.
- Kennedy, D.O. et al., 2011, *Vitamins and psychological functioning: a mobile phone assessment of the effects of a B vitamin complex, vitamin C and minerals on cognitive performance and subjective mood and energy: Vitamins, Cognitive Performance And Mood*, Human Psychopharmacology: Clinical and Experimental, 26(4–5), pp. 338–347. Tersedia di: <https://doi.org/10.1002/hup.1216>.
- Kurniawan, A.W. dan Puspitaningtyas, Z., 2016, *Metode Penelitian Kuantitatif*, Yogyakarta: Pandiva Buku.
- Kusumawati, K., Saragi, S. and Putrianti, L., 2022, *Keputusan pembelian produk vitamin c di masa pandemi covid - 19*, 4(7).
- Lestari, S.M.A., Rumi, A. and Diana, K., 2021, *Tingkat Pengetahuan antara Mahasiswa Kesehatan dan Non Kesehatan terhadap Penggunaan Vitamin C di Universitas Tadulako Sulawesi Tengah*, Jurnal Health Sains, 2(5), pp. 672–681. Tersedia di: <https://doi.org/10.46799/jhs.v2i5.165>
- Levine, M. et al., 1996, *Vitamin C pharmacokinetics in healthy volunteers: evidence for a recommended dietary allowance*, Proceedings of the National Academy of Sciences, 93(8), pp. 3704–3709. Tersedia di: <https://doi.org/10.1073/pnas.93.8.3704>
- Maxfield, L. dan Crane, J.S., 2023, *Vitamin C Deficiency*, in StatPearls. Treasure Island (FL): StatPearls Publishing. Tersedia di: <http://www.ncbi.nlm.nih.gov/books/NBK493187/> (Diakses: 12 April 2023).
- Mulyani, E., 2018, *Perbandingan Hasil Penetapan Kadar Vitamin C pada Buah Kiwi (Actinidia deliciousa) dengan Menggunakan Metode Iodimetri dan Spektrofotometri UV-Vis*.
- Murererehe, J. et al., 2022, *Beneficial Effects of Vitamin C in Maintaining Optimal Oral Health*, Frontiers in Nutrition, 8. Tersedia di: <https://www.frontiersin.org/articles/10.3389/fnut.2021.805809> (Diakses: 12 April 2023).
- Notoatmodjo, S., 2007, *Promosi Kesehatan dan Perilaku Kesehatan*, Jakarta: Rineka Cipta.
- Notoatmodjo, S., 2010, *Metodologi Penelitian Kesehatan*, Jakarta: Rineka Cipta.

- Ottaway, P.B., 1993, *Stability of vitamins in food*, in P.B. Ottaway (ed.) The Technology of Vitamins in Food. Boston, MA: Springer US, pp. 90–113. Tersedia di: https://doi.org/10.1007/978-1-4615-2131-0_5
- Ozminkowski, R.J. et al., 2002, *Long-Term Impact of Johnson & Johnson???s Health & Wellness Program on Health Care Utilization and Expenditures*, Journal of Occupational and Environmental Medicine, 44(1), pp. 21–29. Tersedia di: <https://doi.org/10.1097/00043764-200201000-00005>
- Paasche-Orlow, M. dan Wolf, M., 2007, *The Causal Pathways Linking Health Literacy to Health Outcomes*, American journal of health behavior, 31 Suppl 1, pp. S19-26. Tersedia di: <https://doi.org/10.5993/AJHB.31.s1.4>
- Pakaya, D., 2014, *Medika Tadulako*, Jurnal Ilmiah Kedokteran, Vol.1 No.2 Mei 2014.
- Patel, S.G. dan Siddaiah, M., 2018, *Formulation and evaluation of effervescent tablets: a review*, Journal of Drug Delivery and Therapeutics, 8(6), pp. 296–303. Tersedia di: <https://doi.org/10.22270/jddt.v8i6.2021>
- Pehlivan, F.E., 2017, *Vitamin C: An Antioxidant Agent*, in Vitamin C. IntechOpen. Tersedia di: <https://doi.org/10.5772/intechopen.69660>
- Pizzino, G. et al., 2017, *Oxidative Stress: Harms and Benefits for Human Health, Oxidative Medicine and Cellular Longevity*, 2017. Tersedia di: <https://doi.org/10.1155/2017/8416763>
- PubChem, 2023, *(5R) - 5 - [(1S) - 1,2 - dihydroxyethyl] - 5 - ethyl - 3, 4 - dihydroxyfuran - 2 - one*, Tersedia di: <https://pubchem.ncbi.nlm.nih.gov/compound/> (Diakses: 11 April 2023).
- Pullar, J.M., Carr, A.C. dan Vissers, M.C.M., 2017, *The Roles of Vitamin C in Skin Health*, Nutrients, 9(8), p. 866. Tersedia di: <https://doi.org/10.3390/nu9080866>
- Rock, C.L., 2007, *Multivitamin-multimineral supplements: who uses them?* 2, The American Journal of Clinical Nutrition, 85(1), pp. 277S-279S. Tersedia di: <https://doi.org/10.1093/ajcn/85.1.277S>
- Rohani, S., 2013, *Faktor-Faktor Yang Mempengaruhi Pengetahuan Dan Keterampilan Ibu Dalam Perawatan Bayi Di Ruang Nifas Rsud Lanto Dg Pasewang Kab. Jeneponto*, Jurnal Ilmiah Kesehatan Diagnosis, 3(5), pp. 41–50.
- Safnowandi, S., 2022, *Pemanfaatan Vitamin C Alami sebagai Antioksidan pada Tubuh Manusia*, Biocaster : Jurnal Kajian Biologi, 2(1), pp. 6–13. Tersedia di: <https://doi.org/10.36312/bjkb.v2i1.43>
- Salsabilla, Z., 2021, *Gambaran Tingkat Pengetahuan Tentang Pemanfaatan Vitamin C Untuk Meningkatkan Imunitas Tubuh Pada Warga Di Kelurahan Panggung*, skripsi. Politeknik Harapan Bersama.

- Sari, K.N. dan Ayustaningwano, F., 2014, *Kandungan Serat, Vitamin C, Aktivitas Antioksidan Dan Organoleptik Keripik Ampas Brokoli (Brassica Oleracea Var . Italica) Panggang*, Journal of Nutrition College, 3(3), pp. 378–385. Tersedia di: <https://doi.org/10.14710/jnc.v3i3.6599>
- Schlüter, A.K. dan Johnston, C.S., 2011, *Vitamin C: Overview and Update*, Journal of Evidence-Based Complementary & Alternative Medicine, 16(1), pp. 49–57. Tersedia di: <https://doi.org/10.1177/1533210110392951>
- Siregar, C.J., 2010, *Teknologi Farmasi Sediaan Tablet: dasar-dasar praktis*, Jakarta: EGC.
- Soelaiman, D.A., 2019, *Filsafat Ilmu Pengetahuan Perspektif Barat dan Islam*, Edisi Pertama. Aceh: Penerbit Bandar Publishing.
- Sohani, A. dan Fahmy, T., 2020, *The impact of a pandemic on brand preference in purchasing decisions of food and hygiene products: a Covid-19 perspective*. Tersedia di: <http://urn.kb.se/resolve?urn=urn:nbn:se:hkr:diva-20741> (Diakses: 4 April 2023).
- Spring, B., Moller, A.C. dan Coons, M.J., 2012, *Multiple health behaviours: overview and implications*, Journal of Public Health (Oxford, England), 34(Suppl 1), pp. i3–i10. Tersedia di: <https://doi.org/10.1093/pubmed/fdr111>
- Steptoe, A. et al., 2002, *An international comparison of tobacco smoking, beliefs and risk awareness in university students from 23 countries: International smoking behaviour and beliefs*, Addiction, 97(12), pp. 1561–1571. Tersedia di: <https://doi.org/10.1046/j.1360-0443.2002.00269.x>
- Sudiarta, I.W., Suandi, dan Laksmiwati, 2021, *Analisis Kadar Asam Askorbat (Vitamin C) Pada Minuman Suplemen Dalam Kemasan Dengan Metode Spektrofotometri Secara Langsung Dan Tidak Langsung*, Jurnal Kimia, p. 140. Tersedia di: <https://doi.org/10.24843/JCHEM.2021.v15.i02.p03>
- Sugiyono, 2013, *Metode Penelitian Kuantitatif Kualitatif dan R&D*, Bandung, ALFABETA, CV.
- Susanti, S., 2013, *Taksonomi Bloom (Ranah Kognitif, Afektif, dan Psikomotor) serta Identifikasi Permasalahan Pendidikan di Indonesia*.
- Suswanti, I. dan Aprilin, H., 2017, *Studi Korelasi Pengetahuan Keluarga Pasien Tentang Penularan Hepatitis Dengan Perilaku Cuci Tangan*, Jurnal Keperawatan, 10, p. 13.
- WebMD, 2023, *Vitamin C (Ascorbic Acid): Overview, Uses, Side Effects, Precautions, Interactions, Dosing and Reviews*, Tersedia di: <https://www.webmd.com/vitamins/ai/ingredientmono-1001/vitamin-c-ascorbic-acid> (Diakses: 11 April 2023).
- Widayati, A., 2020, *Perilaku Kesehatan (Health Behavior): Aplikasi Teori Perilaku untuk Promosi Kesehatan*, Sanata Dharma University Press.



**GAMBARAN PRAKTIK PENGGUNAAN DAN PENGETAHUAN MASYARAKAT KABUPATEN SUBANG
TENTANG SUPLEMEN VITAMIN C**

Mahbub Abdul Ghoni, Apt. Niken Nur Widayakusuma, M.Sc.

Universitas Gadjah Mada, 2023 | Diunduh dari <http://etd.repository.ugm.ac.id/>

Yuliansyah, 2016, *Meningkatkan response rate dalam penelitian survey : suatu study literature*, Jakarta: PT. Zaytuna Ufuk Abadi.