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DAFTAR SINGKATAN

- LDL = *Low Density Lipoprotein*
HDL = *High Density Lipoprotein*
VLDL = *Very Low Density Lipoprotein*
ROS = *Reactive Oxygen Species*
ESC = *European Society of Cardiology*
ATP = *Adenosine Triphosphate*
SER = *Smooth Endoplasmic Reticular*
GLUT = *Glucose Transporter*
CETP = *Cholesterylester-transfer-protein*
CO₂ = *Carbondioxidan*
AMPK = *AMP-activated Protein Kinase*
LPL = *Lipoprotein Lipase*
PCSK9 = *Protein convertase subtilisin/kexin type 9*
ABCA1 = *ATP-binding cassettes transporter A1*
RCT = *Reverse cholesterol transport*
LXR = *Liver X Reseptor*
ApoA-1 = *Apolipoprotein A1*
PPR- α = *Peroxisome proliferator-activated receptor-alpha*
AIN = *American Institute of Nutrition*
CQA = *Caffeoylquinic Acid*
FQA = *Feruloylquinic Acid*
CFQA = *Caffeoyl-feruloylquinic Acid*
SV = *Stroke Volume*
HR = *Heart Rate*
 $\dot{V}O_{2max}$ = *maximum volume of oxygen*
1RM = *1-Repetition Maximum*