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Hubungan antara Asupan Vitamin D terhadap Kekuatan Otot (Muscle Strength) dan Daya Tahan Otot (Muscle Endurance) Atlet Sepakbola Remaja

AZKA SAFIRAH ACHMAD, Dr. Mirza Hapsari STP, S.Gz, RD, MPH; Dr. dr. Zaenal Muttaqien Sofro, AIFM, Sports&ai
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