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Judul:

Protein-enriched diet, with the use of lean red meat, combined with progressive resistance training enhances lean tissue mass and muscle strength and reduces circulating IL-6 concentrations in elderly women : a cluster randomized controlled trial

Pengarang/Penulis:

Daly, Robin M; (et al)

Subjek:

Aging

Nomor Panggil:

The Am. Jour. of Clinical Nutrition (AJCN), Vol. 99, No.4, April. 2014, hal. 899-910

Penerbit:

Tahun:

Link Terkait:

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