

**THE EFFECT OF VITAMIN C SUPPLEMENTATION ON
HAEMOGLOBIN LEVEL AFTER MAXIMUM PHYSICALEXERCISE
IN PPLM ATHLETES OF STATE UNIVERSITY OF MEDAN 2015**

A THESIS

**Submitted to the Sport Department of Unimed
in Partial as a fulfillment of requirements
for the degree of Sarjana Sains**

By :

RETTA FLORIDA SIAHAAN

6103210026



SPORT AND EXERCISE SCIENCE DEPARTMENT

STATE UNIVERSITY OF MEDAN

2016