

ACKNOWLEDGEMENT

Firstly, the writer would like to thank the Lord for His love and mercy. Give the writer a knowledge and time to see a things far and prosperous. The writer also like to thank the lecturer for time and advice so the writer can make this proposal to be better and complete.

In general, this proposal research about the effect of Vitamin C after maximum physical exercise in PPLM athletes. As we know, athletes needs more antioxidant to keep their healthy and performance in field. There is many fault in this proposal, so The writer's hope that all of the readers can giving some comments and valuable suggestions so the writer can make this proposal to be better.

May this proposal can be accepted and resumed, and finish in the nick of time.

The Writer,

Retta Florida Siahaan

