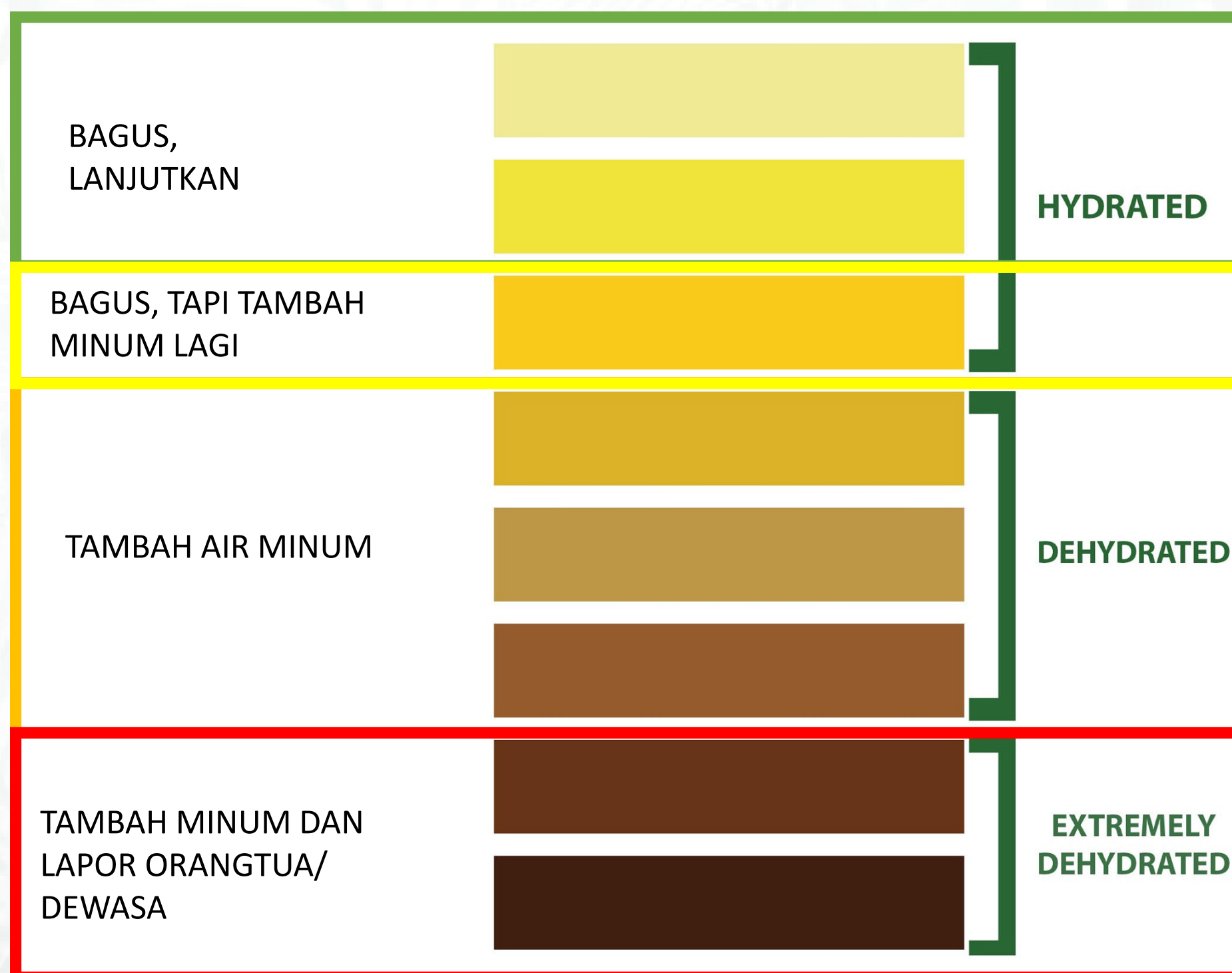




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Sumber referensi:
Kidney Australia - Drink water instead factsheet
Armstrong et al.; Urinary indices of hydration status; Int J Sport Nutr. (1994)
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