

DAFTAR PUSTAKA

- Abdullah, V. I., Yuliani, V., & Makakita, M. L. (2023). Efektivitas Jus Kacang Kedelai terhadap Produksi Asi Ibu Menyusui di Wilayah Kerja Puskesmas Malaimsimsa Kota Sorong . *Jurnal Medikes (Media Informasi Kesehatan)*, 10(2).
- Adriani, Novianti, S., & Fatati. (2021). Peningkatan Produksi Susu Kambing Peranakan Etawah Melalui Pemberian *Coleus amboinicus* Lour dan *Sauropus androgynus* L. Merr. *Jurnal Agripet*, 21(1), 78–83. <https://doi.org/10.17969/AGRIPET.V21I1.18070>
- Akni, F. V., Melia, S., & Juliyarsi, I. (2024). The Effect of Using Katuk Leaves (*Sauropus Androgynus* (L) Merr) As A Substitute for ZA (Ammonium Sulfate) on the Yield, Thickness, Color, Texture, and Organoleptic of Nata De Whey. *Journal of Nutrition Science*, 5(1), 1–6. <https://doi.org/10.35308/jns.v5i1.8387>
- Aminah, S., & Purwaningsih, W. (2019). Perbedaan Efektifitas Pemberian Buah Kurma dan Daun Katuk Terhadap Kelancaran ASI pada Ibu Menyusui Umur 0-40 Hari di Posyandu Desa Pojok Wilayah Kerja Puskesmas Sukorame Kota Kediri. *Journal of Public Health Research and Community Health Development*, 3(1), 37–43. <http://e-journal.unair.ac.id/JPHRECODE>
- Angria, M. (2011). Pembuatan Minuman Instan Pegagan (*Centella Asiatica*) dengan Citarasa *Cassia Vera*. *Jurnal Universitas Andalas*. <http://repository.unand.ac.id/16870/>
- Ariesti, N. (2023). *The Effect of Giving Dates of Sukari and Honey to Pregnant Women in Trimester III on Increasing Antioxidant Levels in Breast Milk in Bontobangun Puskesmas and Caile Health Center, Rilau Ale Sub-District Bulukumba District*. Universitas Hasanuddin.
- Arziyah, D., Yusmita, L., & Wijayanti, R. (2022). Analisis Mutu Organoleptik Sirup Kayu Manis Dengan Modifikasi Perbandingan Konsentrasi Gula Aren Dan Gula Pasir. *Jurnal Penelitian Dan Pengkajian Ilmiah Eksakta*, 1(2), 105–109. <https://doi.org/10.47233/jppie.v1i2.602>
- Aslamiyah, N. A., Anastasia, D. S., & Luliana, S. (2022). Metode-Metode Pembuatan Minuman Serbuk Instan. *Jurnal Mahasiswa Farmasi Fakultas Kedokteran UNTAN*, 6(1), 2–12. <https://jurnal.untan.ac.id/index.php/jmfarmasi/article/view/55517>

- Azzahra, F., & Mardiatun, S. K. (2022). Penetapan Rendemen dan Kandungan Kimia Ekstrak Daun Katuk (*Sauropus androgynus* (L.) Merr.) Berdasarkan Perbedaan Metode Pengeringan. *Sasambo Journal of Pharmacy*, 3(2), 83–90. <https://doi.org/10.29303/SJP.V3I2.177>
- Barkatin, M. P. B. (2023). *Pengaruh Substitusi Simplisia Daun Torbangun (Coleus amboinicus l) terhadap Komposisi Proksimat dan Sifat Organoleptik Snack Bar Tepung Kacang Hijau.*
- BPOM. (2016). *Peraturan Kepala Badan Pengawas Obat dan Makanan Republik Indonesia tentang Acuan Label Gizi.*
- BPOM. (2019). *Peraturan Badan Pengawas Obat dan Makanan Nomor 22 Tahun 2019 tentang Informasi Nilai Gizi pada Label Pangan Olahan.*
- Budiana, W., Fitri Nuryana, E., Suhardiman, A., & Kusriani, H. (2022). Antioxidant activity of katuk (*Breynia androgyna* L.) leaves extract with DPPH method and determination of phenolate and flavonoid levels. *Jurnal Agrotek UMMAT*, 9(4), 276–286. <https://journal.ummat.ac.id/journals/17/articles/10888/public/10888-38978-1-PB.pdf>
- Chang, C. C., Yang, M. H., Wen, H. M., & Chern, J. C. (2020). Estimation of total flavonoid content in propolis by two complementary colometric methods. *Journal of Food and Drug Analysis*, 10(3), 3. <https://doi.org/10.38212/2224-6614.2748>
- Cornelia, M., Hardoko, Sinaga, W. S., & Virly. (2018). Pelatihan dan Penyuluhan Teknik Pembuatan Minuman Instan dari Daun Kelor untuk UKM KTB Yayasan Mandiri Kreatif Indonesia (YAMAKINDO) Karawaci. *Prosiding PKM-CSR*, 1, 817–822.
- Damanik, R., Wahlqvist, M. L., & Wattanapenpaiboon, N. (2006). Lactagogue Effects of Torbangun, A Batakese Traditional Cuisine. *Asia Pac J Clin Nutr*, 15(2), 267–274.
- Doloksaribu, T. H. (2021). *Tanaman Torbangun Bangun-Bangun (Coleus amboinicus L): Potensinya untuk Mendukung Pemberian ASI dan Pertumbuhan Bayi.* Penerbit NEM. <https://play.google.com/books/reader?id=tW4vEAAQBAJ&pg=GBS.PA55&hl=id>
- Fadilah, T. F., & Setiawati, D. (2021). Aspek Imunologi Air Susu Ibu dan Covid-19. *Jurnal Penelitian Dan Karya Ilmiah Lembaga Penelitian Universitas Trisakti*, 6(1), 44–67. <https://doi.org/10.25105/PDK.V6I1.8629>

- Faradila, Z. (2024). *Pengaruh Food Bar Ekstrak Perasan Daun Katuk dan Daun Torbangun terhadap Hasil Produksi ASI dan Status Gizi pada Ibu Menyusui di Wilayah Depok*. Universitas Pembangunan Nasional “Veteran” Jakarta.
- Gaudette, N. J., Delwiche, J. F., & Pickering, G. J. (2016). The Contribution of Bitter Blockers and Sensory Interactions to Flavour Perception. *Chemosensory Perception*, 9(1), 1–7. <https://doi.org/10.1007/S12078-015-9201-Z/METRICS>
- Gembong, T. (2004). *Taksonomi Tumbuhan (Spermatophyta)* (G. Tjitrosoepomo, Ed.). Gajah Mada University Press. <https://lib.ui.ac.id>
- Ginting, L. M., & Besral. (2020). Pemberian ASI Eksklusif dapat Menurunkan Risiko Obesitas pada Anak Balita. *Jurnal Penelitian Dan Pengembangan Kesehatan Masyarakat Indonesia*, 1(1), 54–59. <https://journal.unnes.ac.id/sju/jppkmi/article/view/41421/17342>
- Gurning, K. (2020). Determination Antioxidant Activities Methanol Extracts of Bangun-Bangun (*Coleus Amboinicus* L.) Leaves with DPPH Method. *Jurnal Pendidikan Kimia*, 12(2), 62–69. <https://doi.org/10.24114/jpkim.v12i2.19397>
- Gusnadi, D., Taufiq, R., & Baharta, E. (2021). Uji Organoleptik dan Daya Terima pada Produk Mousse Berbasis Tapai Singkong Sebagai Komoditi UMKM di Kabupaten Bandung. *Jurnal Inovasi Penelitian*, 1(12), 2883–2888. <https://ejournal.stpmataram.ac.id/JIP/article/view/606/501>
- Gusriani, Wahida, & Noviyanti, N. I. (2023). *Nutritional Status of Mothers and Perceptions of Insufficiency Breast Milk*. 2(1), 152–159.
- Handana, S. T. P., Mudjihartini, N., Andayani, D. E., Sukmaniah, S., Wibowo, N., & Dewi, S. (2019). Korelasi antara Asupan Vitamin E dan Vitamin C Ibu Laktasi dengan Aktivitas Total Superoksida Dismutase Eritrosit dan ASI. *Fakultas Kedokteran Universitas Indonesia*. <https://lib.ui.ac.id/detail?id=20494116&lokasi=lokal>
- Harahap, M. L., & Suryani, E. (2021). Pelatihan Pembuatan Serbuk Instan Manis Daun Pepaya sebagai Upaya Memperlancar Air Susu Ibu di Desa Purba Tua Kecamatan Padangsidimpuan Tenggara Tahun 2021. *Jurnal Pengabdian Masyarakat Aupa (JPMA)*, 3(2), 114–120. <https://doi.org/10.51933/JPMA.V3I2.458>
- Harmancıoğlu, B., Kabaran, S., Harmancıoğlu, B., & Kabaran, S. (2019). Breast Milk: Its Role in Early Development of the Immune System and Long-Term Health. *Open Journal of Obstetrics and Gynecology*, 9(4), 458–473. <https://doi.org/10.4236/OJOG.2019.94045>

- Harti, G. F. S., Rini, A. S., & Kuswati. (2023). Pengaruh Pemberian Sayur Jantung Pisang terhadap Peningkatan Produksi ASI pada Ibu Nifas di Wilayah Puskesmas Sukamukti Kabupaten Garut Tahun 2023. *SENTRI: Jurnal Riset Ilmiah*, 2(11), 4848–4859. <https://ejournal.nusantaraglobal.ac.id/index.php/sentri/article/view/1819/1731>
- Hasnelly, Suliasih Neneng, & Nurlinda, M. S. (2018). Pengaruh Konsentrasi Serbuk Ekstrak Daun Kelor (*Moringa oliefera* Lam) dan Tingkat Kehalusan Bahan Terhadap Karakteristik Minuman Instan Serbuk Kacang Hijau (*Vigna radiata* L). *Pasundan Food Technology Journal*, 5(1), 18–24. <https://journal.unpas.ac.id/index.php/foodtechnology/article/view/806/463>
- Hidayati, G. S., & Sohriati, E. (2023). Inovasi Pembuatan dan Karakterisasi Tepung Daun Cemba (*Acacia rugata* (Lam) fawc. Rendle) sebagai Bahan Pangan Alami melalui Metode Pengeringan Cabinet Dryer. *Jurnal Technopreneur (JTech)*, 11(2), 85–92. <https://doi.org/10.30869/JTECH.V11I2.1231>
- Husnani, & Ningsih, T. W. (2023). Formulasi Minuman Serbuk Instan dari Campuran Buah dan Sayur. *Jurnal Komunitas Farmasi Nasional*, 3(1), 440–451. <https://jkfn.akfaryarsiptk.ac.id/index.php/jkfn/article/view/78/86>
- Ioannou, I., Chekir, L., & Ghoul, M. (2020). Effect of Heat Treatment and Light Exposure on the Antioxidant Activity of Flavonoids. *Processes* 2020, Vol. 8, Page 1078, 8(9), 1078. <https://doi.org/10.3390/PR8091078>
- Ishisaka, A., Fujiwara, N., Mukai, R., Nishikawa, M., Ikushiro, S., & Murakami, A. (2024). Minireview Flavonoids in breast milk and their absorption, metabolism, and bioactivity in infants. *Biotechnology, and Biochemistry*, 0, 1–9. <https://doi.org/10.1093/bbb/zbae140>
- Iwansyah, A. C., Damanik, M. R. M., Kustiyah, L., & Hanafi, M. (2017). Potensi Fraksi Etil Asetat Daun Torbangun (*Coleus amboinicus* L.) dalam Meningkatkan Produksi Susu, Bobot Badan Induk, dan Anak Tikus. *Jurnal Gizi Dan Pangan*, 12(1), 61–68. <https://doi.org/10.25182/JGP.2017.12.1.61-68>
- Iwansyah, A. C., Damanik, R. M., Kustiyah, L., & Hanafi, M. (2019). The Ethyl Acetate Fraction of Torbangun (*Coleus amboinicus* L.) Leaves Increasing Milk Production With Up-Regulated Genes Expression of Prolactin Receptor. *Journal of Tropical Life Science*, 9(2), 147–154. <https://doi.org/10.11594/jtls.09.02.03>
- Jochum, F., Alteheld, B., Meinardus, P., Dahlinger, N., Nomayo, A., & Stehle, P. (2017). Mothers' Consumption of Soy Drink But Not Black Tea Increases the Flavonoid Content of Term Breast Milk: A Pilot Randomized, Controlled Intervention Study. *Annals of Nutrition & Metabolism*, 70, 147–153. <https://doi.org/10.1159/000471857>

- Karlina, D. (2024). *Food Bar Tepung Daun Katuk dan Daun Torbangun terhadap Hasil Produksi ASI dan Status Gizi Ibu Menyusui di Wilayah Kelurahan Limo, Depok*. Universitas Pembangunan Nasional “Veteran” Jakarta.
- Kemenkes RI. (2018). *Tabel Komposisi Pangan Indonesia 2017*. Kementerian Kesehatan RI.
- Kemenkes RI. (2023a). *Survei Kesehatan Indonesia (SKI) 2023 Dalam Angka*. https://drive.google.com/file/d/1rjNDG_f8xG6-Y9wmhJUnXhJ-vUFevVJC/view
- Kemenkes RI. (2023b). *Temu Media Pekan Menyusui Sedunia Tahun 2023*. <https://ayosehat.kemkes.go.id/temu-media-pekan-menyusui-sedunia-tahun-2023>
- Khairani, A. F., Adzdzikri, T. M., Menggala, S. T., Bashari, M. H., Rohmawaty, E., Achadiyani, A., & Kania, N. (2021). The Potential of Medicinal Plants as Galactagogue in Indonesia: A Review from Medical Perspective. *Biomedical and Pharmacology Journal*, 14(3), 1595–1612. <https://doi.org/10.13005/bpj/2262>
- Kumalasari, I. D., & Larasati, A. (2023). Organoleptic and Physicochemical Characteristics of Powder Beverages Cherssen (Muntingia Calabura) Leaves and Binahong (Anredera cordifolia) Leaves with Stevia as Sweetener. *Jurnal Agroindustri*, 13(1), 71–84. <https://ejournal.unib.ac.id/agroindustri/article/view/23967/12314>
- Kusmardika, D. A. (2020). Potensi Aktivitas Antioksidan Daun Kelor (Moringa Oleifera) Dalam Pencegahan Kanker. *Journal of Health Science and Physiotherapy*, 2(1), 46–50. <https://pdfs.semanticscholar.org/211b/441f6ac2f43a5e34fb529c3c5d869b016f03.pdf>
- Laveena, K., & Chandra, M. (2018). Evaluation of Bioactive Compounds, Antioxidant, and Antibacterial Properties of Medicinal Plants Sauropus Androgynus L. and Erythrina Variegata L. *Asian Journal of Pharmaceutical and Clinical Research*, 11(12), 313–317. <https://doi.org/10.22159/AJPCR.2018.V11I12.28207>
- Lebrun, A., Plante, A. S., Savard, C., Dugas, C., Fontaine-Bisson, B., Lemieux, S., Robitaille, J., & Morisset, A. S. (2019). Tracking of Dietary Intake and Diet Quality from Late Pregnancy to The Postpartum Period. *Nutrients*, 11(9), 2080. <https://doi.org/10.3390/NU11092080>
- Linangsari, T., Sandri, D., Lestari, E., & Noorhidayah. (2022). Evaluasi Sensori Snack Bar Talipuk dengan Penambahan Tepung Pisang Kepok (Musa paradisiaca forma typica) pada Panelis Anak-anak dan Dewasa. *Jurnal Agroindustri Halal*, 8(2), 213–221. <https://doi.org/10.30997/JAH.V8I2.6560>

- Lutfiani, L. (2021). *Fortifikasi Food Bar dengan Daun Torbangun dan Daun Katuk Sebagai PMT Darurat Ibu Menyusui Saat Bencana* [Universitas Pembangunan Nasional Veteran Jakarta]. <https://repository.upnvj.ac.id/11648/>
- Lutfiani, L., & Nasrulloh, N. (2023). Total Flavonoid and Antioxidant Activity of Food Bar Torbangun-Katuk on The Effectiveness of Breast Milk Production. *Amerta Nutrition*, 7(1), 88–97. <https://doi.org/10.20473/amnt.v7i1.2023.88>
- Majid, T. S., & Muchtaridi, M. (2018). Aktivitas Farmakologi Ekstrak Daun Katuk (*Sauropus Androgynus* (L.) Merr). *Farmaka*, 16(2), 398–405. <https://doi.org/10.24198/JF.V16I2.17567>
- Martemucci, G., Costagliola, C., Mariano, M., D'andrea, L., Napolitano, P., & D'Alessandro, A. G. (2022). Free Radical Properties, Source and Targets, Antioxidant Consumption and Health. *MDPI*, 2(2), 48–78. <https://doi.org/10.3390/OXYGEN2020006>
- Mastuti, T. S., Djuarsa, V. A., & Matita, I. C. (2024). Karakteristik “Teh Susu” Kombinasi Seduhan Daun Torbangun dan Biji Fenugreek serta Susu Almond yang Berpotensi Sebagai Minuman Kesehatan Ibu Menyusui. *FaST-Jurnal Sains Dan Teknologi*, 8(1), 1–20.
- Matita, I. C., Mastuti, T. S., & Maitri, S. (2020). Antioxidant Properties of Different Types of Torbangun Herbal Tea. *Reaktor*, 20(1), 18–25. <https://ejournal.undip.ac.id/index.php/reaktor/article/view/25583/16825>
- Molyneux, P. (2004). The use of the stable radical Diphenylpicrylhydrazyl (DPPH) for estimating antioxidant activity. *Journal of Science and Technology*, 2(26), 211–219. https://www.researchgate.net/publication/237620105_The_use_of_the_stable_radical_Diphenylpicrylhydrazyl_DPPH_for_estimating_antioxidant_activity
- Nababan, D., Ismail, R., & Tiar, I. (2021). Utilizing Local Wisdom Community towards a Healthy Food Industry: A Preliminary Research of Torbangun Leaves Biscuit. *E Second Asia Pacific International Conference on Industrial Engineering and Operations Management*.
- Nasrulloh, N., Ikhsan Amar, M., & Fransiske, S. (2019). Kadar Serat Pangan, Aktivitas Antioksidan dan Sifat Fisik Puding Kulit Jeruk Limau dengan Penambahan Labu Kuning Dietary Fiber Content, Antioxidant Activity and Physical Properties of Limau Orange Peel Pudding with Addition of Yellow Pumpkin. *Gorontalo Agriculture Technology Journal*, 2(2).
- Neshatdoust, S., Saunders, C., Castle, S. M., Vauzour, D., Williams, C., Butler, L., Lovegrove, J. A., & Spencer, J. P. E. (2016). High-Flavonoid Intake Induces Cognitive Improvements Linked to Changes in Serum Brain-Derived

Neurotrophic Factor: Two Randomised, Controlled Trials. *Nutrition and Healthy Aging*, 4(1), 81. <https://doi.org/10.3233/NHA-1615>

Ngadiarti, I., & Muntikah. (2021). Uji Organoleptik, Analisis Kandungan Zat Gizi, dan Skrining Fitokimia Minuman Campuran Daun Katuk (*Saorpus androgynus* (L.) Merr), Daun Pepaya (*Carica papaya* L.), dan Kacang Hijau (*Vigna radiata* L.) sebagai Potensi Peningkat Produksi ASI. *Jurnal Nutrisia*, 23(1), 14–21. <https://doi.org/10.29238/jnutri.v23i1.212>

Ngadiarti, I., Muntikah, & Damayanti, D. (2021). Pengaruh Pemberian Minuman Campuran Daun Katuk, Daun Pepaya, dan Kacang Hijau Terhadap Produksi ASI dan Berat Badan Bayi Mencit. *Action: Aceh Nutrition Journal*, 6(2), 147–155. <https://doi.org/10.30867/action.v6i2.512>

Ningsih, F. R., Prabandari, R., & Samodra, G. (2022). Pengaruh Metode Pengeringan Daun Karika (*Vasconcellea pubescens* A.DC) Terhadap Kadar Total Flavonoid. *Pharmacy Genius*, 01(01), 19–26. <https://genius.inspira.or.id/index.php/pharmgen/article/view/145/80>

Nurhayati, N. (2023). The Effect of Katuk Leaves on Breast Milk Production in Postpartum Mothers at Wanayasa Health Center, Purwakarta Regency, Indonesia. *Archives of The Medicine and Case Reports*, 4(5), 463–466. <https://doi.org/10.37275/AMCR.V4I5.370>

Octamelia, M., & Wahyudi, D. T. (2024). *Faktor Predisposing, Enabling, dan Reinforcing dalam Pemberian ASI Eksklusif*.

Permatasari, M., & Indrawati, V. (2022). Tingkat Kesukaan dan Kandungan Gizi Crackers Substitusi Tepung Kacang Merah dengan Penambahan Daun Katuk untuk Ibu Menyusui. *Jurnal Gizi Dan Pangan Soedirman*, 6(1), 19–33. <https://jos.unsoed.ac.id/index.php/jgps/article/view/4890/2976>

Pradana, M. D., & Indrawati, V. (2024). Pengaruh Substitusi Tempe dan Penambahan Daun Katuk terhadap Daya Terima Nugget Ikan Kembung. *Journal Health and Nutritions*, 10(1), 6–16. <https://jurnal.poltekkesgorontalo.ac.id/index.php/JHN/article/view/924>

Pradnyani, A. D., Widiastini, L. P., & Sri Lestari, N. P. Y. (2024). The Impact of the Consumption of Moringa Leaf on the Production of Postpartum Breast Milk in Puskesmas III Denpasar Selatan Working Area Mothers. *Jurnal Ilmiah Kebidanan (The Journal Of Midwifery)*, 12(1), 73–81. <https://doi.org/10.33992/jik.v12i1.3258>

Prahesti, R., & Sholihah, N. R. (2020). Daun Torbangun (*Coleus Amboinicus* L) Meningkatkan Kadar Prolaktin dan Produksi ASI pada Ibu Menyusui. *Jurnal Media Ilmu Kesehatan*, 9(1), 21–25. <https://pdfs.semanticscholar.org/ae1c/8be0fb121547c225160f26bcf3ac76bd-c244.pdf>.

- Primadhani, U. (2021). How to Increasing Prolactine Levels of Breastfeeding Mother with Consumption Katuk (*Sauropus androgynous*(L.)Merr) Leaf. *Eureka Herba Indonesia*, 2(2), 100–103. <https://doi.org/10.37275/EHI.V2I2.30>
- Putri, A. A., Handarsari, E., & Fitriyanti, A. R. (2024). Kadar Protein, Lemak, dan Tekstur Kue Sempit Formulasi Tepung Kacang Kedelai (*Glycine max*) dan Tepung Daun Katuk (*Sauropus androgynus* (L.) Merr.) . *Prosiding Seminar Nasional Unimus*, 7, 1253–1261.
- Putri, R. M. S., & Mardesci, H. (2018). Uji Hedonik Biskuit Cangkang Kerang Simping (*Placuna placenta*) dari Perairan Indragiri Hilir. *Jurnal Teknologi Pertanian*, 7(2), 19–29. <http://ejournal.unisi.ac.id/index.php/jtp/article/view/279/210>
- Qomariyah, K., Zulaikha, L. I., & Rusady, Y. P. (2024). Penyuluhan Pemanfaatan Daun Asam Jawa sebagai ASI Booster dalam Upaya Pencegahan Stunting pada Anak. *KOPEMAS Universitas Islam Malang*, 5, 165–169.
- Rangkuti, S. (2022). The Effect of Giving Katuk Leaf Vegetables to Breast Milk Production in Breastfeeding Mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021. *Science Midwifery*, 10(2), 1169–1176. <http://www.midwifery.iocspublisher.org/index.php/midwifery/article/view/483>
- Rawar, E. A. (2024). Formulasi dan Uji Sediaan Fisik Serbuk Minuman Instan Kombinasi Daun Katuk dan Bunga Telang. *Jurnal Cahaya Mandalika*, 5(1), 323–329. <https://ojs.cahayamandalika.com/index.php/jcm/article/view/2795/2263>
- Reku, B. U., Ina, Y. T., Hambakodu, M., Muhammad, K., & Basriwijaya, Z. (2022). Pengaruh Konsentrasi Serbuk Serai (*Cymbopogon Citratus*) Terhadap Karakteristik Fisik, Kimiawi dan Organoleptik Dendeng Sapi. *Jurnal Peternakan Sabana*, 2(1), 42–50. <https://ojs.unkriswina.ac.id/index.php/sabana/article/view/457/286>
- Ren, Y., Jia, F., & Li, D. (2024). Ingredients, Structure and Reconstitution Properties of Instant Powder Foods and The Potential for Healthy Product Development: A Comprehensive Review. *Food & Function*, 15(1), 37–61. <https://doi.org/10.1039/D3FO04216B>
- Rosa, E. F., Aisyah, A., Rustiati, N., & Zanzibar, Z. (2022). Katuk (*Sauropus androgynus* (L.) Merr.) dan Produksi Air Susu Ibu. *Journal of Telenursing (JOTING)*, 4(1), 205–214. <https://doi.org/10.31539/JOTING.V4I1.3695>
- Roshankhah, S., Jalili, C., & Salahshoor, M. R. (2019). Improvement of Phaseolus Vulgaris on Breastfeeding in Female Rats. *Asian Pacific Journal of Reproduction*, 8(2), 70–74. <https://doi.org/10.4103/2305-0500.254648>

- Ross, P. T., & Zaidi, B. N. L. (2019). Limited by Our Limitations. *Perspectives on Medical Education*, 8(4), 261–264. <https://doi.org/10.1007/S40037-019-00530-X/METRICS>
- Rusandi, F. S., & Sadek, N. F. (2024). Comparison of different methods for evaluating the antioxidant activity of instant Torbangun (*Coleus amboinicus* L.) drinks. *IOP Conference Series: Earth and Environmental Science*, 1324(1), 012124. <https://doi.org/10.1088/1755-1315/1324/1/012124>
- Rustagi, S. (2020). Food Texture and Its Perception, Acceptance and Evaluation. *Biosciences Biotechnology Research Asia*, 17(03), 651–658. <https://doi.org/10.13005/BBRA/2869>
- Ryan, R. A., Hepworth, A. D., Lyndon, A., & Bihuniak, J. D. (2023). Use of Galactagogues to Increase Milk Production Among Breastfeeding Mothers in the United States: A Descriptive Study. *Journal of the Academy of Nutrition and Dietetics*, 123(9), 1329–1339. <https://doi.org/10.1016/J.JAND.2023.05.019>
- Safithri, M., Indariani, S., & Septiyani, D. (2020). Aktivitas Antioksidan dan Total Fenolik Minuman Fungsional Nanoenkapsulasi Berbasis Ekstrak Sirih Merah. *Indonesian Journal of Human Nutrition*, 7(1), 69–83. <https://doi.org/10.21776/ub.ijhn.2020.007.01.7>
- Santoso, U. (2016). *Katuk, Tumbuhan Multi Khasiat*. Badan Penerbit Fakultas Pertanian (BPFP) Unib.
- Saraswati, Desnita, R., & Luliana, S. (2019). Optimasi Proses Pembuatan Minuman Serbuk Instan Kombinasi Jahe (*Zingiber officinale* Rosc) dan Kencur (*Kaempferia galanga* L.). *Jurnal Mahasiswa Farmasi Fakultas Kedokteran UNTAN*, 4(1). <https://jurnal.untan.ac.id/index.php/jmfarmasi/article/view/47049>
- Selvi, S., & Basker, A. (2012). Phytochemical Analysis and GC-MS Profiling in The Leaves of *Sauropus Androgynus* (l) MERR. *International Journal of Drug Development & Research*, 4(1), 162–167. <http://www.ijddr.in>
- Setiabudi, A., Pringgenies, D., & Ridlo, A. (2020). Aktivitas Penangkapan Radikal Bebas DPPH dan Daya Reduksi Ekstrak *Gracilaria verrucosa*. *Jurnal Riset Sains Dan Teknologi*, 4(2), 47–55. <https://jurnalnasional.ump.ac.id/index.php/JRST/article/view/5761/3609>
- Silaban, V. F., Panjaitan, A. G., Yanti, A. R., Pohan, A., & Tampubolon, D. H. (2023). Efektivitas Pemberian Ekstrak Daun Katuk terhadap Produksi Air Susu Ibu di Praktik Bidan Lasmaria Batangkuis. *Malahayati Nursing Journal*, 5(5), 1487–1497. <https://doi.org/10.33024/mnj.v5i5.8577>

- Situmorang, D. R. (2012). Kualitas Minuman Serbuk Instan Buah Terong Belanda (*Solanum Betaceum* Cav.) dengan Variasi Kadar Maltodekstrin [UAJY]. In *Journal UAJY*. <https://e-journal.uajy.ac.id/373/>
- Ślusarczyk, S., Cieślak, A., Yanza, Y. R., Szumacher-Strabel, M., Varadyova, Z., Stafiniak, M., Wojnicz, D., & Matkowski, A. (2021). Phytochemical Profile and Antioxidant Activities of *Coleus amboinicus* Lour. Cultivated in Indonesia and Poland. *Molecules* 2021, Vol. 26, Page 2915, 26(10), 2915. <https://doi.org/10.3390/MOLECULES26102915>
- Soares, S., Kohl, S., Thalmann, S., Mateus, N., Meyerhof, W., & De Freitas, V. (2013). Different Phenolic Compounds Activate Distinct Human Bitter Taste Receptors. *Journal of Agricultural and Food Chemistry*, 61(7), 1525–1533. https://doi.org/10.1021/JF304198K/SUPPL_FILE/JF304198K_SI_001.PDF
- Suhartatik, N., & Mustofa, A. (2023). Karakteristik Fisikokimia dan Organoleptik Mi Kering Substitusi Tepung Talas (*Colocasi esculenta*) dengan Penambahan Daun Katuk (*Sauropus androgynus*). *JITIPARI*, 8(1), 40–48.
- Sukmawati, W., & Merina. (2019). Pelatihan Pembuatan Minuman Herbal Instan untuk Meningkatkan Ekonomi Warga. *Jurnal Pengabdian Kepada Masyarakat*, 25(4), 210–215. <https://jurnal.unimed.ac.id/2012/index.php/jpkm/article/view/14874>
- Suryanantha, I. W., Yulianti, N. L., & Sulastri, N. N. (2022). Optimasi Suhu Pengeringan dan Ketebalan Irisan pada Proses Pengeringan Temulawak (*Curcuma Xanthorrhiza* Roxb) dengan Response Surface Methodology (RSM). *Jurnal BETA (Biosistem Dan Teknik Pertanian)*, 10(2), 259–268. <https://ojs.unud.ac.id/index.php/beta/article/view/77988/41596>
- Suwanti, E., & Kuswati. (2016). Pengaruh Konsumsi Ekstrak Daun Katuk Terhadap Kecukupan ASI pada Ibu Menyusui di Klaten. *Jurnal Terpadu Ilmu Kesehatan*, 5(2), 110–237.
- Tabares, F. P., Jaramillo, J. V. B., & Ruiz-Cortés, Z. T. (2014). Pharmacological Overview of Galactogogues. *Veterinary Medicine International*, 2014. <https://doi.org/10.1155/2014/602894>
- Tikulembang, G., Simbala, H. E. I., & Suoth, E. J. (2023). Uji Aktivitas Antioksidan Ekstrak dan Fraksi Daun Torbangun (*Plectranthus Amboinicus* Lour). *Jurnal Pharmacon*, 12(3), 283–289. <https://ejournal.unsrat.ac.id/v3/index.php/pharmacon/article/view/48866/44729>
- Triananinsi, N., Andryani, Z. Y., & Basri, F. (2020). Hubungan Pemberian Sayur Daun Katuk Terhadap Kelancaran ASI pada Ibu Multipara di Puskesmas Caile. *Journal of Healthcare Technology and Medicine*, 6(1), 12–20. <https://jurnal.uui.ac.id/index.php/JHTM/article/view/659>

- Uday, S., Antuli, Z., & Une, S. (2022). Pengaruh Lama Blanching dan Tingkat Kematangan Daun terhadap Aktivitas Antioksidan dan Karakteristik Organoleptik Teh Celup Daun Sembung (*Blumea balsamifera*). *Jambura Journal of Food Technology*, 4(1), 78–88. <https://ejurnal.ung.ac.id/index.php/jjft/article/view/15110>
- Widayanti, E., Qonita, J. M., Ikayanti, R., & Sabila, N. (2023). Pengaruh Metode Pengeringan terhadap Kadar Flavonoid Total pada Daun Jinten (*Coleus amboinicus* Lour). *Indonesian Journal of Pharmaceutical Education*, 3(2), 2775–3670. <https://doi.org/10.37311/ijpe.v3i2.19787>
- Winarsi, H., Sasongko, N. D., & Purwanto, A. (2019). Germinated-soy milk as a healthy diet to induce high antioxidant enzymes in breast milk. *IOP Conference Series: Earth and Environmental Science*, 255(1), 012034. <https://doi.org/10.1088/1755-1315/255/1/012034>
- Winata, G. M., Hardinsyah, H., Marliyati, S. A., Rimbawan, R., & Andrianto, D. (2024). Nutritional composition of gedi (*Abelmoschus manihot*) leaves powder in comparison to common natural galactagogue plants in Indonesia. *Biodiversitas Journal of Biological Diversity*, 25(8), 2583–2589. <https://doi.org/10.13057/BIODIV/D250830>
- Wirawati, C. U., Sudarwanto, M., Lukman, D., & Wientarsih, I. (2018). Local Plants as Feed Supplementation to Improve Ruminant Milk Production and Quality. *Indonesian Bulletin of Animal and Veterinary Sciences*, 27(3), 145. <https://doi.org/10.14334/WARTAZOA.V27I3.1596>
- Yolandari, A. C., & Batubara, S. C. (2019). Formulasi Minuman Serbuk Instan Mentimun Menggunakan Metode Mixture Design. *Jurnal Teknologi Pangan Dan Kesehatan (The Journal of Food Technology and Health)*, 1(2), 75–92. https://jurnal.usahid.ac.id/index.php/teknologi_pangan/article/view/187
- Yudhawan, I., Cahyaningrum, P. K., Suhartomo, D. M., Fadlillah, S. H., Haresmita, P. P., Hamzah, H., Sari, M. A., & Wicaksari, S. A. (2024). Pemanfaatan dan Inovasi Daun Katuk (*Sauropus Androgynus*) Sebagai Suplementasi ASI di Indonesia: Mini Review. *Mandala of Health: A Scientific Journal*, 17(1), 2615–6954. <https://doi.org/10.20884/1.mandala.2024.17.1.12017>
- Yulianti, D., Sunyoto, M., & Wulandari, E. (2020). Aktivitas Antioksidan Daun Pegagan (*Centella asiatica* L. urban) dan Bunga Krisan (*Crhysanthemum* Sp.) pada Tiga Variasi Suhu Pengeringan. *Pasundan Food Technology Journal*, 6(3), 142–147. <https://journal.unpas.ac.id/index.php/foodtechnology/article/view/1215/1045>
- Yuniartis, P. (2023). Penggunaan Galaktogog Alami pada Ibu Nifas. *Journal of Midwifery Science and Women's Health*, 3(2), 78–86.

<https://ejournal.poltekkesjakarta1.ac.id/index.php/bidan/article/view/1084/357>

Zhang, B. dou, Cheng, J. xin, Zhang, C. feng, Bai, Y. dan, Liu, W. yuan, Li, W., Koike, K., Akihisa, T., Feng, F., & Zhang, J. (2020). Sauropus androgynus L. Merr.-A phytochemical, pharmacological and toxicological review. *Journal of Ethnopharmacology*, 257, 112778. <https://doi.org/10.1016/J.JEP.2020.112778>

Zuhdi, M., & Khairi, A. N. (2022). Analysis of Organoleptic Properties and Consumer Acceptance of Frozen Noodle Products. *Journal of Halal Science and Research*, 3(1), 15–19. <https://doi.org/10.12928/JHSR.V3I1.6828>