

DAFTAR PUSTAKA

- Abbas, M. M., Abbas, M. A., Afifi, W. M., & Kandil, Y. I. (2024). Flavonoid-Rich Extract of *Varthemia Iphionoides* Increased Low-Density Lipoprotein Receptor And Decreased Hydroxymethylglutaryl CoA Reductase Expression in HepG2 Cells. *Farmacia*, 72(3), 631–637. <https://doi.org/10.31925/farmacia.2024.3.17>
- Adiputra, I. M. S., Trisnadewi, N. W., Oktaviani, N. P. W., Munthe, S. A., Hulu, V. T., Budiastutik, I., Faridi, A., Ramdany, R., Fitriani, R. J., Tania, P. O. A., Rahmiati, B. F., Lusiana, S. A., Susilawaty, A., Sianturi, E., & Suryana. (2021). *Metodologi Penelitian Kesehatan. Yayasan Kita Menulis*.
- Agustin, F., Dwi Arinda, A., Sekar, Z., Febrianti, A., Rizky, I. K., & Andriani, M. (2024). *Aktivitas Tepung Tempe Terhadap Kadar Kolesterol Total Tikus Model Hiperkolesterolemia* (Vol. 6, Number 1). <https://doi.org/https://doi.org/10.37148/arteri.v6i1.574>
- Ayoub, M. A. (2022). Effects of flavonoids on cholesterol efflux capability. *Int J Med Biochem*, 5(3), 176–181. <https://doi.org/10.14744/ijmb.2022.96977>
- Bazarbashi, N., & Miller, M. (2022). Triglycerides: How to Manage Patients with Elevated Triglycerides and When to Refer? In *Medical Clinics of North America* (Vol. 106, Number 2, pp. 299–312). W.B. Saunders. <https://doi.org/10.1016/j.mcna.2021.11.006>
- Becker, A. L., Cowl, A. A., Luteyn, J. L., Chanderbali, A. S., Judd, W. S., Manos, P. S., Soltis, D. E., Smith, S. A., Goncalves, D. J. P., Dick, C. W., Weaver, W. N., Soltis, P. S., Cellinese, N., & Fritsch, P. W. (2024). A global blueberry phylogeny: Evolution, diversification, and biogeography of *Vaccinieae* (Ericaceae). *Molecular Phylogenetics and Evolution*, 201. <https://doi.org/10.1016/j.ympev.2024.108202>
- Borén, J., John Chapman, M., Krauss, R. M., Packard, C. J., Bentzon, J. F., Binder, C. J., Daemen, M. J., Demer, L. L., Hegele, R. A., Nicholls, S. J., Nordestgaard, B. G., Watts, G. F., Bruckert, E., Fazio, S., Ference, B. A., Graham, I., Horton, J. D., Landmesser, U., Laufs, U., ... Ginsberg, H. N. (2020). Low-density lipoproteins cause atherosclerotic cardiovascular disease: Pathophysiological, genetic, and therapeutic insights: A consensus statement from the European Atherosclerosis Society Consensus Panel. In *European Heart Journal* (Vol. 41, Number 24, pp. 2313–2330). Oxford University Press. <https://doi.org/10.1093/eurheartj/ehz962>
- Bukiya, A. N., & Dopico, A. M. (2022). *Cholesterol From Chemistry and Biophysics to the Clinic*. <https://doi.org/https://doi.org/10.1016/b978-0-323-85857-1.00007-9>
- C. Thambiah, S., & Lai, L. C. (2021). Diabetic dyslipidaemia. In *Practical Laboratory Medicine* (Vol. 26). Elsevier B.V. <https://doi.org/10.1016/j.plabm.2021.e00248>

- Cahyana, Y., & Adiyanti, T. (2021). Review: Flavonoids as antidiabetic agents. *Indonesian Journal of Chemistry*, 21(2), 512–526. <https://doi.org/10.22146/ijc.58439>
- Castro, V., Calvo, G., Ávila-Pérez, G., Dreux, M., & Gastaminza, P. (2019). Differential Roles of Lipin1 and Lipin2 in the Hepatitis C Virus Replication Cycle. *Cells*, 8(11). <https://doi.org/10.3390/cells8111456>
- Chai, Z., Herrera-Balandrano, D. D., Yu, H., Beta, T., Zeng, Q., Zhang, X., Tian, L., Niu, L., & Huang, W. (2021). A comparative analysis on the anthocyanin composition of 74 blueberry cultivars from China. *Journal of Food Composition and Analysis*, 102. <https://doi.org/10.1016/j.jfca.2021.104051>
- Chandrasekaran, P., & Weiskirchen, R. (2024). The Role of Obesity in Type 2 Diabetes Mellitus—An Overview. In *International Journal of Molecular Sciences* (Vol. 25, Number 3). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/ijms25031882>
- Chiu, C. H., Chiu, K. C., & Yang, L. C. (2022). Amelioration of Obesity in Mice Fed a High-Fat Diet with Uronic Acid-Rich Polysaccharides Derived from *Tremella fuciformis*. *Polymers*, 14(8). <https://doi.org/10.3390/polym14081514>
- Duan, Y., Tarafdar, A., Chaurasia, D., Singh, A., Bhargava, P. C., Yang, J., Li, Z., Ni, X., Tian, Y., Li, H., & Awasthi, M. K. (2022). Blueberry fruit valorization and valuable constituents: A review. *International Journal of Food Microbiology*, 381, 109890. <https://doi.org/10.1016/j.ijfoodmicro.2022.109890>
- Fandini, I., Ruhimat, U., Ariyadi, R., & Mutmainah, R. N. (2023). Overview of Total Cholesterol Levels at Productive Age in the Imbanagara Health Center Working Area (Vol. 1, Number 2). <https://doi.org/http://dx.doi.org/10.52221/mjmlt.v1i2.368>
- Firmansyah, D., & Dede. (2022). Teknik Pengambilan Sampel Umum dalam Metodologi Penelitian: Literature Review. *Jurnal Ilmiah Pendidikan Holistik (JIPH)*, 1(2), 85–114. <https://doi.org/10.55927>
- Gheibi, S., Kashfi, K., & Ghasemi, A. (2017). A practical guide for induction of type-2 diabetes in rat: Incorporating a high-fat diet and streptozotocin. In *Biomedicine and Pharmacotherapy* (Vol. 95, pp. 605–613). Elsevier Masson SAS. <https://doi.org/10.1016/j.biopha.2017.08.098>
- Herrera-Balandrano, D. D., Chai, Z., Hutabarat, R. P., Beta, T., Feng, J., Ma, K., Li, D., & Huang, W. (2021). Hypoglycemic and hypolipidemic effects of blueberry anthocyanins by AMPK activation: In vitro and in vivo studies. *Redox Biology*, 46. <https://doi.org/10.1016/j.redox.2021.102100>
- Husna, F., Suyatna, F. D., Arozal, W., & Purwaningsih, E. H. (2019). Model Hewan Coba pada Penelitian Diabetes Animal Model in Diabetes Research. *Mini Review Article Pharmaceutical Sciences and Research (PSR)*, 6(3), 131–141.

- IDF. (2025). *IDF Diabetes Atlas 11th Edition*. diabetesatlas.org
- Ighodaro, O. M., Adeosun, A. M., & Akinloye, O. A. (2017). Alloxan-induced diabetes, a common model for evaluating the glycemic-control potential of therapeutic compounds and plants extracts in experimental studies. In *Medicina (Lithuania)* (Vol. 53, Number 6, pp. 365–374). Elsevier B.V. <https://doi.org/10.1016/j.medic.2018.02.001>
- Kafkas, E., & Ürün, İ. (2023). Why Blueberries? *Agricultural Sciences*, 14(08), 1121–1131. <https://doi.org/10.4236/as.2023.148075>
- Kalra, S., & Raizada, N. (2024). Dyslipidemia in diabetes. In *Indian Heart Journal* (Vol. 76, pp. S80–S82). Elsevier B.V. <https://doi.org/10.1016/j.ihj.2023.11.002>
- Kennelly, P. J. ., Botham, K. M. ., McGuinness, O. P. ., Rodwell, V. W. ., & Weil, P. Anthony. (2023). *Harper's illustrated biochemistry*. McGraw Hill.
- Kertika Untari, M., & Pramukantoro, E. (2020). Aktivitas Antihiperkolesterolemia Ekstrak Etanol Daun Stevia Rebaudiana Bertoni Pada Tikus Putih Jantan. *Journal Syifa Sciences and Clinical Research*, 2(1). <http://ejurnal.ung.ac.id/index.php/jsscr>,E-
- Khadka, B., Pandey, S., & Kafle, D. (2023). Dyslipidemia among Patients with Type 2 Diabetes Mellitus Visiting a Tertiary Care Centre. *Journal of the Nepal Medical Association*, 61(266), 758–761. <https://doi.org/10.31729/jnma.8306>
- Khairan, D., Ilyas, S., & Yurnadi. (2024). Prinsip dan Praktik Hewan Percobaan Mencit (*Mus musculus*). *USU Press*.
- Kumar, A., Sundaram, K., Mu, J., Dryden, G. W., Sriwastva, M. K., Lei, C., Zhang, L., Qiu, X., Xu, F., Yan, J., Zhang, X., Park, J. W., Merchant, M. L., Bohler, H. C. L., Wang, B., Zhang, S., Qin, C., Xu, Z., Han, X., ... Zhang, H. G. (2021). High-fat diet-induced upregulation of exosomal phosphatidylcholine contributes to insulin resistance. *Nature Communications*, 12(1). <https://doi.org/10.1038/s41467-020-20500-w>
- Mellor, D. J. (2016). Moving beyond the “Five freedoms” by updating the “five provisions” and introducing aligned “animalwelfare aims.” In *Animals* (Vol. 6, Number 10). MDPI AG. <https://doi.org/10.3390/ani6100059>
- Mutiarahmi, C. N., Hartady, T., & Lesmana, R. (2021). Kajian Pustaka: Penggunaan Mencit Sebagai Hewan Coba di Laboratorium yang Mengacu pada Prinsip Kesejahteraan Hewan. *Indonesia Medicus Veterinus*, 10(1), 134–145. <https://doi.org/10.19087/imv.2020.10.1.134>
- Ndlovu, M., Serem, J. C., Selepe, M. A., Opoku, A. R., Bester, M. J., Apostolides, Z., & Mosa, R. A. (2023). Triterpenoids from *Protorhus longifolia* Exhibit Hypocholesterolemic Potential via Regulation of Cholesterol Biosynthesis and Stimulation of Low-Density Lipoprotein Uptake in HepG2 Cells. *ACS Omega*, 8(34), 30906–30916. <https://doi.org/10.1021/acsomega.3c01995>
- Ochmian, I., Błaszak, M., Lachowicz, S., & Piwowarczyk, R. (2020). The impact of cultivation systems on the nutritional and phytochemical content, and

- microbiological contamination of highbush blueberry. *Scientific Reports*, 10(1). <https://doi.org/10.1038/s41598-020-73947-8>
- OECD. (2008). *OECD Guidelines For The Testing of Chemicals*.
- PERKI. (2022). *Panduan Tata Laksana Dislipidemia 2022*.
- Prastyo Wati, D., & Hanafi Midoen, Y. (2024). *Prinsip Dasar Tikus sebagai Model Penelitian*. <https://www.researchgate.net/publication/378012784>
- Pratama, R. Y., Pranitasari, N., & Purwaningsari, D. (2020). Pengaruh Ekstrak Daun Sirsak Terhadap Gambaran Histopatologi Pankreas Rattus Norvegicus Jantan yang Diinduksi Aloksan. *HTMJ*, 17, 116–129. www.journal-medical.hangtuah.ac.id
- Qin, Y., Guo, J., Lin, Y., You, Y., Huang, W., & Zhan, J. (2024). Evaluation of Hypoglycemic Polyphenolic Compounds in Blueberry Extract: Functional Effects and Mechanisms. *Antioxidants*, 13(12). <https://doi.org/10.3390/antiox13121490>
- Rubio-Guevara, S., Castillo-Medina, O., Villacorta-Zavaleta, M., Blanco-Olano, C., Altamirano-Sarmiento, D., Cáceres-Andonairé, E., Farias, M., Chinchay, N., Guerrero, C., Flores, J., Vilela, E., Nunez, S., Sernaque, J., Pacherrres, F., Mena, G., Trillo, M., Amayo, J., & Olascuaga-Castillo, K. (2024). Vaccinium corymbosum: Phenolic Compound Content and Effect of Fruit Extract on Blood Glucose in Healthy Mice. *Pharmacognosy Journal*, 16(4), 716–725. <https://doi.org/10.5530/pj.2024.16.121>
- Shi, Q., Chen, J., Zou, X., & Tang, X. (2022). Intracellular Cholesterol Synthesis and Transport. In *Frontiers in Cell and Developmental Biology* (Vol. 10). Frontiers Media S.A. <https://doi.org/10.3389/fcell.2022.819281>
- Siam, N. H., Snigdha, N. N., Tabasumma, N., & Parvin, I. (2024). Diabetes Mellitus and Cardiovascular Disease: Exploring Epidemiology, Pathophysiology, and Treatment Strategies. In *Reviews in Cardiovascular Medicine* (Vol. 25, Number 12). IMR Press Limited. <https://doi.org/10.31083/j.rcm2512436>
- Soelistijo, S. A., Suastika, K., Lindarto, D., Decroli, E., Permana, H., Sucipto, K. W., Kusnadi, Y., Budiman, Ikhsan, M. R., Sasiarini, L., Sanusi, H., Nugroho, K. H. H., & Susanto, H. (2021). *Pedoman Pengelolaan Dan Pencegahan Diabetes Melitus Tipe 2 di Indonesia 2021*.
- Strikić, D., Vujević, A., Perica, D., Leskovar, D., Paponja, K., Pećin, I., & Merćep, I. (2023). Importance of Dyslipidaemia Treatment in Individuals with Type 2 Diabetes Mellitus—A Narrative Review. In *Diabetology* (Vol. 4, Number 4, pp. 538–552). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/diabetology4040048>
- Sudigdo Sastroasmoro, D., Sofyan Ismael, S., & -, S. (2011). *Dasar-dasar Metodologi Penelitian Klinis* (B. Siwanto & S. Sastroasmoro, Eds.; 4th ed.). Sagung Seto.

- Tri Widada, S., Atik Martsiningsik, M., & Cicilia Carolina, S. (2016). Gambaran Perbedaan Kadar Kolesterol Total Metode CHOD-PAP (Cholesterol Oxidase-Peroxisidase Aminoantypirin) Sampel Serum dan Sampel Plasma EDTA. *Jurnal Teknologi Laboratorium*, 5(1)(1), 41–44. www.teknolabjournal.com
- Viantry, P., Sargowo, D., Khudori, M., & Rasidah, F. (2025). Efektivitas Ekstrak Daun Cempedak (*Artocarpus champeden*) Pada Penurunan Kadar Kolesterol Total Tikus Wistar (*Rattus novergicus* L) Obesitas Yang Diinduksi Diet Aterogenik Modifikasi. *JPP (Jurnal Kesehatan Poltekkes Palembang)*, 20(2), 147–152. <https://doi.org/10.36086/jpp.v20i2.3315>
- von Eckardstein, A., Nordestgaard, B. G., Remaley, A. T., & Catapano, A. L. (2023). High-density lipoprotein revisited: biological functions and clinical relevance. In *European Heart Journal* (Vol. 44, Number 16, pp. 1394–1407). Oxford University Press. <https://doi.org/10.1093/eurheartj/ehac605>
- Wahyuningsih, S., Yunita, I., Sundari, U. Y., Nurmalasari, E., Hendy, S., Pagalla, D. B., Kalalinggi, S. Y., Alpian, Ramlah, & Nasrullah, M. (2024). *Ekstraksi Bahan Alam* (U. Y. Sundari, Ed.). CV. Gita Lentera Redaksi. <https://www.researchgate.net/publication/381613640>
- Wulandari, N. L. W. E., Udayani, N. N. W., Arman Anita Dewi, N. L. K., Putri Triansyah, G. A., Mahita Kumari Dewi, N. P. E., Ayu Putu Widiarsiani, I., & Sagung Sri Prabandari, A. A. (2024). Artikel Review: Pengaruh Pemberian Induksi Aloksan Terhadap Gula Darah Tikus. *Indonesian Journal of Pharmaceutical Education*, 4(2). <https://doi.org/10.37311/ijpe.v4i2.26494>
- Yamenny, A. A. (2024). Diabetes Mellitus Overview 2024. In *Journal of Bioscience and Applied Research* (Vol. 10, Number 3, pp. 641–645). Society of Pathological Biochemistry and Hematology. <https://doi.org/10.21608/jbaar.2024.382794>
- Zhou, L., Xu, L., Ye, J., Li, D., Wang, W., Li, X., Wu, L., Wang, H., Guan, F., & Li, P. (2012). Cidea promotes hepatic steatosis by sensing dietary fatty acids. *Hepatology*, 56(1). https://journals.lww.com/hep/fulltext/2012/07000/cidea_promotes_hepatic_steatosis_by_sensing.12.aspx