

DAFTAR PUSTAKA

Jurnal

- Camfield, D. A., Stough, C., Farrimond, A., & Scholey, A. B. (2014). Acute effects of tea constituents L-theanine and caffeine on cognitive function and mood: A systematic review and meta-analysis. *Nutrients*, 6(6), 2319–2339. <https://doi.org/10.3390/nu6062319>
- Clark, I., & Landolt, H. P. (2017). Coffee, caffeine, and sleep: A systematic review of epidemiological studies and randomized controlled trials. *Sleep Medicine Reviews*, 31, 70–78. <https://doi.org/10.1016/j.smrv.2016.01.006>
- Giesbrecht, T., Rycroft, J. A., Rowson, M. J., & De Bruin, E. A. (2010). The combination of L-theanine and caffeine improves cognitive performance and increases subjective alertness. *Nutritional Neuroscience*, 13(6), 283–290. <https://doi.org/10.1179/147683010X12611460764840>
- Gilbert, R. M., Marshman, J. A., Schwieder, M., & Berg, R. (1976). Caffeine content of beverages as consumed. *Canadian Medical Association Journal*, 114(3), 205–208.
- Kamimori, G. H., Johnson, D., & McLellan, T. M. (2015). The dose-dependent effect of caffeine on cognitive performance during sleep restriction. *Journal of Caffeine Research*, 5(1). <https://doi.org/10.1089/jcr.2014.0028>
- Muhammad Fikri, M., R. D., & Purba, A. D. (2024). Strategic market launch of artisan tea in Indonesia: A study of consumer preference and willingness to pay. *International Research Journal of Economics and Management Studies*, 3(2), 248–261. <https://doi.org/10.22259/2582-9963.0302004>
- Shirlow, M. J., & Mathers, C. D. (1985). A study of caffeine consumption and symptoms: Indigestion, palpitations, tremor, headache, and insomnia. *International Journal of Epidemiology*, 14(4), 422–427. <https://doi.org/10.1093/ije/14.4.422>

- Unno, K., Tanida, N., Ishii, H., Higashio, H., Kakuda, T., & Hoshino, M. (2012). Effects of L-theanine or caffeine intake on changes in blood pressure under physical and psychological stresses. *Journal of Physiological Anthropology*, 31(1), 28. <https://doi.org/10.1186/1880-6805-31-28>
- Wang, L. F., Kim, D. M., & Lee, C. Y. (2000). Effects of heat processing and storage on flavanols and sensory qualities of green tea beverage. *Journal of Agricultural and Food Chemistry*, 48(9), 4227-4232.

Internet / Website

- Badan Pusat Statistik. (2024). *Statistik teh Indonesia 2023*.
<https://www.bps.go.id/id/publication/2024/11/29/04f3ce433a368afa83384b7a/statistik-teh-indonesia-2023.html>
- Indonesia.go.id. (2024, Mei 14). *Teh artisan jadi primadona baru industri teh*.
<https://indonesia.go.id/r/15008/teh-artisan-jadi-primadona-baru-industri-teh>
- Kementerian Perindustrian Republik Indonesia. (2024). *Peluang industri teh nasional di tengah tren gaya hidup sehat*. <https://kemenperin.go.id>
- Mayo Clinic. (2022, 16 November). *Caffeine: How much is too much?*
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20049372>