

BAB V

KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Perbedaan proporsi teh hitam-stevia memberikan pengaruh nyata terhadap aktivitas antioksidan minuman teh hitam-stevia dalam kemasan botol plastik.
2. Perbedaan suhu penyimpanan memberikan pengaruh nyata terhadap aktivitas antioksidan minuman teh hitam-stevia dalam kemasan botol plastik.
3. Penurunan total fenol, total flavonoid, kemampuan menangkal radikal bebas, dan kemampuan reduksi ion besi minuman teh hitam-stevia pada suhu ruang adalah 39,16-49,82%, 45,05-62,45%, 51,67-58,57%, 38,06-51,48%.
4. Penurunan total fenol, total flavonoid, kemampuan menangkal radikal bebas, dan kemampuan reduksi ion besi minuman teh hitam-stevia pada suhu *refrigerator* adalah 35,63-47,73%; 20,71-51,09%; 49,64-55,94%; 32,94-45,95%.
5. Interaksi proporsi teh hitam-stevia dan suhu penyimpanan memberikan pengaruh nyata terhadap aktivitas antioksidan minuman teh hitam-stevia dalam kemasan botol plastik.

5.2. Saran

Perlu dilakukan penelitian untuk mengetahui jenis kemasan dan suhu penyimpanan yang sesuai.

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