BAB 5
KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan penelitian yang telah dilakukan serta dilakukan analisis data sehingga dapat disimpulkan bahwa :

1. Suplementasi *Virgin Coconut Oil* (VCO) dan Minyak Jagung tidak memberikan pengaruh signifikan terhadap penurunan kadar kolesterol.
2. Suplementasi *Virgin Coconut Oil* (VCO) dan Minyak Jagung tidak memberikan pengaruh signifikan terhadap penurunan lemak viseral.

5.2 Saran

1. Perlu dilakukan tes kolesterol total pada awal dan akhir saat perlakuan.
2. Perlu dilanjutkan pemeriksaan histopatologi dan indeks organ hewan uji terutama pada organ hewan uji terutama pada organ lambung dan ginjal untuk melihat efek samping yang ditimbulkan dari pemberian *Virgin Coconut Oil* (VCO) dan Minyak Jagung untuk melengkapi data uji toksisitas.
3. Perlu dilakukan perhitungan dosis yang tepat dalam pemberian suplementasi.

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