

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Kefir air dengan tambahan buah naga, inulin-MCT, media gula tebu molases tidak memenuhi persyaratan PerBPOM No. 24 tahun 2023, suplemen kesehatan mengandung probiotik bagian C (Suplemen kesehatan mengandung yeast and mold) memiliki batas persyaratan yaitu $ALT \leq 10^3$ CFU/ml, *Salmonella*: negatif/10 gram dan *Escherichia coli*: negatif/10 gram, didapatkan hasil pengujian produk yaitu *Salmonella*: negatif, *Escherichia coli*: negatif dan ALT: $1,4 \times 10^6$ CFU/ml.
2. Kefir air dengan tambahan buah naga, inulin-MCT, media gula tebu molases disukai oleh panelis yang ditunjukkan dengan rata-rata skor parameter pada uji hedonik mendapatkan skor ≥ 3 .

5.2 Saran

Dari hasil penelitian yang telah dilakukan maka dapat disarankan sebagai berikut:

1. Diperlukan penelitian lebih lanjut terhadap pengujian tentang manfaat kefir air dengan tambahan buah naga, inulin-MCT, media gula tebu molases.
2. Diperlukan penelitian lebih lanjut mengenai dampak waktu fermentasi kefir air dengan tambahan buah naga, inulin-MCT, media gula tebu molases terhadap stabilitas produk.
3. Diperlukan penelitian lebih lanjut mengenai dampak dari penambahan inulin terhadap stabilitas produk.

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