

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Kefir air dengan tambahan buah naga, inulin-MCT, media sukrosa tidak memenuhi persyaratan PerBPOM No. 24 tahun 2023, suplemen kesehatan mengandung probiotik yaitu pada bagian C (suplemen kesehatan mengandung yeast and mold). Yang di mana memiliki batas persyaratan yaitu $ALT \leq 10^3$ CFU/ml, *Salmonella sp.*: negatif/10 gram dan *Escherichia coli*: negatif/10 gram, didapatkan hasil pengujian produk yaitu *Salmonella sp.*: negatif, *Escherichia coli*: negatif dan ALT : $1,7 \times 10^6$ CFU/ml.
2. Kefir air dengan tambahan buah naga, inulin-MCT, media sukrosa disukai oleh panelis yang ditunjukkan dengan rata-rata skor parameter pada uji hedonik mendapatkan skor ≥ 3 .

5.2 Saran

1. Diperlukan penelitian lebih lanjut terhadap pengujian tentang manfaat kefir air dengan tambahan buah naga, inulin-MCT, media sukrosa.
2. Diperlukan penelitian lebih lanjut untuk pengembangan produk sehingga dapat meningkatkan skor hedonik dan lebih disukai oleh panelis.
3. Diperlukan penelitian lebih lanjut mengenai lama waktu fermentasi dan penambahan bahan tambahan buah naga dan inulin-MCT terhadap ketahanan dan stabilitas produk akhir.

4. Diperlukan penelitian lebih lanjut mengenai pengaruh lama waktu fermentasi terhadap tingginya hasil perhitungan Angka Lempeng Total (ALT).
5. Diperlukan penelitian lebih lanjut mengenai standarisasi *starter* dari kefir air.

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