BAB VI
KESIMPULAN DAN SARAN

6.1. Kesimpulan

1. Hasil penelitian menunjukkan bahwa penambahan bubuk ekstrak jahe emprit (P1; P2; P3; P4; P5; P6; dan P7) berpengaruh terhadap total fenol, total flavonoid, aktivitas antioksidan metode DPPH, dan kemampuan mereduksi ion besi minuman beluntas jahe. Kadar total fenol berkisar antara 219,375-322,188 mg GAE/L minuman beluntas jahe; kadar total flavonoid berkisar antara 167,464-199,518 mg CE/L minuman beluntas jahe; aktivitas antioksidan menangkal radikal bebas DPPH berkisar antara 253,392-271,585 mg GAE/L minuman beluntas jahe; dan kemampuan mereduksi ion besi berkisar antara 56,895-183,605 mg GAE/L minuman beluntas jahe.
2. Senyawa fitokimia yang teridentifikasi pada minuman beluntas jahe meliputi alkaloid, flavonoid, fenolik, triterpenoid, saponin, tanin, dan kardiak glikosida.
3. Perlakuan dengan penambahan bubuk ekstrak jahe emprit yang paling tepat agar dapat diperoleh aktivitas antioksidan minuman beluntas jahe tertinggi dengan metode DPPH adalah P2 sedangkan berdasarkan uji kemampuan mereduksi besi adalah P5.

6.2. Saran

1. Perlu dilakukan penelitian lebih lanjut untuk meningkatkan stabilitas warna dan kekeruhan minuman beluntas jahe dengan menambahkan *chelating agent* agar dapat mempertahankan aktivitas antioksidan karena adanya logam besi (Fe) dalam minuman beluntas jahe (sampel) yang bersifat tidak stabil sehingga dapat berubah warna dalam waktu yang singkat.

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