BAB V
KESIMPULAN

5.1 Kesimpulan

1. Proporsi teh hijau stevia yang berbeda memberikan pengaruh nyata terhadap terhadap aktivitas antidiabetik (kemampuan menghambat enzim *α-amilase* dan *α-glukosidase*) minuman teh hijau stevia yang dikemas dalam kemasan botol kaca.
2. Perbedaan suhu penyimpanan memberikan pengaruh nyata terhadap terhadap aktivitas antidiabetik (kemampuan menghambat enzim *α-amilase* dan *α-glukosidase*) minuman teh hijau stevia yang dikemas dalam kemasan botol kaca.
3. Penurunan penghambatan pada suhu ruang lebih tinggi dibandingkan suhu dingin.
4. Penurunan penghambatan enzim *α-amilase* pada suhu dingin sebesar 33,75-60,49% sedangkan pada suhu ruang 43,11-71,95%.
5. Penurunan penghambatan enzim *α-glukosidase* pada suhu dingin sebesar 20,93-44,31% sedangkan pada suhu ruang 37,92-54,63%.

5.2. Saran

Perlu penelitian lebih lanjut untuk mengetahui efektivitas penghambatan flavonoid dan katekin terhadap enzim *α-amilase* dan *α-glukosidase.*

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