BAB 5
KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Pemberian suplementasi inulin-MCT tidak signifikan dalam menurunkan indeks aterogenik pada mencit obesitas yang diberi makan tinggi lemak-sukrosa.
2. Pemberian suplementasi inulin-MCT secara signifikan menurunkan kadar perlemakan hati pada mencit obesitas yang diberi makan tinggi lemak-sukrosa.

5.2 Saran

1. Dilakukan perpanjangan waktu intervensi dan penambahan jumlah sampel dalam penelitian efek pemberian suplementasi inulin-MCT terhadap efeknya kepada indeks aterogenik sehingga diharapkan agar hasil penelitian dapat terlihat lebih jelas dan menghasilkan kesimpulan yang lebih akurat.
2. Untuk mengamati resiko terjadinya penyakit kardiovaskular akibat aterosklerosis, selain parameter indeks aterogenik, dirasa juga perlu untuk dilakukan pengamatan histologi terhadap pembuluh darah vena koronaria hewan coba.
3. Perlu dilakukan penelitian mengenai optimalisasi dosis inulin-MCT terhadap parameter metabolik terutama pada indeks aterogenik.

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