

BAB V

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Pemberian kefir air dengan tambahan buah naga dan inulin-MCT dapat menurunkan kadar glukosa dalam plasma darah secara signifikan.
2. Pemberian kefir air dengan tambahan buah naga dan inulin-MCT dapat menurunkan kadar kolesterol total dalam plasma darah secara signifikan.

5.2 Saran

1. Perlu dilakukan penambahan waktu pemberian perlakuan untuk melihat efek samping yang ditimbulkan dalam jangka panjang.
2. Perlu dilakukan penelitian terhadap penggunaan matriks yang lain.

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