

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil penelitian, dapat disimpulkan bahwa:

1. Metode enzimatik menggunakan glukometer dalam penelitian ini terbukti dapat dimanfaatkan sebagai pendekatan sederhana dalam menguji aktivitas antiglikasi suatu senyawa.
2. Asam amino arginin memiliki potensi sebagai senyawa antiglikasi. Hasil pengujian menunjukkan bahwa arginin mampu menurunkan kadar glukosa hingga 50% pada hari ke-28.

5.2 Saran

Penelitian lanjutan disarankan menggunakan spektrofotometri untuk mengukur intensitas fluoresensi produk AGEs, sehingga mekanisme antiglikasi arginin dapat dianalisis lebih mendalam.

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