BAB 5
KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil penelitian yang dilakukan mengenai pengujian potensi antiglikasi asam amino sistein dengan metode enzimatik menggunakan glukometer, maka dapat disimpulkan hal-hal sebagai berikut:

1. Metode enzimatik menggunakan glukometer terbukti dapat digunakan untuk mengukur kadar glukosa dan mengevaluasi aktivitas antiglikasi melalui penurunan kadar glukosa selama proses inkubasi.
2. Asam amino sistein tidak menunjukkan penurunan kadar glukosa yang signifikan selama masa inkubasi sehingga tidak terbukti memiliki efek antiglikasi dalam kondisi uji ini.

5.2 Saran

Berdasarkan dari hasil penelitian dan kesimpulan yang telah dilakukan, disarankan agar pada penelitian selanjutnya dilakukan optimasi kondisi inkubasi, khususnya pada suhu dan lama waktu, untuk menjaga kestabilan asam amino sistein agar tidak mengalami oksidasi dan degradasi. Perlu dilakukan variasi konsentrasi sistein dan penggunaan pelarut atau *buffer* berbeda untuk mengevaluasi potensi antiglikasi sistein secara lebih menyeluruh. Dapat dipertimbangkan penggunaan metode analisis tambahan seperti spektrofotometri atau kromatografi untuk memperkuat hasil identifikasi aktivitas antiglikasi.

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