BAB VI
KESIMPULAN DAN SARAN

6.1. Kesimpulan

1. Hasil penelitian menunjukkan bahwa kombinasi bubuk beluntas dan teh hijau pada berbagai proporsi berpengaruh nyata terhadap senyawa fitokimia, total fenol, total flavonoid, kemampuan menangkal radikal bebas DPPH dan kemampuan mereduksi ion besi minuman beluntas teh hijau.
2. Minuman beluntas teh hijau memiliki total fenol berkisar antara 451,13-707,63 mg GAE/L sampel, total flavonoid berkisar antara 95,73-413,73 mg CE/L sampel, kemampuan menangkal radikal bebas DPPH berkisar antara 193,38-277,79 mg GAE/L sampel dan kemampuan mereduksi ion besi berkisar antara 211,50-499,50 mg GAE/L sampel.
3. Hasil penelitian minuman beluntas teh hijau dapat memperbaiki aktivitas antioksidan minuman beluntas pada peneltian sebelumnya. Hasil penelitian menunjukkan bahwa kombinasi beluntas dan teh hijau pada proporsi tertentu dapat meningkatkan aktivitas antioksidan minuman beluntas dan yang memiliki akitvitas antioksidan tertinggi adalah perlakuan P3.

6.2. Saran

Terbentuknya agregat dan endapan yang disebabkan oleh reaksi antara komponen dalam beluntas dan teh hijau setelah 15 menit penyeduhan dapat mempengaruhi aktivitas antioksidan minuman beluntas teh hijau. Oleh karena itu perlu penelitian lebih lanjut tentang waktu yang tepat untuk

mengkonsumsi minuman beluntas teh hijau sehingga mendapat aktivitas antioksidan yang terbaik.

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