BAB VI
KESIMPULAN DAN SARAN

6.1. Kesimpulan

1. Perbedaan konsentrasi daun stevia memberikan pengaruh nyata terhadap komposisi fitokimia; kadar total fenol; total flavonoid; aktivitas antioksidan dengan metode DPPH (2,2-*diphenil-1-picrylhydrazyl*); serta kemampuan mereduksi ion besi pada minuman teh hijau.
2. Berdasarkan hasil pengujian, didapatkan perlakuan yang memiliki aktivitas antioksidan tertinggi adalah perlakuan P6 (0,37%), yaitu 1,48 gram daun stevia yang diseduh pada 400 ml air panas (90^{o}-95^{o}C), dengan nilai total fenol sebesar 307,1667 mg GAE/L sampel; nilai total flavonoid 33,3306 mg CE/L sampel; aktivitas antioksidan kemampuan menangkap radikal bebas DPPH sebesar 37,3362 mg GAE/L sampel; kemampuan mereduksi ion besi sebesar 504,7407 mg GAE/L sampel.
3. Berdasarkan hasil *Pearson Correlation* antara total flavonoid dengan kemampuan menangkal radikal DPPH pada minuman teh hijau daun stevia diketahui bahwa memiliki aktivitas antioksidan primer.

6.2. Saran

Perlu penelitian lebih lanjut mengenai konsentrasi daun stevia yang memiliki aktivitas antioksidan tertinggi secara *in vivo* pada minuman teh hijau.

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