

BAB V

KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Ada pengaruh penambahan berbagai konsentrasi air perasan lemon terhadap aktivitas antidiabetik dalam menghambat enzim α -amilase dan enzim α -glukosidase pada minuman beluntas lemon.
2. Hasil menunjukkan bahwa penambahan air perasan lemon yang paling tinggi kemampuannya dalam menghambat enzim α -amilase pada konsentrasi 1% yaitu sebesar $-26,51 \pm 4,55\%$ dan kemampuannya dalam menghambat enzim α -glukosidase pada konsentrasi 5% sebesar $-69,64 \pm 7,14\%$, dengan total fenol sebesar $90,00 \pm 5,72$ mg GAE/L, total flavonoid sebesar $-36,25 \pm 7,63$ mg CE/L, dan kandungan senyawa fitokimia pada minuman beluntas lemon meliputi alkaloid, fenolik, flavonoid, saponin, tanin, dan kardiak glikosida.

5.2. Saran

Perlu dilakukan penelitian lebih lanjut mengenai jumlah total fenol *free* dan *bonding* yang berperan dalam kemampuannya menghambat enzim α -amilase dan α -glukosidase, dapat menentukan adanya mekanisme lain dalam penghambatan enzim α -amilase dan α -glukosidase pada minuman beluntas lemon, dan lemon masih belum bisa menghambat aktivitas enzim α -amilase dan α -glukosidase.

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