

BAB IV

KESIMPULAN DAN SARAN

4.1. Kesimpulan

Beberapa penelitian menunjukkan bahwa konsumsi teh memiliki korelasi positif dengan penurunan faktor resiko penyakit jantung koroner, salah satunya karena adanya peningkatan fungsi arteri brakial, peningkatan kemampuan alir darah dalam pembuluh darah, dan peningkatan kandungan katekin dalam plasma darah. Di sisi lain, buah menurunkan resiko terkena PJK dengan bekerja sebagai *scavenger* ROS dan RNS, serta mereduksi senyawa LDL. Namun hasil yang diperoleh dari beberapa penelitian menunjukkan bahwa volume konsumsi buah yang tinggi tidak selalu berkorelasi positif terhadap penurunan kejadian PJK dan kemungkinan ada jumlah optimal tertentu untuk tiap jenis buah yang belum diketahui.

Kombinasi teh dengan buah yang menghasilkan *fruit infused tea* memang meningkatkan kandungan senyawa antioksidan dan secara teori seharusnya meningkatkan kemampuannya untuk menurunkan resiko terkena PJK, namun perlu diingat bahwa jumlah senyawa antioksidan saja tidak dapat dijadikan faktor tunggal dalam menilai efektivitasnya. Faktor lain seperti jenis senyawa antioksidan, pola konsumsi (volume, interval waktu, dan jangka waktu konsumsi), dan kemampuan penyerapan masing – masing senyawa oleh tubuh harus diperhitungkan. Selain itu faktor – faktor lain seperti pola makan, gaya hidup seperti merokok dan olahraga juga harus diperhitungkan.

4.2. Saran

Perlu dilakukan penelitian lebih lanjut mengenai aktivitas antioksidan *fruit infused tea* dibandingkan dengan aktivitas antioksidan teh hitam dan buah – buahan secara individu.

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