

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Pemberian suplementasi kombinasi Inulin dan *Medium Chain Triglycerides* (MCT) mampu menurunkan kadar trigliserida dalam darah secara signifikan.
2. Pemberian suplementasi kombinasi Inulin dan *Medium Chain Triglycerides* (MCT) tidak mampu menurunkan kadar asam urat dalam darah

5.2 Saran

1. Perlu penambahan lama waktu perlakuan sehingga didapatkan hasil yang lebih signifikan dan akurat.
2. Perlu dilakukan penelitian terhadap resiko penyakit kardiovaskular karena memiliki hubungan dengan peningkatan kadar asam urat.
3. Perlu dilakukan penelitian terhadap dosis yang tepat pada setiap perlakuan sehingga didapatkan dosis optimal dan mengetahui efek samping jika terjadi *overdose*.
4. Perlu dilakukan kombinasi antar jenis serat untuk mendapatkan efek yang baik terhadap penyakit lainnya.

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