

BAB VI

KESIMPULAN DAN SARAN

6.1. Kesimpulan

1. Penambahan air perasan lemon dalam seduhan beluntas dapat meningkatkan total fenol, total flavonoid, vitamin C, kemampuan menangkal radikal bebas DPPH, dan kemampuan mereduksi ion besi.
2. Hasil penelitian menunjukkan bahwa perlakuan P5 menghasilkan aktivitas antioksidan tertinggi dengan total fenol sebesar 368,542 mg GAE/L seduhan; total flavonoid 206,958 mg CE/L seduhan; vitamin C sebesar 27,364 mg AAE/L seduhan; kemampuan menangkal radikal bebas sebesar 113,554 mg GAE/L seduhan; dan kemampuan mereduksi ion besi sebesar 240,672 mg GAE/L seduhan.
3. Aktivitas kemampuan menangkal radikal bebas DPPH dan kemampuan mereduksi ion besi memiliki korelasi positif dengan total fenol dan total flavonoid seduhan karena berdasarkan koefisien korelasi masing-masing sebesar 0,927 dan 0,978 maka mekanisme antioksidan seduhan beluntas lemon dominan melalui transfer elektron.

6.2. Saran

Semakin banyak penambahan air perasan lemon ke dalam seduhan beluntas memiliki aktivitas antioksidan yang semakin tinggi namun tingkat penerimaan konsumen semakin menurun sehingga diperlukan penelitian lebih lanjut terhadap konsentrasi lemon yang optimum yang dapat meningkatkan aktivitas antioksidan yang tertinggi.

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