

BAB IV

KESIMPULAN DAN SARAN

4.1 Kesimpulan

- a. Aktivitas antioksidan dipengaruhi oleh umur rambut jagung dan perbedaan kepolaran pelarut.
- b. Total polifenol dan total flavonoid dipengaruhi oleh umur rambut jagung dan perbedaan kepolaran pelarut.
- c. Nilai total antioksidan dipengaruhi oleh perbedaan kepolaran pelarut.
- d. Aktivitas *scavenging* antioksidan pada radikal bebas dipengaruhi oleh perbedaan kepolaran pelarut.
- e. Penambahan ekstrak rambut jagung dapat memberikan efek protektif stres oksidatif
- f. Penambahan ekstrak rambut jagung dapat menurunkan produksi ROS pada otot skeletal.

4.2 Saran

Perlu dilakukan penelitian lebih lanjut yang lebih spesifik dalam pemilihan rambut jagung berdasarkan umur dan penggunaan pelarut dalam mengekstrakkan rambut jagung.

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