

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Pemberian suplementasi Inulin-MCT secara signifikan dapat menurunkan berat badan pada mencit obesitas yang diberi pakan tinggi lemak-sukrosa
2. Pemberian suplementasi Inulin-MCT tidak menurunkan kadar glukosa darah *postprandial* pada mencit obesitas yang diberi pakan tinggi lemak-sukrosa

5.2 Saran

1. Dilakukan perpanjangan waktu intervensi dan penambahan dosis suplemen dalam penelitian efek pemberian suplementasi Inulin-MCT terhadap efeknya dalam menurunkan berat badan
2. Dilakukannya perpanjangan waktu intervensi dan penambahan dosis suplemen dalam penelitian efek pemberian suplementasi Inulin-MCT terhadap efeknya dalam menurunkan kadar glukosa darah *postprandial*.
3. Perlu dilakukan penelitian mengenai optimalisasi dosis Inulin-MCT dan suplemen terhadap parameter metabolik glukosa darah *postprandial*.

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