

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Pemberian suplementasi inulin-MCT signifikan dalam menekan rasio sel limfosit-T CD3CD4:CD3 pada mencit obesitas yang diberi makan tinggi lemak-sukrosa.
2. Pemberian suplementasi inulin-MCT signifikan dalam menekan rasio sel limfosit-T CD3CD8:CD3 pada mencit obesitas yang diberi makan tinggi lemak-sukrosa.

5.2 Saran

1. Perlu adanya perpanjangan waktu intervensi dan penambahan dosis suplementasi dalam penelitian pengaruh pemberian suplementasi inulin-MCT terhadap rasio sel limfosit-T CD3CD4 dan CD3CD8 pada mencit obesitas.
2. Perlu dilakukan penelitian lebih lanjut mengenai pengaruh pemberian kombinasi suplementasi inulin-MCT terhadap sel T regulator CD4CD25Foxp3 dan CD8CD25Foxp3 pada mencit obesitas.
3. Perlu dilakukan penelitian mengenai optimalisasi dosis suplementasi serat pangan inulin-MCT terhadap parameter imunologis.

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