

IV. KESIMPULAN

1. Secara morfologi *Cosmos caudatus* mempunyai bunga bewarna merah muda, batang bercabang banyak, berwarna hijau, akar tunggang berwarna putih, buah dan biji berbentuk seperti jarum, serta daun majemuk dengan bagian atas berturut-turut bertangkai makin pendek.
2. Komposisi gizi daun kenikir, meliputi 2,9-3 g protein, 0,4 g lemak, 0,4-0,6 g karbohidrat, 1,6 g serat, 270 mg kalsium, 93-93,1 g air dan 0,9 mg vitamin A per 100 g berat bahan yang dapat dimakan.
3. Komposisi senyawa bioaktif dominan dalam daun kenikir meliputi flavonoid, non flavonoid, dan minyak atsiri. Daun kenikir memiliki total fenol sebesar 36,09 hingga 37,76 mg *gallic acid equivalent* (GAE)/ g dan total flavonoid sebesar $45,51 \pm 3,99$ mg *gallic acid equivalent* (GAE) /100g bahan, serta minyak atsiri sebesar 0,08%.
4. Daun kenikir memiliki sifat fungsional meliputi aktivitas antioksidan, antidiabetes, antibakteri, antifungal, anti-inflamasi, antikanker, antikanker, antihipertensi dan antiosteoporosis.
5. Kandungan senyawa bioaktif dan aktivitas antioksidan minuman herbal kenikir dipengaruhi oleh suhu pengeringan, lama pengeringan, dan ukuran partikel.
6. Minuman herbal kenikir memiliki sifat sensoris warna, aroma, dan rasa dengan kriteria agak suka.

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