

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

The study aims to craft a unique jam using rosella and aloe vera, plants known for their numerous health benefits and adaptability to tropical climates like Indonesia. Rosella is recognized for its high antioxidant content and ability to treat ailments such as hypertension and diabetes. Additionally, rosella contains antioxidant which can combat free radicals that contribute to various diseases like coronary heart disease, cancer, and premature aging. Aloe vera is rich in essential nutrients, vitamins, and, many of which serve as antioxidants. Aloe vera also contains several vitamins such as, vitamins A, B₁, B₂, B₃, B₁₂, C, E.

The jam produced combines the health benefits of both ingredients, providing antioxidants, fibers, and essential nutrients. The jam-making process ensures that the beneficial and extend the shelf life of the jam, maintaining its quality and safety for consumption.

5.2 Suggestion

Future research and development is recommended to make this jam lower in sugar while still maintaining a similar or enjoyable taste. To optimize the result, we need to learn about better methods or techniques. This should be further research and development to see if there are different methods or techniques that can help preserve antioxidants, fiber, and other nutrition, or at least minimize their reduction after the cooking process. Future research and development are recommended to identify the best results and use them to improve the product.