

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Betel leaf jelly drink is a culinary innovation that combines the health benefits of betel leaves with the refreshing texture of jelly. Betel leaves are known to have many health benefits, such as eye cleansing, eliminating body odor, nosebleeds, canker sores, bleeding gums, cough, bronchitis, vaginal discharge and skin medicine as a treatment for beauty or smoothness of the skin. By making it into jelly form, betel leaves become easier to consume and attractive, especially for those who may not be used to the strong taste and smell of betel leaves. The advantage of Betel Leaf Jelly is that it has an attractive texture. Where Jelly provides a pleasant chewy texture and is easy to consume, making it suitable as a healthy snack. By adding sweeteners, betel leaf jelly drinks can become tastier and can be accepted by various groups, including children. With a jelly-like shape, betel leaf jelly drinks are easy to consume. Compared to consuming betel leaves directly, jelly is more practical and can be consumed at any time. Betel leaf jelly drink is the right choice for consumers who want to enjoy the health benefits of betel leaf in a more practical and enjoyable way. This product is not only refreshing, but also offers various unforgettable health benefits.

5.2 Suggestion

For future research and development, it is recommended to explore other herbal flavor combinations, such as mint or ginger, which can complement and enhance the health benefits of betel leaves. The process can be shortened so that it doesn't take time and doesn't waste a lot of the ingredients in the betel leaves. And in the future, when using betel leaf as the main ingredient, it can reduce the distinctive smell and taste of betel leaf so that it is more acceptable to consumers.

Apart from that, you can add important vitamins and minerals such as vitamin C and zinc to increase immune benefits.