

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Integrating psyllium husk and konjac into a high-fiber detox jelly is a smart way to improve digestive health and overall wellness. Psyllium husk is well-known for being rich in fiber, which helps with digestion by keeping bowel movements regular and helping the body get rid of waste. When it mixes with water in the digestive system, it forms a gel-like substance that can help manage cholesterol, stabilize blood sugar levels, and support overall metabolic health. This makes psyllium husk a valuable part of any detox plan aimed at enhancing digestive function and overall health. It is recommended to use an aluminum foil pouch instead of a plastic one, as plastic pouches are not heat-resistant. Since the jelly needs to be packed while hot, using an aluminum pouch ensures better safety and durability.

Konjac, the other key ingredient, not only improves the texture of the jelly but also adds more fiber through glucomannan. This natural fiber is great for making you feel full, which can help with weight management. Konjac also supports digestion by absorbing extra fluids and adding bulk to the stool, which helps keep bowel movements regular. When combined, psyllium husk and konjac create a high-fiber jelly that is not only good for you but also enjoyable to eat.

To keep the detox jelly fresh and effective, it's important to use airtight packaging. This type of packaging helps maintain the jelly's texture and flavor while protecting it from air and moisture, which can cause it to spoil or lose its quality. Storing the jelly in a refrigerator at temperatures between 4-10°C (39-50°F) can help extend its shelf life to about 1 to 3 months. The airtight pouch also keeps out environmental contaminants and other factors that could harm the product's quality.

By combining the benefits of psyllium husk and konjac, this high-fiber detox jelly offers a practical, health-focused option for those looking to improve their digestive health and support detoxification. Paying attention to packaging and storage needs ensures that the product stays fresh, effective, and ready to be a valuable part of any wellness routine. This approach makes it easy for people to enjoy the health benefits of these ingredients in a convenient and enjoyable form. maximizes the product's health benefits but also ensures consumer satisfaction by maintaining the highest standards of quality throughout its shelf life.

5.2 Suggestion

As a conclusion, the combination of psyllium husk and konjac in this high-fiber detox jelly product not only offers significant health benefits but also provides convenience for daily consumption. By considering the appropriate packaging methods and proper storage, this product can become a practical solution for individuals looking to improve digestive health and support their detox programs. We believe that this product has the potential to be well-received in the market as part of the growing healthy lifestyle trend.

For future research exploring the potential for additional functional ingredients, optimizing the jelly texture and flavor profiles, and assessing long-term consumer acceptance could further enhance the product's appeal and effectiveness.