

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT REPORT**

**UTILIZING THE BENEFITS OF VALERIAN ROOTS AS A
GUMMY AID FOR CHILDREN'S SLEEP**



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PREFACE

Praise to God, for giving me strength and letting me through all the difficulties so I was able to finish this Culinary Innovation and New Product Development Report.

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ABSTRACT

Gummies are one of the most popular sugar treat in the world. Utilizing Valerian Roots to create a sleep aid for children, Valerian root gummies offer a convenient and nutritious option for those seeking the calming benefits of valerian root in a tasty form. Each serving contains 145.88 calories, providing 4.996 grams of protein and 42.113 grams of carbohydrates, along with 1.388 grams of dietary fiber. The gummies are fortified with essential vitamins and minerals, delivering 6.725 mg of vitamin C, 1.388 mg of iron, 66.63 mg of potassium, and 24.06 mg of calcium. Packaged in a compact 250 g standing pouch, these gummies are designed for easy storage and use. Priced at Rp. 29,800, they present an affordable and healthful choice for consumers looking to incorporate valerian root into their daily routine while enjoying a delicious treat.

Keyword: *Valerian Roots, Gummys, Sleep aid*

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