

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

In Conclusion, Val' a 'Sleep Valerian Roots Gummies is the utilization of the sedative and anxiolytic properties of the Valerian Roots to make sleeping aid gummies for children. Using traditional approach for production, helps Val' a 'Sleep to help control the dosage so it is safe for children consumption. Steeping with boiling water for 10 minutes to get the right amount of nutrients that is needed and utilizing Orange Juice to help increase the level of vitamin C, also helping decreasing the unpleasant smell of the Valerian Roots. Offering convenience and acceptable flavour, Val 'a' sleep is the new solution to bring an unusual ingredients such as valerian roots based to a whole new level in the fast and dynamic modern market. Val 'a' Sleep contains 5 Cal, 2 g Carbohydrate, 11.7mg Calcium, 125 mg Potassium and 0 Sugar per serving, recommended dosage for children are 2 gummies per serving, packed in compact 250 g Standing Pouch and will be on sell for Rp. 29,800. (Dweck, 1996)

5.2 Suggestion

Further research is recommended to improve the calculation of nutrition values. Calculating the total dosage of the valerianic acid, improving shelf life, and minimalizing the unpleasant smell can be done more properly and precisely on more modern and advanced technology with adequate human resources. Based on the smell that resulted in final productions, Further smell development are mandatory in order to achieve desirable smell over bigger and larger scale sensory acceptance test.