

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Efferlax effervescent drink tablet is a practical solution for improving digestive health, made from natural ingredients like papaya, apple, and oats, which are known to support the digestive system. Fiber is a key nutritional component in this product, aligning with its primary purpose to help people with digestion issues in an easy and enjoyable way. Sensory tests showed that Efferlax received good ratings in terms of taste and formulation, although around 60% of respondents noted a bitter aftertaste due to excessive baking soda, and solubility issues were linked to improperly ground dried fruit, which was later resolved by using a grinder instead of a blender. The dehydration process, essential for tablet formation, reduces water content by up to 90%, which in turn lowers some heat-sensitive nutrients while increasing others like sugar concentration. While packaging and pricing were not problematic, it is important to note that this is not a fully *"healthy"* product in terms of nutritional content, as the drying process significantly reduces the original benefits of fresh fruits, making Efferlax a helpful supplement but not a direct replacement for whole fruits.

5.2 Suggestion

It is highly recommended to further improve the formula, such as by enhancing the texture, dominant flavor, and overall quality of the effervescent drink tablet. It is also advised to use more professional tools and ingredients, especially in tablet production. For example, using a tablet press machine would result in better and more consistent quality, and relying on a laboratory to accurately measure and include nutritional content could significantly improve the product's benefits and value. Additionally, more attention should be given to packaging, as effervescent tablets typically require specialized and tested packaging to maintain their quality. However, since this was only a trial product and budget was a constraint, i approached everything in a simple, home-based manner without special procedures. In reality, creating an effervescent tablet requires proper, tested equipment to ensure effectiveness and safety.