

CHAPTER 1

INTRODUCTION

1.1 Background

First of all human being needs food just in order to survive, human can survive without food for weeks even month but they can not survive without water for a single day. Food and drinks are a perfect couple for human being. Most of us today do not realise the importance of water to our overall health. True health cannot occur without proper hydration of the body.

Many people go through various efforts to stay fit, maintain good health, and ensure their longevity. Examples of these practices include engaging in rigorous physical fitness training, eating a balanced and healthy diet, maintaining ideal weight, and employing an effective stress management procedure. It is also important to stop smoking, reduce alcohol intake, and avoid the use of prohibited substances. (*anonymous, 2017*).

Recent scientific studies have also claimed that the antioxidants found in most fruits and vegetable juices can help lower a personal risks of developing Alzheimer disease. Antioxidants are naturally occurring substances found in most plants and have the potential to help combat heart diseases and fight cancer. (*nutrex.co, 2017*)

Shiitake mushrooms contain 100 gram amount, raw shiitake mushrooms provide 34 calories and are 90% water, 7% carbohydrates, 2% protein and less than 1% fat (table for raw mushrooms). Raw shiitake mushrooms are rich sources (20% or more of the Daily Value, DV) of vitamin B and contain moderate levels of some dietary minerals (table). When dried to about 10% water, the contents of numerous nutrients increase substantially. Like all mushrooms, shiitakes produce vitamin D₂ upon exposure of their internal ergosterol to ultraviolet B (UVB) rays from sunlight or broadband UVB fluorescent tubes (*Wikipedia, 2017*)

To overcome the problems above, we present a new creative and innovation to help people and keep them always health and to create a new product using shiitake mushrooms as a main ingredients that contain high amount of protein and also They have natural antiviral and immunity-boosting properties and are used nutritionally to fight viruses, lower cholesterol and regulate blood pressure. *(Kenneth jones, 1995)*

1.2 Objective

1. Presenting high quality shiitake mushrooms product with more healthiness and variants of indonesian taste
2. Shiitake mushrooms syrup are served without MSG, any chemical material, harmful substances and packed with sterilization bottle and hygiene and it can compete with world food industry in indonesia.