

CHAPTER I

INTRODUCTION

1.1 Background

Avocado green meat always became the most healthy and the most important fruit to be consumed. Avocado seed contains so much antioxidant, fiber and phenolic more higher than the meat of the avocado. That's why avocado seed very important for our healthiness.

Avocado seed are important for : Improve your body immunity. Because avocado seed has high amount of antioxidant . Lowering your blood pressure. Because avocado seed has high amount of calcium. Low your chance for getting cancer. Because avocado seed has high amount Flavonoid Zat. Improve your metabolism. Because avocado seed has a lot of fiber. Lowering your LDL cholesterol. Because avocado seed has a lot of monosaturated fat . Help you losing your weight. Because avocado seed has a lot of fiber so you don't get hungry easily.

We serve our product in powder way because it doesn't get spoiled easily and can be stored for a long time and give a more easier way to serving this product. At first we dried our avocado seed and then grind it so it can become a powder. That was the easiest way to get the powder.

1.2 Objective

The purpose of " Super Powder " are :

1. Presenting the usage of avocado seed
2. Make our citizen more healthy