

## **CHAPTER VI**

### **CONCLUSION**

#### **6.1. CONCLUSION**

In a conclusion, with how rich of various health benefits Water Kefir is, Kiefe is a new innovative alternative for healthy gummy-supplements in order to increase the health rate among the citizen as nowadays more people get diseases and illness in younger age. As young generations, we would likely to use our creative ideas by creating healthy foods in such a unique yet potentially favorable way among the people from all ages.

Kiefe is a healthier alternative to gain more health in so many aspects since Kefir Grains are considered functional foods because they offer enzymes, pre-digested nutrients, amino acids, vitamins, minerals, and billion of probiotics. Not only Kefir grains are loaded with valuable enzymes, it is also generally suitable for some diabetics (with a lower amount of sugar and personal discretion is advised).

Kiefe is a new way for people who doesn't have much time to focus on their health condition to consume healthy gummy-supplements. It is also a nice option if you're trying to avoid the caffeine present in kombucha, but still seeking probiotic strains. With billions of healthy bacteria and yeast strains, Kiefe supports proper digestion, synthesis of vitamins and minerals, and your immune system by warding off foreign and harmful bacteria.

With an affordable price, which is IDR 38,000 per pack, we do not target on particular target market since our purpose is mainly to let people from all ages to be able to get healthier beneficial nutrients which is from Kiefe.

## 6.2. SUGGESTION

The most important thing that need to be pay attention of is the material of tools and equipment in the making process of Kiefe. It is very strictly not to use equipments that has any iron, alumunium and metal material. The acids from the fermenting process can interact and leach to metals which could disrupt and harm the grains – even killing them.

Even though the key for a faster harvesting for the Kefir Grains is to multiply quicker and grow bigger by feeding them sugar, the actual key is patience because in order to grow Kefir Grains properly is to feeding it slowly with a proper amount of minerals that are coming from sugar and the raisins.

Pay attention also in the sun drying process, since we based in a tropical country, there are many natural condition that can lead to a potential dirt and insects contamination. That is why, make sure to check the sun-drying process every day to ensure of the contamination prevention.

Not only Kiefe that can be sold in the market, actually the fermented Kefir Water can also be sold as a healthy beverages in the market as they are very nutritious and contains a lot of health benefits. But the possibilities for the amount of customers will not as many as Kiefe customers since not most people could enjoy fermented beverages.

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