

## CHAPTER I

### INTRODUCTION

#### 1.1 Background

Avocado is known to have a tremendous amount of benefits for body and beauty. Because many of the vitamins and mineral in the flesh are unique. It even becomes the preferred fruit in the diet menu. However, the benefits of avocado fruit are not only in the flesh of its flesh. Unless there are benefits of avocado seed nutrients as well. Avocado seeds are usually included in the list of organic waste. Because based on existing research, avocado seeds have the following nutrient content. Here are benefits of good avocado seed nutrients for health, such as antioksidant and potassium.

Antioxidants are molecules that can slow down or prevent the oxidation process of other molecules. Oxidation is a chemical reaction that can produce free radicals, which triggers a chain reaction that can damage cells. Antioxidants such as thiol or ascorbic acid (vitamin C) end this chain reaction. In order to maintain the balance of oxidation levels, plants and animals have a complex system of antioxidant accumulation, such as glutathione and enzymes (eg catalase and superoxide dismutase) which are produced internally or can be obtained from the intake of vitamin C, vitamin A and vitamin E.

Potassium ions are vital for the functioning of all living cells. The transfer of potassium ions through nerve cell membranes is necessary for normal nerve transmission; potassium deficiency and excess can each result in numerous signs and symptoms, including an abnormal heart rhythm and various [electrocardiographic](#) abnormalities. Fresh fruits and vegetables are good dietary sources of potassium. The body responds to the influx of dietary potassium, which raises serum potassium levels, with a shift of potassium from outside to inside cells and an increase in potassium excretion by the kidneys.<sup>i</sup>

## **1.2 Objective**

1. Presenting a functional and healthy Avocado seeds powder.
2. We would like to give a new powder variant, with avocado seeds powder main ingredients.

## **1.3 Product Description**

Avocado seed powder is an innovative and healthy powder made from avocado seeds, can help people to avoid, cholesterol, and prevent cancer because it has vitamins, protein, and good fats. Processed vacuum before packaging so as to prevent bacteria and fungi appear.