

CHAPTER VI

CONCLUSION

6.1. Conclusion

In a conclusion, with a lot of benefit from consuming beetroot and additional benefit from fermentation it will give not only as medicinal treatment but also for health boost. As alternative from normal beetroot juice with fermentation process inside, this healthy drink can be consume in daily basis to improving health.

While mainly targeting older age people who seek a lot of natural treatment, all people can consume to get healthier from this natural health booster drink.

6.2. Suggestion

While this drink have a lot of beneficial properties, there is precaution from consuming beetroot for people that have low blood pressure, as beetroot has nutrition that can lowering blood pressure.

From production step, it is need to pay attention to all tools and equipment to be sterilize before because any bad bacteria inside can destroy the product in fermentation and maturing process.

Inside fermentation process, it is important only use cut beetroot so the good bacteria can break the beetroot slowly and the fermentation process going smoothly and not too fast.

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