

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**VIGOR**

**(Healthy Fermented Drink made from pineapple as the main ingredient)**



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**VIGOR**

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As for the beginning, I would like to thank my Holy God, for his blessings and spiritual guidance in order for me to complete this Research and Development report. The main purpose for this report is to help student in OTTIMMO to be creative and have their own new product. My reason to making this healthy drink is because I want people to live a healthy life while healthy food are everywhere nowadays, on the other hand healthy drink is still hard to find.

During the process of completing this report, I received lots of guidance and help from my friends and teacher. I would like to show my gratitude to the name below:

1. My parents who keep encouraging me and supporting me to give it my best
2. Miss Heni as Advisor who has guided, provide guidance and suggestions until the completion of this report.
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4. Miss Irra Chrisyanti Dewi as Head of the Culinary Arts Study Programme.
5. Other parties who wish to be referred to as parents and colleagues, etc.

Finally, the Authors hope that this report can be useful for us all.

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Hendri Sulinto Budiono

## EXECUTIVE SUMMARY

Vigor is a natural vinegar-like drink from pineapple which has lots of benefit for our body. Vigor contains easily digested nutrients, lots of vitamins and minerals, and beneficial acid. The benefit that we gain from drinking fermented drink are to lower blood pressure, lower sugar level, improve the heart health, reduce the risk of cancer, and many more.

There will be three steps in the process. First prepare the ingredients and do mise en place, the second step is to mix the ingredient with water and honey into a container, the last step is to label the container and place where sunlight can't reach, in this process it will take with the minimum of 1 month for the product to mature. Keep in mind all this process must be done with hygiene procedure to prevent the product from contamination, if the product is contaminated then it will cause the product to fail.

We want to keep the price affordable for young people so we decide to price it IDR 25,000 /bottle, this will make them think that it's not expensive to be healthy and I hope that my product will easily accepted to the market.

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