

**RESEARCH AND DEVELOPMENT FINAL PROJECT**  
**FERMENTED SPIRULINA DRINK**  
**(FERMENTED MILK FROM SPIRULINA)**



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**2022**

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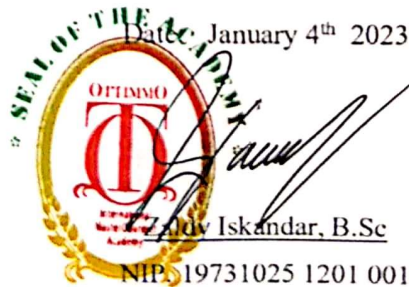
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## PREFACE

Praise and gratitude for the presence of God, because I was able to complete Research and Development on time. Thank you, Lord, for all the abundance of favors and mercy that you have given to your servant who is full of shortcomings.

These few lines of sentences hopefully can make my place to say thank you to:

1. Mr. Zaldy Iskandar. B.Sc, as the head Director of Ottimmo International.
2. Yohanna Prasetio, S.Sn., A.Md. Par. as my RnD advisor who has helped me in a lot of things for me to understand the guidelines for making this report.
3. Ms. Hilda Tjahjani Iskandar as the Head of Study Program at Ottimmo International.
4. My parents, who support and provide everything I need to achieve a good education and help me personally.

Surabaya, January 4<sup>th</sup> 2022



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## EXECUTIVE SUMMARY

Spirulina is a blue-green algae from the genus *Arthrospira* “arthro” roughly means “joint” and “spira” means “spiral”. The Aztecs in Mexico and people living in the Lake Chad area in Africa have used spirulina for centuries. Spirulina’s usually cultivated from lakes or farmed in ponds. Spirulina contains several nutrients, including fat-soluble vitamins (A, E, and K), fatty acids (DHA, EPA), beta-carotene, and minerals. It is also a source of protein, but it lacks high enough levels of some of amino acids.

Fermented milk, also known as cultured milk, is a type of dairy food which is made by adding lactic acid bacteria, mold, or yeast to milk. Fermented milk have been fortified with bacteria or other probiotics. Its important component of nutrition and diet. There are numerous types of fermented milks manufactured in different parts of the world, fermented milk products classified based on the methods of fermentation and processing, related to the microorganisms involved. Kefir is also a type of fermented milk cultured from kefir grains, it is a rich source of calcium, protein, and vitamins B.

This fermented spirulina is made from spirulina and kefir milk that is high in vitamins, and low in calories will help people to diet. This fermented spirulina drink will be packaged in a plastic glass with cap that each contain 1 pcs of fermented milk for Rp. 93.000. It contains 129 calories per cup.

**Keyword:** *Spirulina, Fermented Milk, Kefir, Milk.*

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