

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Kombucha with the taste of wuluh blossom is a fermented tea with the taste of fresh wuluh blossom. The main ingredients for making kombucha is wuluh blossom which have many benefits which is the rich deposits of vitamin c in the wuluh berries, provide benefits for immune system function. In the meantime, the vitamin c content it contains can brighten the skin, reduce its black flecks, and keep the skintight. Because vitamin c can increase the production of collagen, which is needed to maintain skin color. Kombucha tea also serves as probiotic, thus improving the intestines and releasing bowel urination and improving the intestinal microflora. This kombucha tea is known to be one of the ways to cope with depression. It provides a calm and can help improve the mood by increasing the production of serotonin hormones.

5.2 Suggestion

The kombucha from the wuluh blossom should be kept in a cool place, like a refrigerator. Because the presentation of kombucha must be cold for the taste produced not to change. Stored in a refrigerator, kombucha can hold for 6 months, while if left at room temperature can be up to 7 days before packing, and it can produce carbonated drinks because of continued fermentation (second fermentation). We advise against trying to grow a SCOBY from store-bought bottles of kombucha, because even varieties that advertise live cultures are sealed shut, starving the SCOBY of oxygen. Without knowing how long a bottle has been sitting on the shelf, there's no guarantee that the microbes are healthy enough to produce a new SCOBY.