

## V. Conclusion and Suggestion

### A. Conclusion

Based on the results of the research conducted, it can be concluded that the administration of effervescent *C. vulgaris* can increase haemoglobin levels in male mice ( $P < 0.05$ ). The best increase in haemoglobin levels was shown by the P4 group (35% *C. vulgaris*) which was  $12.67 \pm 0.40$  g/dl.

### B. Suggestion

Suggestions that can be given based on the research that has been done is that it is necessary to do further research related to the physical test of *C. vulgaris* effervescent and organoleptic tests to see the resistance and consumer preferences related to the taste.

