CHAPTER V CONCLUSION AND SUGGESTION

A. Conclusion

1. Giving HFD and PTU to groups B, C, D, E, and F can increase LDL levels.
2. Steeping fermented candlenut using yogurt at a dose of 50 mg/200grBW can reduce LDL levels by 12.475±3.7651 mg/dl.
3. Steeping fermented candlenut using yogurt at a dose of 100 mg/200grBW can reduce LDL levels by 11,850±6,1147 mg/dl.
4. Steeping fermented candlenut using yogurt at a dose of 200 mg/200grBW can reduce LDL levels by 24,000±10.4125 mg/dl.
5. Giving simvastatin at a dose of 0,18 mg/200grBW can reduce LDL levels by 20.325±4.0335 mg/dl.
6. Giving steeping fermented candlenut using yogurt at a dose of 200 mg/100grBW with a mean difference in reduction of 24,000±10.4125 mg/dl had a better effect than the simvastatin group with a mean difference in LDL reduction of 20,325±4.0335 mg/dl.
7. Steeping fermented candlenut using yogurt at a dose of 200 mg/200gr BW is the effective dose for reducing LDL levels.
8. Steeping fermented candlenut using yogurt contains chemical compounds flavonoid, tannin, saponin, and alkaloid.

B. Suggestion

1. Further research needs to be carried out regarding the toxicity of steeping fermented candlenut using yogurt to test the safety of consuming it.
2. Further research needs to be carried out regarding the effectiveness of steeping fermented candlenut using yogurt in other preparations such as powder that can be mixed into food or with capsule preparations.