ABSTRAK

Choirida, Alma. 2021. *Perbedaan Kadar Vitamin C Pada Infused Water Buah Kiwi dengan Infused Water Kombinasi Buah Kiwi dan Buah Jambu Biji Merah Secara Spektrofotometri Uv-Vis*. Karya Tulis Ilmiah Akademi Analis Farmasi dan Makanan Putra Indonesia Malang. Pembimbing: apt. Dr. Erna Susanti, M. Biomed.

Kata kunci: *buah kiwi, buah jambu biji merah, infused water, vitamin C*

Berdasarkan observasi di lingkungan masyarakat, harga vitamin C di pasaran sangat mahal dan semakin langka di kondisi pandemi seperti ini. Oleh karena itu berbagai inovasi dalam mengonsumsi vitamin C sedang digencarkan seperti minuman i*nfused water buah*. Buah-buahan yang digunakan dalam pembuatan *infused water* memiliki kandungan vitamin C yang baik untuk menjaga imunitas tubuh. Buah kiwi dan buah jambu biji merah yang memiliki kadar vitamin C tinggi akan dikombinasikan sebagai *infused water* agar meningkatkan kadar vitamin C pada *infused water* tersebut dan kemampuan meningkatkan daya tahan tubuh lebih besar. Penelitian ini bertujuan untuk mengetahui kadar vitamin C pada *infused water* buah kiwi dan buah jambu biji merah, serta untuk mengetahui ada tidaknya perbedaan kadar vitamin C pada *infused water* buah kiwi dengan *infused water* kombinasi buah kiwi dan buah jambu biji merah. Metode analisis menggunakan spektrofotometri UV-Vis. Hasil dari penelitian didapatkan kadar rata- rata vitamin C *infused water* kiwi sebesar 28,54 mg/500 mL, *infused water* jambu biji merah sebesar 30,11mg/500mL, dan *infused water* kombinasi sebesar 31,08mg/500mL. Hasil dilanjutkan uji statistika menggunakan uji *One Way ANOVA* dengan hasil sig 0.000<0.05. Kesimpulan didapatkan kadar vitamin C pada *infused water* buah kiwi diperoleh sebesar 28,54 mg dan *infused water* buah jambu biji merah diperoleh sebesar 30,11 mg serta terdapat perbedaan kadar vitamin C yang signifikan pada *infused water* buah kiwi dengan *infused water* kombinasi buah kiwi dan buah jambu biji merah.

ABSTRACT

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Keywords: kiwi fruit, red guava fruit, infused water, vitamin C

Based on observations in the community, the price of vitamin C on the market is very expensive and increasingly rare in this pandemic condition. Therefore, various innovations in consuming vitamin C are being intensified, such as fruit-infused water drinks. The fruits used in the manufacture of infused water contain vitamin C which is good for maintaining the body's immunity. Kiwi fruit and red guava fruit which have high levels of vitamin C will be combined as infused water to increase vitamin C levels in the infused water and the ability to increase endurance is greater. This study aims to determine the levels of vitamin C in the infused water of kiwi fruit and red guava fruit, and to determine whether there is a difference in the levels of vitamin C in the infused water of kiwi fruit and infused water with a combination of kiwi fruit and red guava fruit. The analysis method uses UV-Vis spectrophotometry. The results of the study showed that the average levels of vitamin C infused kiwi water were 28.54 mg/500 mL, red guava infused water was 30.11 mg/500mL, and combined infused water was 31.08 mg/500mL. The results were continued with statistical tests using the One Way ANOVA test with the results of sig 0.000 <0.05. The conclusion is that vitamin C levels in kiwi fruit infused water are 28.54 mg and red guava fruit infused water is 30.11 mg and there is a significant difference in vitamin C levels in kiwi fruit infused water with a combination of kiwi fruit and red guava.