

average of 84.93 ± 10.60 % in the treatment group and 88.19 ± 5.47 % in the control group. The average intake of sodium in both groups were lower than Indonesian recommended dietary allowance 2004 (I 083,00 (834,84-1797,50) mg/day vs 923,95 (676,20-2494,05) mg/day). The average intake of inorganic nitrate in the treatment group increased significantly than in the control group (130,33 (107,28-195,85) mg/day vs. 30.79 (9,47-118,38) mg/day), In conclusion, there were increase in serum nitrite, nitrate and NO₁₁ levels which were higher in the treatment group, although not statistically significant ($p > 0,05$). There were also no significant decrease in systolic and diastolic blood pressure in the treatment group ($p > 0,05$). In conclusions, the effects of 100 gram per day spinach juice during four weeks did not increase serum nitrite, nitrate and NO_x level and also were not decrease systolic and diastolic blood pressure in the treatment group.