

## Pengaruh konsumsi jus jeruk kemasan dan jus jeruk segar terhadap ph plak = The effect of commercially orange juice and fresh orange juice on ph of dental plaque

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### Abstrak

Konsumsi jus jeruk terus meningkat dengan kehadiran jus jeruk dalam kemasan. Belum banyak penelitian yang dilakukan mengenai efek jus ini dibanding jus jeruk segar terhadap gigi.

Tujuan: Mengetahui perbedaan penurunan pH plak setelah konsumsi jus jeruk kemasan dan jus jeruk segar.

Metode: Subjek diberikan 3 perlakuan: mengonsumsi jus jeruk kemasan, jus jeruk segar, jus lemon segar.

Nilai pH plak kemudian diukur setelah 1-30 menit.

Hasil: Terdapat perbedaan bermakna penurunan nilai pH plak 1-10 menit setelah konsumsi jus jeruk kemasan, jus jeruk segar, jus lemon segar

Kesimpulan: Penurunan pH plak setelah konsumsi jus jeruk kemasan lebih besar dibandingkan dengan jus jeruk segar.

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Orange juice consumption has been increased with the presence of commercially orange juice. There had been little study about the effect of this juice compared to fresh fruit juice on human teeth.

Objective: To know the difference of pH dental plaque reduction, after consumption of commercially orange juice and fresh orange juice.

Methods: Subjects were given three treatments: consuming commercially orange juice, fresh orange juice, and fresh lemon juice. pH dental plaque was measured after 1-30 minutes

Results: The difference of pH dental plaque reduction is statistically significant after 1-10 minutes consuming commercially orange juice, fresh orange juice, fresh lemon juice.

Conclusion: The reduction of pH dental plaque was greater after consumption of commercially orange juice than after fresh orange juice.