

Formulasi tablet effervescent ekstrak daun murbei (*morus alba linn*) sebagai sediaan nutrasetika antidiabetik = Formulation of mulberry leaves (*morus alba linn*) extract effervescent tablet as anti diabetic nutraceutical dosage form

Dinda Rahma Sessa, author

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Abstrak

Salah satu komoditi pangan yang telah diteliti memiliki khasiat sebagai nutrasetika dalam pencegahan risiko diabetes adalah daun murbei *Morus alba Linn*. Penelitian ini bertujuan untuk membuat formula tablet effervescent dari ekstrak daun murbei. Tablet effervescent dibuat dalam 3 tiga formula yang dibedakan berdasarkan konsentrasi effervescent mix nya yaitu formula I 50 formula II 60 dan formula III 70. Ketiga formula dievaluasi berdasarkan persyaratan tablet effervescent yang baik dan diuji waktu larutnya. Formula yang terpilih diuji kesukaan terhadap parameter penampilan aroma dan rasa pada 30 panelis.

Hasil evaluasi tablet menunjukkan ketiga formula memenuhi persyaratan tablet berdasarkan parameter organoleptis keragaman bobot keseragaman ukuran kekerasan dan keregasan. Hasil pengujian terhadap waktu larut yang diperoleh yaitu formula I 4 03 0 15 menit formula II 3 85 0 10 menit dan formula III 3 71 0 10 menit. Selanjutnya pengujian terhadap pH larutan diperoleh nilai pH berkisar antara 5 26 0 03 hingga 5 76 0 02. Hasil uji kesukaan berdasarkan parameter penampilan aroma dan rasa secara berurutan menunjukkan nilai uji kesukaan 4 70 3 83 dan 3 73.

Berdasarkan nilai uji kesukaan dapat disimpulkan bahwa sediaan tablet effervescent dapat diterima oleh panelis Oleh karena itu ekstrak daun murbei dapat digunakan sebagai bahan aktif dari tablet effervescent sebagai sediaan nutrasetika antidiabetik.

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One of potential plant which can be used as nutraceutical dosage form's ingredient is mulberry leaves. Mulberry leaves have been suggested for preventing diabetes. The aim of this study was to optimize formula of effervescent tablet which contain mulberry leaves extract Effervescent tablets were made in three formulas. Formulas which were differentiated by its effervescent mix content are 50 effervescent mix content as formula I 60 effervescent mix content as formula II and 70 effervescent mix content as formula III. Thus each formula was evaluated by its effervescent tablet's characteristic and its disintegration time. Selected formula would have been tested by hedonic test to 30 panels.

The result of effervescent tablet's evaluation showed that tablets have a good characteristic in term of appearance weight uniformity diameter size and thickness hardness and friability. Moreover pH of effervescent solution were in acceptable range between 5 26 0 03 and 5 76 0 02. The result of disintegration time of each formula was 4 03 0 15 minutes in formula I 3 85 0 10 minutes in formula II and 3 71 0 10 minutes in formula III. The scores of hedonic test for appearance smell and taste were 4 70 3 83 and 3 73 respectively.

Based on the hedonic scores the effervescent tablet were acceptable for panels. Therefore mulberry leaves extract could be used as an active ingredient of effervescent tablets as anti diabetic nutraceutical dosage form.