

Formulasi tablet effervescent ekstrak biji anggur (*Vitis vinifera* L) sebagai sediaan nutrasetika = Effervescent tablets of grape seed (*Vitis vinifera* L) extract formulation as nutraceutical dosage form

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Abstrak

Anggur merupakan salah satu buah yang sudah dikenal. Masyarakat biasanya hanya dikonsumsi buah dan kulitnya saja padahal pada bijinya terkandung polifenol yang bermanfaat sebagai antioksidan. Namun, biji anggur dan ekstraknya memiliki rasa yang kurang enak. Oleh karena itu, pada penelitian ini ekstrak biji anggur diformulasikan menjadi sediaan tablet effervescent untuk menutupi rasa yang kurang enak. Tablet effervescent ekstrak biji anggur dibuat dalam tiga formulasi yang dibedakan konsentrasi effervescent mix-nya dan dibuat menggunakan metode granulasi basah di ruangan dengan kelembaban relatif (RH) 40% pada suhu 25°C. Selain dilakukan evaluasi granul massa tablet dan tablet, tablet effervescent ekstrak biji anggur ketiga formula dilakukan uji kesukaan kepada 30 responden.

Hasil evaluasi granul massa tablet dan tablet effervescent ekstrak biji anggur menunjukkan hasil yang baik. Untuk hasil pengujian terhadap waktu larut berkisar antara 3,67 menit dan 4,69 menit. Selanjutnya, berdasarkan uji pH didapatkan hasil dengan rentang antara 5,18 dan 5,80. Berdasarkan analisis uji kesukaan, larutan effervescent ekstrak biji anggur disukai dari segi penampilan, rasa, dan aroma serta cukup disukai dari segi penampilan tabletnya. Berdasarkan penelitian dapat disimpulkan bahwa tablet effervescent ekstrak biji anggur berpotensi untuk diproduksi sebagai sediaan nutrasetika yang menarik.

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Grape is one of the most well-known fruits. People usually consume only the fruit and the skin, whereas the seed actually has polyphenol content which can act as antioxidant. However, grape seed and its extract have unpleasant taste. For that reason, the aim of this study was to formulate grape seed extract into effervescent tablets, in order to overcome the unpleasant taste. Effervescent tablet of grape seed extract was formulated into three formulas which were differentiated by the percentage of effervescent mix. The effervescent tablet was prepared by wet granulation in condition of 40% relative humidity (RH) and 25C temperature. The effervescent granules and tablets were evaluated. Effervescent tablets and solutions of three formulas were also evaluated with hedonic test which involved 30 panels.

The effervescent granules and tablets evaluation showed good characteristics. Disintegration time of three formulas was in acceptable range, between 3.67 minutes and 4.69 minutes. pH of effervescent solution was between 5.18 and 5.80. From hedonic test result, it was showed that all effervescent solutions of grape seed extract were favorable for their appearance, taste, and flavor. It can be concluded that effervescent tablet of grape seed extract is potential to be produced as nutraceutical dosage form.