

# The Effect of Giving a Combination of Robiotic Juice with Anam Juice on Cholesterol Levels in Hypercholesterolemia Patients in the Working Area of the Kandang Health Center Bengkulu City

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## **Abstract**

This study aims to determine the effect of administering a combination of ANAM juice (Green Apple, Pineapple, Avocado, Honey) on cholesterol levels in hypercholesterolemia patients at the Kandang Health Center, Bengkulu City, in 2024. The background of this research is based on the increasing prevalence of hypercholesterolemia due to unbalanced lifestyles and dietary patterns. This research uses an experimental design with a Randomized Block Design (RBD) method. Respondents were divided into four treatment groups: P0 (control), P1 (nutrition education and combination juice), P2 (nutrition education and pineapple probiotic), and P3 (nutrition education and combination probiotic ANAM juice). The intervention was conducted for seven consecutive days. The results showed that most respondents were aged 51-59 years (65.5%) and female (93.8%). The average fat intake of the respondents was 58.9. Before the intervention, the average cholesterol levels were 22 mg/dl in the control group, 231 mg/dl in the P1 group, 232 mg/dl in the P2 group, and 243 mg/dl in the P3 group. After the intervention, the average cholesterol levels were 233 mg/dl in the control group, 212 mg/dl in the P1 group, 213 mg/dl in the P2 group, and 200 mg/dl in the P3 group. However, Kruskal Wallis statistical test results showed no significant difference in respondents' cholesterol levels before and after the intervention (pre-intervention p-value of 0.185 and post-intervention p-value of 0.246).

## **Keywords**

Hypercholesterolemia, Anam Juice, Nutrition Education, Cholesterol Levels