

BAB V. CONCLUSION AND SUGGESTION

5.1 CONCLUSION

Based on the research that has been done, it can be concluded:

1. Jicama fiber 25% in High-Fat Diet significantly decreased plasma GLP-1 levels in mice.
2. Based on the results of GC-MS and Molecular Docking, there is a bioactive compound Cycloartenol in yam fiber which has potential as a GLP-1R agonist has -8.0 binding affinity value and 1.45 lower RMSD value compared to the standard.

5.2 SUGGESTION

Based on the results obtained, it is recommended to conduct further testing on the effect of *Pachyrhizus erosus* fiber on GLP-1 and GLP-1R gene expression and measuring cAMP levels in GLP-1 target cells on mRNA and protein levels in vitro. In silico test results then perform dynamic molecular test.



