

***Effect of Giving a Combination of Red Guava Essence and Red Dragon Fruit on Triglyceride Levels of Hypercholesterolemia Rats.***

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**ABSTRACT**

*Hypercholesterolemia is a condition in which cholesterol levels in the blood increase beyond normal limits characterized by elevated total cholesterol levels and increased LDL. Hypercholesterolemia is closely related to increased levels of triglycerides in the blood that can be affected by fat intake. The combination of red guava juice and dragon fruit contains antioxidants such as vitamin C and flavonoids as well as fiber that can help lower triglyceride levels. This study aimed to determine the effect of giving a combination of red guava juice and red dragon fruit on the triglyceride levels of hypercholesterolemia rats. This type of research is a True Experimental study with a Pretest-Posttest Control Group design. This study used 28 mice aged 2-3 months with a body weight of 150-300 grams. The rats were divided into 4 groups, namely the negative control group (K-) which was given rat bio standard feed, the positive control group (K+) who were given a high-fat diet and PTU drinking water, the treatment group 1 (P1) was given simvastatin 2 ml / head / day, the treatment group 2 (P2) was given simvastatin 2 ml / head / day and a combination of red guava juice and red dragon fruit dose 8.8 ml / head / day. The data was analyzed using SPSS software. The results showed that there was a difference in Pre Test triglyceride levels and there was no significant difference in Post Test triglyceride levels. Analysis of the differences in Pre Test and Post Test also showed a significant difference between before and after the intervention. The difference test results showed no meaningful differences. The combination of red guava juice and red dragon fruit had no effect on the triglyceride levels of hypercholesterolemia rats.*

**Keywords :** *Hypercholesterolemia, Triglycerides, Combination of Red Guava Essence and Red Dragon Fruit.*