

***Effect of Giving Functional Drink Melon Cider Combination of Lime on
Chloride Levels in Rats***

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ABSTRACT

High-intensity physical activity can cause fluid loss of up to $< 4\%$ in the body, which results in the body becoming dehydrated so that it can affect blood chloride levels. Seeing the high risk of dehydration in sportsmen, it is necessary to make efforts to prevent injuries by fulfilling the need for sufficient fluids when exercising. The purpose of the study was to determine the effect of giving a functional drink of lime juice melon juice on blood chloride levels in bathed white rats. The design of this study is true-experimental with pre-test – post test with control group design using 24 samples of white rats of the wistar strain which are divided into 3 groups, namely the negative control group (K-) given aquades, the positive control group (K+) given commercial isotonic drinks, and the treatment group (P) given a functional drink of lime melon juice. The intervention was given after the rats were bathed for 40 minutes and then given an intervention of 4.5 ml/rats/day, this was done for 7 consecutive days. There was no difference in the results of the chloride level test in the pretest data ($p=0.884$), but in the posttest results there was a significant difference between groups after the intervention ($p=0.023$). The test results between the pretest and posttest showed significant differences in the positive control group (K+) ($p=0.005$). The results of the test showed that there was no significant difference in the difference in chloride levels in the pretest and posttest ($p=0.059$). The conclusion of this study is that the administration of a functional drink of melon juice in combination with lime has no effect on reducing blood chloride levels in white rats.

Keywords: *Heavy physical activity, Chloride, Melon juice, Lime*