

## **ABSTRACT**

**Yunisari Rahayu W. B4109530. Department of Health, Clinical Nutrition Program, Polytechnic of Jember. Effect of Fiber Rich Food Supplements Commercial Brand Melilea Against Greenfield Organic Total Cholesterol Levels In Hiperkolesterolemik White Rat. Supervisor: Agustina Endah W., S. Sos, Kes and Ir. Rindiani, MP.**

Lifestyle changes in the era of globalization affect the diet of people turned out. To meet the needs of fiber every day and lowering cholesterol levels is to take supplements brands Melilea Greenfield Organic is currently a trend of organic foods that are rich in fiber. In this study there were 4 treatment groups to be studied is K without supplementation, P1 with commercial food supplements rich in fiber 2 ml, P2 with a dose of 2.5 ml, P3 with a 3.5 ml dose. This study aimed to determine the effect of fiber-rich food supplement commercial brands Melilea Greenfield Organic for total cholesterol hiperkolesterolemik white rat. The results showed that fiber supplementation brands Melilea Greenfield Organic for 14 days in the rat hiperkolesterolemik can lower total cholesterol levels at treatment dose of 2 ml / day of 259.5 mg / dl decreased to 232.67 mg / dl, 2-dose treatment, 5 ml / day of 242.67 mg / dl decreased to 192.67 and the treatment dose of 3.5 ml / day of 269.17 mg / dl to 179.5 mg / dl. Results of data analysis showed the influence of commercial food supplements rich in fiber Melilea Greenfield Organic brands to the decline in total cholesterol levels was statistically significant in the two treatments (dose 2.5 ml) and three treatments (3.5 ml dose). Giving fiber-rich food supplement commercial brands Greenfied Organic Melilea a dose of 2.5 ml smampu lowering blood cholesterol levels effectively.

**Keywords: Cholesterol, Blood, Supplements, Diet, Fiber.**