ABSTRACT

The influence of giving lemonade's pollen (Lemon Citrus) on change in total cholesterol levels of Hypercholesterolemia-Wistar Rats, Ana Agustin. N , NIM B4110071, Year 2014, Clinic Nutrition, State Polytecnic of Jember, Ir. Heri Warsito, MP (Counselor I) and Devi Ermawati, S.Gz. M. Gizi (Counselor II).

The hypercholesterolemia is the risk factor for the cardiovascular disease, which is the higher death cause in the world. One of alternatife substance that can reducie cholesterol levels in the blood is Vitamin C. Vitamin C can be found in the pollen of lemonade. The pollen can reduce the total cholesterol by using hydroxyl raction to form bile acid, so that the excretion of cholesterol will increase and cholesterol levels in the blood decrease. The contect of Vitamin C of lemonade's pollen is 70 mg. The purpose of this resech is to know the influence of lemonade's pollen to fal cholesterol level in hypercholesterolemia wistar rat. The classification of this research is true-experimental and pre test-post test with control group desigh. The samply is male rat, inducted with high fat diet and given with lemonade's pollen. The dos age is 1,20 ml/200 gr BW cach rat/day, 1,81 ml/200 gr BW cach rat/day and 2,41 ml/200 gr BW cach rat/day. The total cholesterol level has checked with cholesterol check. The data analyzed with paired-T test and Anova, the continued with LSD test. There is differened of total cholesterol level between before and after test ($p<0,05$) lemonade's pollen 1,20 ml/200 gr BW cach rat/day, 1,81 ml/200 gr BW cach rat/day, 2,41 ml/200 gr BW each rat/day. Then the result of glose lemonade's pollen is decreasit of total cholesterol level which is equivalent withsimvastatin.

Keywords: *The Lemon Cider, Total Cholesterol Levels, Hiperkolesterolemi*