Latar Belakang

Malnutrition has been linked to a number of developmental abnormalities observed from birth to adulthood. The mechanisms involving malnourishment begins in utero and could continue throughout the life of an individual. In the tree Moringa oleifera, an array of vitamins and minerals are abundantly stored. Found endemically in Indonesia but cultured widely, recent reports have suggested dietary supplementation with leaves from Moringa could significantly improve the quality of human health and nutrition.

Material and Method

Proximate

Moisture, ash, fat, protein, carbohydrate, and fibre
Association of Official Analytical Chemists (AOAC)

Ascorbic acid was measured
2,6-dichlorophenol indophenol (DCPIP)

Antioxidant
2,2-diphenyl-1-picrylhydrazyl (DPPH)

Fig 1. The effect of different concentrations on DPPH scavenging activity in different extracts concentration. The half maximal inhibitory concentration (IC50) was 13.63 µg/mL.

RESULT

The result of the proximate content of moringa is presented in Table 1. The moisture content was 7.25% with a high ash value of 1.32%. The percentage of crude protein was 9.20%. The carbohydrate content was 17.37

Table 1 Proximate composition of moringa

<table>
<thead>
<tr>
<th>PARAMETERS</th>
<th>PERCENTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>7.25</td>
</tr>
<tr>
<td>Ash</td>
<td>1.32</td>
</tr>
<tr>
<td>Fat</td>
<td>3.21</td>
</tr>
<tr>
<td>Protein</td>
<td>9.20</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>17.37</td>
</tr>
<tr>
<td>Fiber</td>
<td>4.27</td>
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</tbody>
</table>

Vitamin C, also known as ascorbic acid and ascorbate, is a vitamin found in various foods and sold as a dietary supplement. It is used to prevent and treat scurvy. Moringa rich in ascorbic acid approximately 8.5 mg/g.

REFERENCE

Gopalakrishnan et al. Moringa oleifera: A review on nutritive importance and its medicinal application. Food Sci Human Wellness 2016:5(2); 49-56
Muslimin et al. Nutrient content, mineral content and antioxidant activity of Muntingia calabura Linn. Pak J Nutr 2019:18;726-32