

***ALOE VERA LINN GEL AS AN EFFORT TO REDUCE FASTING BLOOD
SUGAR IN PREDIABETES***

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SUMMARY

Background: Prediabetes occurs when the blood glucose level (blood sugar level) is higher than normal but cannot be called diabetes. This can be the basis for efforts to prevent diabetes mellitus, namely by controlling and managing prediabetes so that it can return to normal and not lead to diabetes. One way to manage prediabetes is by means of a balanced diet. Diet regulation is an effective way to lower blood glucose levels. One food ingredient that has been linked to lowering blood glucose levels is Aloe vera Linn, commonly known as aloe vera. Aloe Vera Linn Gell which has active substances that have the potential to be antidiabetic, namely acemannan, anthraquinone and phytostero. Which has active substances to influence in lowering glucose. Aloe Vera Linn Gell 200 g once a day can lower blood glucose levels. ***Methods:*** This research method uses poster media. ***Results:*** The results of this final project are posters with the title "Aloe Vera Linn Gel as an Effort To Lowering Fasting Blood Sugar in Prediabetes", it is hoped that it can be beneficial for people with prediabetes. Posters are also useful for the whole community in order to gain knowledge and insight in the use and benefits of Aloe Vera Linn. ***Conclusion:*** This poster is expected to reduce fasting blood sugar in prediabetes patients

Keywords: Aloe Vera Linn Gel, Fasting Blood Sugar, Prediabetes