

**EDUCATION BENEFITS OF RED GUAVA JUICE  
TO REDUCE CHOLESTEROL LEVELS  
WITH POSTER MEDIA**

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**SUMMARY**

**Background** ; Hypercholesterolemia or high cholesterol is a condition characterized by an increase in blood fat levels with cholesterol values  $>240$  mg/dL. Typical symptoms of hypercholesterolemia are neck pain in the back of the head to the shoulders, swollen feet, fatigue, and drowsiness. One of the non pharmacological management of hypercholesterolemia is to consume red guava juice which is effective for lowering cholesterol levels. **Purpose** ; to increase public knowledge especially hypercholesterolemia sufferers, about how to lower cholesterol levels by consuming red guava juice. **Method** ; using poster media compiled through literature studies and images of poster making with a computer application. **Result** ; the resulting final project produced is the continuation of a poster media entitled an "Easy Way to Overcome High Cholesterol With Red Guava Juice". **Conclusion** ; Public especially hypercholesterolemia sufferers can find out non pharmacological ways to reduce cholesterol levels namely by consuming red guava juice.

**Keywords** : Cholesterol, red guava juice, poster media