

**JUS BUAH NAGA MERAH UNTUK MENURUNKAN
TEKANAN DARAH PADA PENDERITA HIPERTENSI**

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ESSENCE

Background: Hypertension is a condition when the blood pressure in the blood vessels increases chronically. If left untreated, this disease can interfere with the function of other organs, especially vital organs such as the heart and kidneys. **Goal:** The purpose of this poster is to provide health education that red dragon fruit juice can reduce blood pressure in people with hypertension. **Method:** The method used is to use IEC media, namely posters are expected to be a source of information about the benefits of red dragon fruit juice which can reduce blood pressure in people with hypertension.. **Result:** The results of the posters will be IPR at 'Aisyiyah University, Surakarta and especially for people with hypertension sufferers so that they can apply the making of red dragon fruit juice to lower blood pressure. **Conclusion:** as an education and health media and educational media for the public and the general public, especially hypertension sufferers, to increase knowledge about the benefits of red dragon fruit juice which can lower blood pressure.

Keywords: *Hypertension, Red dragon fruit juice, Poster*