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HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW
KARYA ILMIAH : JURNAL ILMIAH

Judul Artikel Ilmiah : The Affectivity of Aloe-based Drink in Reducing Glycated Albumin and Insulin Resistance of Metabolic Syndrome: A Randomized Clinical Trial

Penulis Artikel Ilmiah : Rizki Widyan Aisyah, K. Heri Nugroho HS, Nyoman Suci Widyastiti, Kusmiyati-Tjahjono, **Diana Nur Afifah***

Status Pengusul : Penulis pertama/penulis anggota/**penulis korespondensi**

Identitas Jurnal Ilmiah :

- a. Nama Jurnal : Current Research in Nutrition and Food Science
- b. Nomor/Volume/Hal : Vol. 10 (2) 2022: 566-574
- c. Edisi (bulan/tahun) : Agustus 2022
- d. Penerbit : Enviro Research Publishers
- e. Jumlah halaman : 9
- f. DOI artikel (Jika ada) : <http://dx.doi.org/10.12944/CRNFSJ.10.2.13>
- g. Alamat web Jurnal : <https://www.foodandnutritionjournal.org/volume10number2/the-effectiveness-of-aloe-based-drink-in-reducing-glycated-albumin-and-insulin-resistance-of-metabolic-syndrome-a-randomized-clinical-trial/>
- h. Terindeks di : SCOPUS (Q3) H-Index 18 SJR 0.254 (2021)
- i. Link Turnitin : https://doc-pak.undip.ac.id/13608/5/TURNITIN_The_Effectiveness_of_Aloe-based_Drink2.pdf

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Kecukupan & Kemutakhiran Data & Metodologi : Penelitian eksperimental pada manusia dengan sindroma metabolik yang dilaksanakan dengan standar yang baik. Jumlah sampel minimal

Kelengkapan Unsur dan Kualitas Penerbit : JIB, terindex Scopus terindex Q3, SJR 0,233

Indikasi Plagiasi : Tidak ada indikasi plagiasi

Linieritas (Kesesuaian dengan Bidang Ilmu) : Bidang ilmu linier dengan bidang ilmu pengusul

Semarang, April 2023
 Penilai 1



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| Ruang Lingkup dan Kedalaman Pembahasan | : Ruang lingkup artikel ini cukup jelas dan cukup mendalam dalam membahas metode penelitian dan hasil penelitian. |
| Kecukupan & Kemutakhiran Data & Metodologi | : Penelitian ini dilakukan dengan menggunakan desain uji klinis acak (randomized clinical trial) dilengkapi dengan informasi yang cukup mengenai metode penelitian, seperti populasi sampel, kriteria inklusi dan eksklusi, rancangan uji klinis acak, dan pengukuran outcome. |
| Kelengkapan Unsur dan Kualitas Penerbit | : JIB terindeks scopus Q3 dengan SJR 0,254 |
| Indikasi Plagiasi | : Index similarity 16 %, tidak ditemukan inikasi plagiarism |
| Linieritas (Kesesuaian dengan Bidang Ilmu) | : Sesuai bidang ilmu pengusul |

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 Penilai 2



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Prospects of Nanoproteomics for Plant-Based Foods

Pages : 404-406

Ravi Shukla^{1,2} , Ganesh Kumar Agrawal³, and Randeep Rakwal⁴ 

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A Review of Food-Based Intervention Strategies for Improving Micronutrient Status and Health During Childhood

Pages : 407-426

Shashi Chiplonkar¹ , Neha Avinash Kajale^{1,2} , Neha Sanwalka^{1,2,3*} 

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Dangerously Sodium Overload or Mere Over-claiming Health Issue? A Case of Malaysia's Tasty Snack Papadum

Pages : 503-511

Saiful Irwan Zubairi^{1,3*} , Zalifah Mohd Kasim¹ , Zafirah Husna Mohd Zin², Boey Suet Yee¹, Zainun Nurzahim¹ 

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The Association of Cholesterol Transport ABCG1 Polymorphism towards the Susceptibility of Metabolic Syndrome risk factor in Thai Adolescents

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Agreement Between Different Nutritional Assessments Tools Used for Elderly Hospitalized Patients

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Assessment and Comparison of Nutritional Properties of Jackfruit Seed Powder with Rice, Wheat, Barley, and Maize Flour

Pages : 544-552

Paroma Arefin^{1*} , Salma Ahmed¹ , Md Shehan Habib² , Zafar As Sadiq³ , Farhana
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The Effectiveness of Aloe-based Drink in Reducing Glycated Albumin and Insulin Resistance of Metabolic Syndrome: A Randomized Clinical Trial

Pages : 566-574

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The Effectiveness of Aloe-based Drink in Reducing Glycated Albumin and Insulin Resistance of Metabolic Syndrome: A Randomized Clinical Trial

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Insulin resistance (IR) has an important role in the pathology that forms the metabolic syndrome (MetS). Glycated Albumin (GA) has a role as an index of glycemic control associated with MetS. Aloe vera (Aloe barbadensis Miller) is a plant that has anti-diabetic and anti-hypercholesterolemic function. This study aims to investigate the effect of Aloe-based drink on GA and IR in MetS. This study was a true experimental using pre-post randomized control group design. Thirty-eight MetS subjects were divided into two groups: treatment group (n=19) which was provided by 165 g/d of Aloe-based drink for 4 weeks; and the control group (n=19). Both groups were given education regarding of management of MetS. GA was measured by using an ELISA method and IR calculated by HOMA-IR of both groups and statistically analyzed at baseline and the end of treatment. The data were analyzed using paired t-test and independent t-test. At the end of the study, the treatment group showed reduction of GA and HOMA-IR statistically significant ($\Delta GA = -4.3 \pm 2.35\%$; $\Delta HOMA-IR = -1.6 \pm 1.87$; $p = 0.001$). Compared to control group, the change of GA and HOMA-IR in intervention group were also significantly different. Aloe-based drink was proven to reduce GA and IR in the MetS.

Keywords:

Aloe-Based Drink; Glycated Albumin; Insulin Resistance; Metabolic Syndrome

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