

ISSN : 1979 - 0902

# *Biospecies*

Jurnal Ilmiah Biologi

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ISSN : 1979 - 0902

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## About the Journal

Biospecies a scientific journal published by the Biology Education Studies Program Faculty of Teacher Training and Education Jambi University since 2008. Publishing year the volume consists of two numbers, on January and July. At the beginning of the publication received the manuscript in the form of research articles and articles insights derived from the faculty at the University of Jambi and published in hardcopy as well as offline. Since the year 2012 Journal Biospecies only accept manuscripts that are the result of research. The article published the results of biological research. Biospecies Scope field includes research in the field of biological sciences clumps like taxonomy, physiology, sistematka, genetics, and ecology

Starting in February 2011 Journal Biospecies can be accessed online and full text on the website <http://biospecies.webs.com> (it is free). Since it is online artike writers began to spread across Indonesia from Aceh to Papua. Since the beginning of 2012 the Journal Biospecies join the official website Jambi University and menggunakam System Open Journal Systems (OJS), and can be accessed on-line page-journal of University of Jambi URL: <http://online-journal.unja.ac.id/index.php/biospecies>. All biospecies edition of the journal can be accessed on the website, however Journal biospecies still be printed in hardcopy form in limited quantities.

Currently Biospecies own P-ISSN number 19790902, E-ISSN 2503-0426, and has been listed on Higher Education Arjuna. In 2016 Biospecies get Governance Grants Accreditation to the electronic Journal of Intellectual Property Management Directorate, Directorate General for Strengthening Research and Development, Ministry of Research, Technology and Higher Education, Jakarta, with a letter of assignment agreement number: 024 / e5.2 / btbi / v / 2016 dated May 20, 2016. Various activities have been carried out to improvement journal towards accreditation is; workshops editorial board, training development of *web designand online sub mission* , as well as training for the autor writing scientific articles. As a result of the current training biospecies already indexed in Google Scholar, IPI, and DOI Crossreff with identifier number 10.22437. Since 11th August 2017 Biospecies have [DOAJ](#) index. This year Biospecies will be registered for accreditation through the Higher Education arjuna.dikti.go.id.

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## Contact

Biology Education Studies Program Faculty of Teacher Training and Education Universitas Jambi  
Jl. Jambi-Ma.Bulian Km 15 Mendalo Darat, Jambi

### PRINCIPAL CONTACT

Dr. Tedjo Sukmono  
Biology Education Studies Program , Universitas Jambi

**Phone**

081379177525

[tedjo\\_sukmono@unja.ac.id](mailto:tedjo_sukmono@unja.ac.id)

### SUPPORT CONTACT

Yulizar, M.Pd

[biospecies@unja.ac.id](mailto:biospecies@unja.ac.id)

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# PROXIMATE COMPOSITION AND PALM JUICE GLYCEMIC INDEX

**Margaretha Solang**

Universitas Negeri Gorontalo

**Yurnia Ningsih N. Ismail**

Universitas Negeri Gorontalo

**Wirnangsih D. Uno**

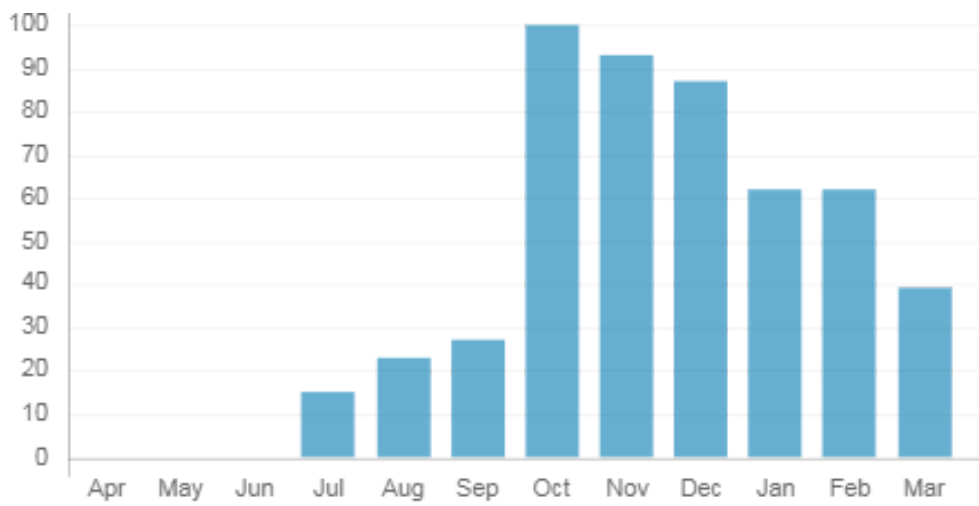
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**DOI:** <https://doi.org/10.22437/biospecies.v13i2.8761>

## Abstract

This research intended to evaluate the proximate composition and palm juice glycemic index. The analysis of water, protein, and ash contents used the oven, semi-micro Kjeldahl, and thermogravimetry methods, respectively. Meanwhile, fat, carbohydrate, and sugar contents were analyzed by relying on direct extrusion method with a Soxhlet, by difference method, and Luff Schoorl method, respectively. Further, the analysis of the glycemic index employed the calculation of area under the curve using the finger-prick capillary blood method. The measurement of blood glucose levels was done to ten respondents who were given pure glucose and palm juice. The results revealed that palm juice contained 91.1% water, 0.28% ash, 0.41% protein, 0% fat, 8.21% carbohydrate, and 0.67% sugar. The average blood glucose of the respondents after consuming pure glucose and palm juice in minute 0, 30, 60, 90, and 120 arrived at 93.2 mg/dL, 155.4 mg/dL, 124.2 mg/dL, 93.8 mg/dL, 79.1 mg/dL, and 81.8 mg/dL, 118.6 mg/dL, 92.6 mg/dL, 74.1 mg/dL, and 63.7 mg/dL. The value of the palm juice glycemic index was 35.56 (low category), so that this juice could function as an alternative drink to maintain blood glucose levels.

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