

ABSTRACT

Differences in Antioxidant Activity of Monoflora Honey *Literature Review*

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Honey defined as sweet liquid which is made by bees by fermenting the nectar of flowers or the sweet liquid produced by parts other than flowers. Monoflora honey is honey obtained from one main plant. The composition of honey depends on several factors, especially the origin of the nectar flora and its geographical conditions, which are reflected in its quality and biological properties. Honey contains many polyphenol compounds. The chemical composition of honey supports the antioxidant activity of honey. Antioxidants are substances that the body needs to neutralize free radicals and prevent the damage caused by free radicals to normal cells. The purpose of this literature review is to prove whether or not there is a difference in the antioxidant activity of honey from different sources of floral nectar. The research used is a literature review which is included in a non-systematic review of the type of scoping review. The research sample is an article that determines the differences in the antioxidant activity of monoflora honey from various floral nectar sources and various regions. As the independent variable is the type of honey. The dependent variable is the IC_{50} value of antioxidant properties which describes antioxidant activity. The results of the search for literature sources obtained 6 articles that matched the inclusion-exclusion criteria and included all predetermined data extraction. Based on the results of research from various literature sources, it can be concluded that monoflora honey with different floral nectar and different areas will provide different antioxidant activity.

Keyword: antioxidant activity, monoflora honey, different, review