

ABSTRACT

**ANALYSIS OF IRON IN HEALTH SUPPLEMENTS BY ATOMIC
ABSORPTION SPECTROPHOTOMETRY (AAS) METHOD***Literatur Review*

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Minerals have a big role for human body maintenance. Generally, minerals are consumed as health supplement to fulfill human needs on food nutrition and have physiological effect in a certain amount. So, there is a need to study the method for analyzing the amount of Iron as one of the minerals contained in health supplements. Atomic absorption spectrophotometry (AAS) is described as a method which has been developed to analyze Iron content in health supplement. This study aims to review the validity of method for analyzing Iron in health supplement using atomic absorption spectrophotometry. This review was arranged as narrative review. Articles were searched by certain keywords and filtered by publishing time, then categorized with the inclusion and exclusion criteria. There were five articles that carried out and reviewed. Furthermore, the discussion is written about method for analyzing Iron in health supplement using atomic absorption spectrophotometry for each articles and the conclusion is some analyzes methods of Iron in health supplement using atomic absorption spectrophotometry are valid.

Keyword : Iron, Supplement, Atomic Absorption Spectrophotometry, Validation