

## DESCRIPTION OF THE URIC ACID IN THE BLOOD OF ADULT MEN WITH THE HABIT OF DRINKING COFFEE<sup>1</sup>

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### ABSTRACT

Uric acid is product of the last metabolism from purine which is part of nucleic acid component that be found in the core of the body's cells. In adults, the uric acid tends to rise in a row of increasing the age. Uric acid increases to men who are above 40 years old. Coffee is one of the most popular beverages in the world. Consuming coffee that containing *chlorogenic acid* can hamper the activity of *xhantin oxidase* enzymes in order to lower the levels of uric acid.

The research aims to know about description of the uric acid in the blood of adult men with the habit of drinking coffee.

This method uses a descriptive method. The research is conduct on 30 adult men around the campus STIKes Muhammadiyah Ciamis. Technique of sample collection uses a quota sampling.

The result of this research is obtained the uric acid on men (>40 years old) with the habit of drinking coffee mostly normal (3,4-7,0 mg/dL) as many as 20 men (67%) and the high level of uric acid (7,0 mg/dL) 10 men (33%).

The conclusion of this research is obtained the normal level of uric acid as many as 20 men (67%) and 10 men (33%) with high level of uric acid.

Keyword : Uric acid, Adult men, Coffee  
Literature : 35, 2007-2016  
Information : 1 tittle, 2 the name of university student, 3 the name of first adviser, 4 the name of second adviser