

## **BAB V**

### **KESIMPULAN DAN SARAN**

**Kesimpulan : Vitamin neurotropik memperpendek waktu reaksi**

**Saran :**

- **Para pekerja yang membutuhkan waktu reaksi yang baik dapat di bantu dengan meminum vitamin neurotropik.**
- **Para pekerja yang kerja lembur atau sampai larut malam.**

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