



Presented by



# COMPARING VITAMIN C LEVELS

## Overview and Objective

Tincture of iodine is a brownish liquid that becomes colorless when vitamin C is added. How quickly it turns color depends on the amount of vitamin C in the juice. (Warning! - Iodine is poisonous so do not ingest or allow it to come in contact with eyes or skin).

In this experiment we will be comparing levels of vitamin c in different fruits as well as with a vitamin c solution.

## WHAT YOU WILL NEED:

- Safety gloves and goggles
- 500ml of water
- Vitamin C tablet
- Variety of citrus fruits (orange, lemon, grapefruit, pineapple, etc.)
- Pipette
- Tincture of Iodine\*

\* Tincture of iodine is poisonous and should not be ingested. If iodine gets in eyes, immediately flush with water and call for medical help. Wear gloves. In case of skin contact, wash off with soap and water. Remove any contaminated clothing. If skin reddens or appears damaged, call for medical aid. Do not consume any of the juices and/or fruits connected with this project. Wear safety gloves and eye protection for this experiment.



## Process:

1. Crush a vitamin c tablet and dissolve it in water.
2. Mix a bottle of tincture of iodine in 500 ml of water. Pour equal amounts of the mixture into four cups.
3. Using a pipette, add the vitamin c solution drop by drop to the iodine and record the results of how many it took to make the iodine clear.
4. Repeat the pipette process for each type of juice, recording the results as you go.

## What have you found?

Which juice had the most vitamin c?

How many drops did it take?

## Take it further!

What other foods or condiments do

you have that might have vitamin c? Let us know what else you test!



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