



# Vitamin C Determination in Commercial Juices and Beverages

*Bareera Maryam, Rafia Rafique, Qurat ul Ain Arif*

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Vitamins are essentially required by the human body for its various biochemical and physiological processes. Ascorbic acid (vitamin C) is a water-soluble vitamin which is found in many biological systems and foodstuffs (fresh vegetables and fruits). The easiest and best way to take vitamin C is through liquid diet. Now a day's many liquid juices are available in market claiming high levels of vitamin C content. The book is about ascorbic acid (vitamin C) content in juices, beverages, powdered samples, soft drinks marketed in Islamabad –Pakistan. Results were compared with labeled values quoted on the packs. Method of ascorbic acid by Polarograph has been described in detail.

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