Volumetric Analysis for Vitamin C

The labelling and quantification of active ingredients in drugs is strictly controlled in Canada under the Food and Drugs Act. You can be fairly confident when you buy a prescription drug or over-the-counter medication that the listed ingredients are present in their indicated quantities. Vitamins and minerals are regulated as a sub-set of drugs and are governed by the Natural Health Products Regulation. While the regulations assure quality control, and require that companies report accurate and detailed information about the safety, quality, and efficacy of their products, the government does not have the resources to check quality control in the plethora of supplements on the market. During manufacture of large batches of pills, for example, problems may arise with ensuring a homogenous distribution of active ingredients. A recent study from the US (where regulations are more lax) found a wide variance in how much vitamin D was present in supplements compared to what was reported on the bottle.' A study such as this indicates the importance of analytical methods in determining how much of the active ingredient is truly present as compared to the label.

This experiment will quantitatively analyze an over-the-counter Vitamin C tablet for the mass of Vitamin C. Iodine reacts with Vitamin C by an oxidation process as indicated by the following reaction equation:

Note that one mole of iodine reacts with one mole of Vitamin C. In this experiment, a solution of Vitamin C (made from the tablet) is added to a solution containing excess iodine (with known concentration). Vitamin C is the limiting reactant, all of the Vitamin C reacts and leaves some iodine unreacted. The amount of iodine in excess is determined by titration with the standardized sodium thiosulfate from Lab D. Since the total (initial) amount of iodine was known, and the amount of excess iodine was determined in the titration, the amount of iodine that reacted with vitamin C can be determined by the difference. Thus, the amount of vitamin C can be determined.

The process of titrating an excess amount of a reactant not consumed in a reaction is called a back titration. The related equations from Lab D are reproduced here for reference:

$$KiO_2(aq) + 5Ki(aq) + 3H_2SO_2(aq) \longrightarrow 3I_2(aq) + 3K_2SO_2(aq) + 3H_2O(1)$$
 (eq. $2Na_2S_2O_2(aq) + I_2(aq) \longrightarrow 2Nal(aq) + Na_2S_2O_2(aq)$ (eq.

 Leblanc, E.S.; Perrin, N.; Johnson, J.D. Over-the-Counter and Compounded Vitamin D: Is Potency What We Expect? JAMA Intern Med. 2013, 173, 585-586.

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Food Analysis Laboratory Manual S. Suzanne Nielsen, 2010-03-20 This second edition laboratory manual was written to accompany Food Analysis Fourth Edition ISBN 978 1 4419 1477 4 by the same author The 21 laboratory exercises in the manual cover 20 of the 32 chapters in the textbook Many of the laboratory exercises have multiple sections to cover several methods of analysis for a particular food component of characteristic Most of the laboratory exercises include the following introduction reading assignment objective principle of method chemicals reagents precautions and waste disposal supplies equipment procedure data and calculations guestions and references This laboratory manual is ideal for the laboratory **Laboratory Manual for Principles of General Chemistry** J. A. portion of undergraduate courses in food analysis Beran, Mark Lassiter, 2022-08-16 Laboratory Manual for Principles of General Chemistry 11th Edition covers two semesters of a general chemistry laboratory program The material focuses on the lab experiences that reinforce the concepts that not all experimental conclusions are the same and depend on identifying an appropriate experimental procedure selecting the proper apparatus employing the proper techniques systematically analyzing and interpreting the data and minimizing inherent variables As a result of good data a scientific and analytical conclusion is made which may or may not be right but is certainly consistent with the data Experiments write textbooks textbooks don t write experiments A student s scientific literacy grows when experiences and observations associated with the scientific method are encountered Further experimentation provides additional cause effect observations leading to an even better understanding of the experiment The 11th edition's experiments are informative and challenging while offering a solid foundation for technique safety and experimental procedure The reporting and analysis of the data and the pre and post lab questions focus on the intuitiveness of the experiment The experiments may accompany any general chemistry textbook and are compiled at the beginning of each curricular unit An Additional Notes column is included in each experiment's Report Sheet to provide a space for recording observations and data during the experiment Continued emphasis on handling data is supported by the Data Research Report ,1949 General, Organic, and Biological Chemistry Study Guide and Selected Analysis section **Solutions** Karen C. Timberlake, 2001-11 Keyed to the learning goals in the text this guide is designed to promote active learning through a variety of exercises with answers and mastery exams The guide also contains complete solutions to odd numbered problems The Analytical Chemistry Laboratory Companion Michael D. Holloway, 2025-06-02 The Analytical Chemistry Laboratory Companion is essential for both students and professionals as it provides quick clear explanations on critical topics in analytical chemistry equipping you with the statistical tools necessary to ensure accurate and reliable data interpretation The Analytical Chemistry Laboratory Companion serves as a reference guide for students and professionals alike who need quick explanations on specific topics laboratory operations the structure of designing experiments and the use of statistics to gain increased accuracy precision repeatability and reproducibility of data This

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