**Vitamin C content commentary**

The usual procedure (Heinemann version for example) of using a titration with iodine solution works well.

However, some notes on the process are –

* the titration can be completed without standardising the iodine solution as long as the iodine solution is made freshly.
* don’t use vitamin C tablets – the ascorbate in them usually prevents an endpoint appearing.
* for pure orange juice, it needs to be diluted about 1:6 to get a reasonable titre. Using a sample of about 40 mL of orange juice also helps pick the endpoint.
* capsicum works well, grind 100 g in a mortar and pestle a bit at a time with water. The water helps make your sample
* this is the colour change occurring

A group of glass beakers with liquid in them

Description automatically generatedA group of beakers with yellow liquid in them

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A close up of beakers with liquid in them

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orange juice capsicum (right) Kakadu plum

* Kakadu plums work well but need significant dilution due to the very high vitamin C content.

A bag of food next to a glass jar

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