



**CALIFORNIA STATE SCIENCE FAIR  
2002 PROJECT SUMMARY**

<b>Name(s)</b> <b>Carlos J. Ramos</b>	<b>Project Number</b>  22318
<b>Project Title</b> <b>Vitamin C Testing</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> My objective was to determine which beverage contains the most Vitamin C. I believe that orange juice will have the highest level of Vitamin C, while Sprite will have the lowest.</p> <p><b>Methods/Materials</b> Eight different beverages were purchased; freshly squeezed orange juice, Sunny Delight, lemonade, lemon juice, Sprite, Gatorade, Kool-Aid and apple juice. A starch solution consisting of one part baking soda and five parts water was added to each drink to neutralize the acid. Using a pipette, iodine was then dropped into each beverage until the color changed from its original. The beverage that took the most iodine to change the color has the most Vitamin C.</p> <p><b>Results</b> The orange juice consistently tested highest for the level of Vitamin C of all eight beverages, while Sprite and apple juice tested the lowest.</p> <p><b>Conclusions/Discussion</b> My conclusion is that the orange juice has the highest level of Vitamin C, and Sprite and apple juice has the lowest. These results supported my hypothesis. Surprisingly, other beverages also contain high levels of Vitamin C.</p>	
<b>Summary Statement</b> Determining Vitamin C levels in selected beverages.	
<b>Help Received</b> Father helped in layout of board, Grandmother helped type report.	