

STUDIES ON ASCORBIC ACID (VITAMIN-C) CONTENT IN DIFFERENT CITRUS FRUITS AND ITS DEGRADATION DURING STORAGE

Vitamin-C which is chemically L-ascorbic acid is an essential nutrient for human body. Vitamin-C is required for various metabolic functions and its deficiency cause scurvy. Recent studies have clearly indicated antioxidant properties of Vitamin-C and hence its role for human has increased manifold. It is known that citrus fruits are good source of Vitamin-C and because of our fast changing life-style packed and stored fruit juice have become very common and they are being administered for therapeutic and nutritional purpose as well. The present investigation has revealed gradual degradation of vitamin-c content present in various citrus fruits even it is stored under refrigeration condition (4-5⁰c). The reduction of Vitamin-C varies from one fruit to other. Hence it is always suggested to consume fresh juice rather than the packed and stored one.
