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Evaluation of ascorbic acid contents in selected fruits using iodometric method and UV spectrophotometer

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The need to quantify the ascorbic acid contents of five selected fruits using iodometric and UV-spectrophotometer methods necessitated the research work as vitamin C belong to the class of essential nutrients required for body physiological developments. The ascorbic acid contents of the five selected fruits were evaluated using standard procedures for evaluating iodometric method and the UV spectrophotometer. The results of the analysis using iodometric method indicated that the *Citrus limon* had (34.53±0.08c mg/100g), *Vitis vinifera* (15.35±0.01bmg/100g), *Malus pumila* (11.51±0.07^{a} mg/100g), Citrullus lanatus (11.51+0.01^{a} mg/100g) and Ananas comosus 11.51±0.05^{a} mg/100g). The UV spectrophotometer method indicated the values as *Malus pumila* (19.19±0.48^{c} mg/ml), *Citrus limon* (18.09 ±0.29^{c} mg/ml), Ananas comosus (9.57+0.53^{b} mg/ml), *Vitis vinifera* (9.17±0.21^{b} mg/ml), and Citrullus lanatus (4.20±0.07^{c} mg/ml). The values obtained using iodometric methods fall into the range of recommended dietary allowance (RDA) of 46 mg/100 g. The results had shown that the fruits were rich in ascorbic acid and can adequately cater for any deficiency that may arise from lack of vitamin C.

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