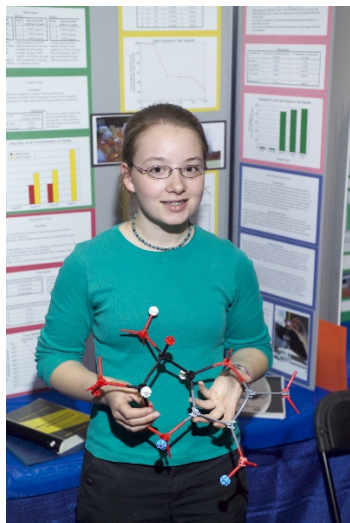


# CWSF 2006 - Saguenay, Québec



## Catherine Armstrong

### Vitamin C - Amount and Stability

**Division:** International

**Category:** Intermediate

**Region:** Ottawa

**City:** Cumberland, ON

**School:** Colonel By S.S.

**Abstract:** Vitamin C, or ascorbic acid, is an important nutrient that humans must get in our diets because we don't produce it in our bodies, as many animals do. Iodimetric titration was used to determine amounts of vitamin C in various juices and whether heat and light would reduce this amount.

Awards	Value
The University of Western Ontario Scholarship Silver Medallist - \$1500 Entrance Scholarship Sponsor: University of Western Ontario	\$1 500
Silver Medal - Physical & Mathematical Sciences - Intermediate Sponsor: Encana Corporation	\$700
Total	\$2 200