

# Do you have the right method to analyze water soluble vitamins in food?

Water soluble vitamins are a great challenge to detect in foodstuff. Different concentration levels and the extraction from various food matrices need different analytical methods and tools for proper results. The following information might help you to identify your analytical tool?

## Average vitamin concentration in food (µg/100 g)

	Apple	Orange	Wheat	Bread	Wheat flour	Yeast	Chicken egg	Peanut	Cow milk	Tomato	Meat	Fish
<b>B1</b>	35	79	455	86	60	1400	N/A	900	37	57	90	55
<b>B2</b>	32	42	94	60	30	2300	408	155	180	35	160	46
<b>B3</b>	300	300	5100	850	700	17000	83	15000	90	530	4900	2300
<b>B5</b>	100	240	1200	690	210	3500	1600	2900	350	310	330	256
<b>B6</b>	103	104	269	17	180	684	77	440	39	100	N/A	200
<b>B7</b>	4.5	2.3	6	2.9	1.5	33	25	34	3.5	4	N/A	2.2
<b>B9</b>	7.5	29	87	22	10	716	67	169	6.7	22	N/A	8
<b>B12</b>	N/A	N/A	N/A	N/A	N/A	N/A	1.9	N/A	0.42	N/A	N/A	1.2
<b>C</b>	12000	45000	0	N/A	N/A	0	0	0	1700	19000	N/A	2000

## Available methods for water soluble vitamins

- ELISA
- Microbiological test
- IAC columns prior HPLC analysis

<b>B1 Thiamine</b>  	<b>B2 Riboflavin</b>  	<b>B3 Nicotinamide, Niacin</b>  
<b>B5 Pantothenic acid</b>  	<b>B6 Pyridoxin</b>  	<b>B7 Biotin</b>  
<b>B9 Folic acid</b>  	<b>B12 Cobalamine</b>  	<b>C Ascorbic acid</b>  

## Tools to conduct your vitamin detection



### ELISA

- Antibody based assay
- Fast results
- Simple read out and handling



### Microbiological test

- Approved method
- All vitamin parameters analyzable
- Simple read out and handling



### IACs columns prior HPLC analysis

- Antibody based columns
- Concentration of vitamins
- Reduction of food matrix background