

How to Make Sodium Ascorbate At Home (How to make buffered Vitamin C using Ascorbic acid and Baking soda)

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How to make sodium ascorbate at home with ascorbic acid and baking soda?

You must be wondering why not use straight ascorbic acid and why make sodium ascorbate?



Sodium Ascorbate and Ascorbic acid are both called Vitamin C, but they are not same. Sodium Ascorbate is a buffered form of ascorbic acid and the ascorbic acid is the isolated part of Vitamin C. Vitamin C refers to the compound of nutrients containing ascorbic acid, that are present in many fruits and vegetables.

Straight pharmaceutical grade ascorbic acid is too acidic (4.2 pH). The body's pH level is around 7.35-7.45 (slightly alkaline). When ascorbic acid reaches the bloodstream, the body will have to neutralize the pH by taking calcium and other minerals from your bones, teeth and other organs. Sodium ascorbate is a buffered version of Vitamin C and it is close to 6.9 pH, which is still slightly acidic but manageable.

You can easily buffer ascorbic acid at home with the help of baking soda and turn ascorbic acid into sodium ascorbate. The recipe is below.

How to make Buffered Vitamin C (How to make Sodium Ascorbate by buffering Ascorbic acid)

Ingredients:

- 1 teaspoon Ascorbic acid powder ([what kind to buy](#))
- 1 Tablespoon plus 1 teaspoon Sodium Bicarbonate ([where to buy](#))
- 2 oz + 2 oz Distilled water ([where to buy](#))

Instructions:

1. Mix 2 oz distilled water with ascorbic acid. Stir till dissolved.
2. In another jar, mix 2 oz distilled water with baking soda (sodium bicarbonate). Put on the lid and shake till soda dissolves.
3. Slowly (very slowly) dribble the soda water into ascorbic acid solution while stirring. The mixture will bubble furiously. Keep dribbling and mixing. Mix until bubbling stops.
4. When the bubbling stops, it means ascorbic acid and sodium ascorbate have reacted with each other and now you have Sodium Ascorbate!

HOW TO MAKE BUFFERED VITAMIN C

Ingredients:

- 1 teaspoon Ascorbic acid
- 1 Tablespoon plus 1 teaspoon Baking Soda
- 2 oz + 2 oz Distilled water

Instructions:

1. Mix 2 oz distilled water with ascorbic acid. Stir till dissolved.
2. In another jar, mix 2 oz distilled water with baking soda. Stir or shake till dissolved.
3. Very slowly dribble the soda water into ascorbic acid solution while stirring. The mixture will bubble furiously. Mix until bubbling stops. When the bubbling stops, you will have Sodium Ascorbate mixture.

Visit organicbiomama.com for more!

Source: [Cheryl hones "How to make Liposomal Vitamin C"](#)



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Hi! My name is Feruza. I am from sunny Uzbekistan. Currently, I am a stay at home mom of two beautiful boys and have a wonderful supportive husband. I hold Masters' degree in Multimedia Engineering, but at this moment, I am just a Mom. With all my love to my family, I try to nourish them with wholesome foods always trying and experimenting new recipes. My hobbies are languages, healthy lifestyle, nourishing food, books, sewing, knitting, DIYs, homeschooling, and much more! I felt the need of my own corner where I could collect all of my favorite recipes and information without losing them. And here it is! Enjoy!

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