

PERQUE C-STRIPS

Information and Instructions

Significance of Vitamin C-strip Usage

C-strips are chemically treated test papers used for determining the presence of vitamin C in urine. A molybdenum-containing chromophore is the key substance on the C-strips that changes color. Acids will turn the blue C-strips pink. Only vitamin C will turn the blue C-strips white. C-strips do not just test for acidity, but specifically for vitamin C. In addition, C-strips are specific for the reduced form of Vitamin C, whereas other products will give false indications in the presence of dehydroascorbic acid, the oxidized form. It is best to take a urine sample after a period of rest, before meals, and certainly before taking any vitamin C. With the following tests you can determine your overall optimum vitamin C requirement and also alert yourself of an impending sickness and the need of an increased or massive dose. It has been shown that an infection depletes the urine's vitamin C a full day BEFORE a fever develops!

1. Urine Test: Moisten one end of the blue C-strip with a touch of urine. As the urine runs up the strip by capillary action, it should turn the C-strip white for almost as far as the urine travels. (As the urine runs its course, the vitamin C is depleted from it by the blue indicator, and a portion of the paper will be wet but won't turn white. This is normal and doesn't indicate a lack of vitamin C.) If the paper remains blue after three to four seconds, then your body is using all the vitamin C it can get, leaving no excess to be used. You then should increase your intake of vitamin C.

2. Diaper Test: Squeeze a C-strip in a recently used diaper. The urine-moistened C-strip should turn white within a few seconds.

Not recommended for general use

3. Quantitative Test A: Each C-strip contains enough blue indicator dye to titrate (to use up) about 10 to 15 micrograms of vitamin C (1,000 micrograms = 1 milligram; 1,000 milligrams = 1 gram; 453.6 grams = 1 pound). Merely count the number of C-strips required to begin turning your small sample a light blue. If eight C-strips were required, then your sample contained about 100 micrograms of vitamin C. If the sample is too small, add water and stir.

NOTE:

- C-strips will stay good for one month without refrigeration. However, if kept in the freezer or refrigerator, they will keep much longer and maintain their blue color.
- False readings may occur from meat and green bean consumption. Avoid meat and green beans for three (3) days prior to using C-strips for more accurate readings. Chemicals in meat and green beans can artificially change the C-strip's color from blue to white.
- C-strips are designed to detect ascorbate deficits. Individual ascorbate need can be determined by the *Ascorbate Calibration* protocol. Contact PERQUE at 800.525.7372 for details.

14 Pidgeon Hill Drive, Suite 180, Sterling, VA 20165
phone: 800-525-7372 • fax: 703-450-2995 • e-mail: perque@perque.com

PERQUE® is researched, uniquely formulated, and exclusively distributed by PERQUE LLC.