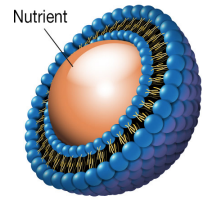


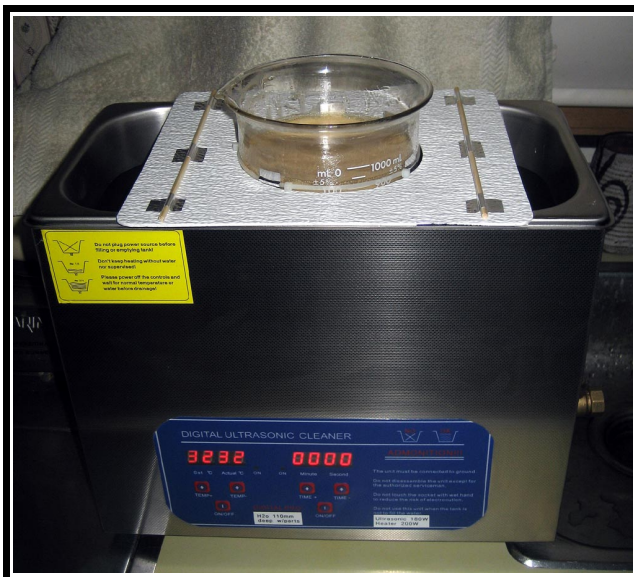
L.E.T. Vitamin-C Recipe • 19 December 2015

Distilled Water.....320g (if 40% alcohol is not used, then 500g water)
40% Alcohol (vodka).....180g (alcohol helps lecithin encapsulate ascorbic acid)
Ascorbic Acid.....50g
Lecithin (sunflower).....50g (granules, not liquid lecithin)



1. **Combine** Distilled Water, 40% Alcohol & Ascorbic Acid in a blender and run on high speed until all the **Ascorbic Acid is dissolved** into the solution, then add the Lecithin.
3. **Blend on high** until temperature is 95F (35C); about 6-8 minutes. (**mixes & melts lecithin granules**)
4. **Refrigerate** at least two hours. If blender jar won't fit in fridge, transfer to smaller glass jar.
→ If you don't have an Ultrasonic Cleaner, repeat step #3 above at 90F/32C, then go to step #8.
5. **Pour solution** into a 1 liter beaker and place into **Ultrasonic Cleaner**, fill UC 2/3 full (110mm=my UC) with warm water (~80F/27C), and run 30 minutes **to remove bubbles**. Add heat if temperature is below 95F (35C) at 30 minutes and continue to UC until temperature is 95F (35C).
6. Put beaker in fridge to **cool down** for 2 hours.
7. **Ultrasonic again** for 30 minutes as in step 5 except do not exceed 90F (32C). Tank water temp ~75F.
8. **Skim off bubbles, bottle the L.E.T. Vitamin-C** and refrigerate.
9. **One tablespoon** may provide **1.0 grams of L.E.T. Vitamin-C**. Recipe makes 550 ml of LET Vitamin-C.
10. This recipe is based on the recipe at <http://qualityliposomal.com/index.html>

(Liposomal Encapsulation Technology)



LET Vitamin-C in Ultrasonic Cleaner - water temp is 32C (90F)

Ultrasonic cleaner is 180 watts UC power plus 200 watts water heater.

Capacity is 6.5 liters. Fill tank with water to 2/3 full when beaker is in place. Beaker is supported by a plastic sheet to insure no contact with the tank.

Detail showing how beaker is supported in plastic. Nylon ties and aluminum tape were used.





L.E.T. Vitamin-C Ingredients

Back left clockwise:

- Sunflower Lecithin**
- Distilled Water**
- 40% Vodka**
- Ascorbic Acid**