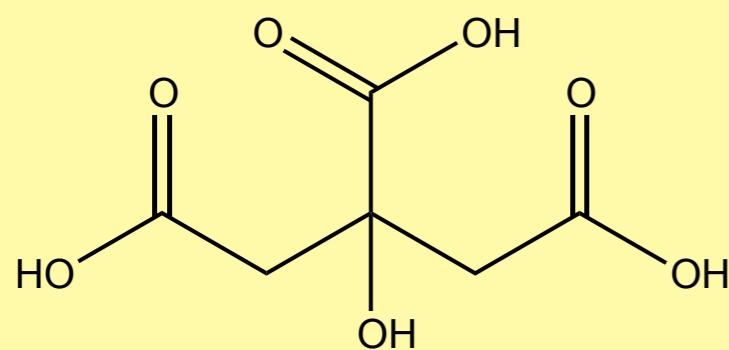


THE CHEMISTRY OF A LEMON

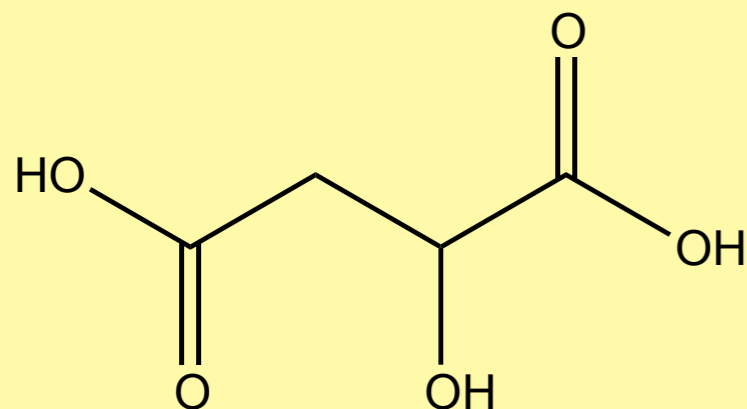
ACIDIC COMPOUNDS IN LEMONS



CITRIC ACID

The sour taste of lemons is caused by the presence of organic acids. The major acid in lemons is citric acid, which constitutes around 5 to 6% of the lemon's juice.

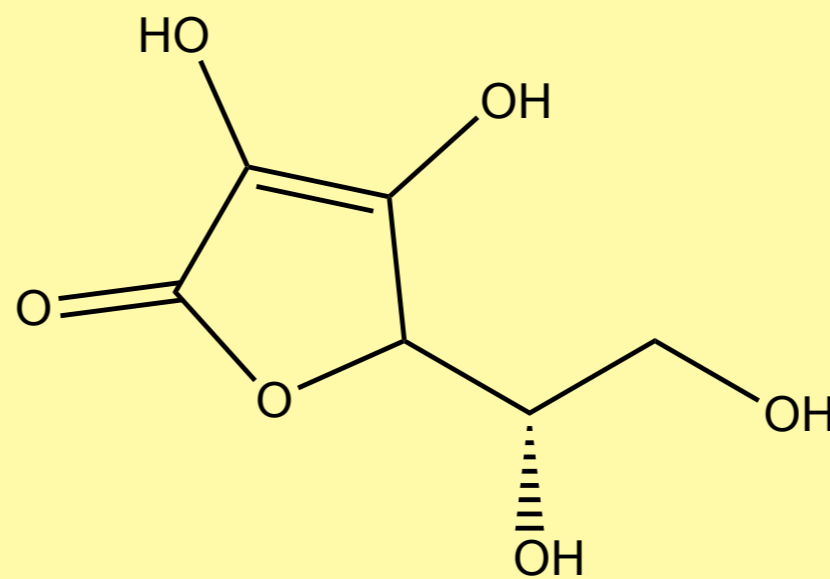
Other acids are also present, although in much lower concentrations than citric acid. Malic acid is one of these, present at around 5% of the concentration of citric acid.



MALIC ACID



VITAMIN C, LEMONS & SCURVY



VITAMIN C (ASCORBIC ACID)

Lemons contain high levels of vitamin C, also known as ascorbic acid. The levels in lemons are around 50mg per 100g, on a par with oranges and around double the amount of limes.

Vitamin C deficiency can lead to scurvy, a disease that causes loss of teeth, jaundice, and eventually death. In the 1700s, all British ships were required to provide a lemon juice ration to seamen to guard against this disease.