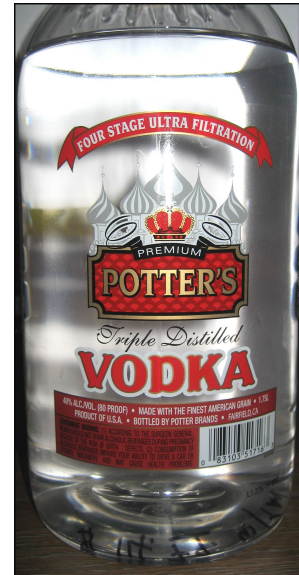


# Stick Blender Liposomal Vitamin-C

How to make liposomal vitamin-C using only a stick blender



The recipe can be scaled up or down in volume.

- Filtered Water** ..... **88 grams**
- 40% Vodka** ..... **88 grams** (necessary for encapsulation)
- Ascorbic Acid** ..... **22 grams**
- Sunflower Lecithin** .. **22 grams** (dry lecithin, not liquid)

A **scale** is necessary to measure ingredients. A **high-speed blender** is needed for high temperatures.

A **thermometer** is used to measure the temperature of the liquid solution.

1. Add water, vodka and ascorbic acid to a suitable glass jar. (see photo on page 2)
2. Blend until ascorbic acid goes into solution (no granules visible). Takes about 4 minutes on high.
3. While blending, slowly add lecithin on lowest speed. Then, increase blender speed to maximum.

Measure solution temperature with a thermometer that will measure up to 35C (95F).

4. Stop blending when temperature reaches 35C (15 minutes total time with my stick blender).
5. Place in fridge for 2 hours.
6. Take out of fridge and remove bubbles, etc., that are on top of the solution. This is the end of cycle one. After the first blending, go to the second and stop blending when the temperature is 30C (90F). The first cycle is 35C, all other cycles are 30C. I suggest to run 3 or more blender-fridge cycles. After the last cycle, remove bubbles, pour into a storage bottle and store in a fridge.

This recipe will make about 175 ml of liposomal vitamin-C. If each dose is 15 ml (1 tbsp) there will be about 12 doses with about 1.8 grams of vitamin-C in each dose. Your body should use about 93% of that or about 1.7 grams each dose. I dose 15 ml in half a glass of water twice a day for prevention. If you get sick, you can take more, even hourly. There is no diarrhea problem when taking liposomal-C.

This recipe is based upon the research I found on this website: <https://qualityliposomalc.com>

Stay healthy and support your immune system with liposomal vitamin-C.



18mar'20

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# Stick Blender Liposomal Vitamin-C

How to make liposomal vitamin-C using only a stick blender



## Additional Instructions / Comments

The first blender processing using a room temperature jar and ingredients took a total time of 15 minutes. Four minutes to get the ascorbic acid into solution followed by adding sunflower lecithin. Another 11 minutes to increase solution temperature from 72F to 95F. A small kitchen towel was placed under the glass jar in order to not lose heat from the jar into the kitchen countertop.

The stick blender I used was a 300 watt variable speed Cuisinart model HB-600PC.

The second blending should take longer because the solution temperature after 2 hours in a fridge will be about 45-50F, which is 27-22F colder than the first blending, although the target temperature is now 90F, which is 5F less than the first blending target temperature of 95F.

Well, the second blending with the stick blender only took about 14 minutes to raise the temperature from 49F to 90F. Back into the fridge it goes to complete blender-fridge cycle #2.

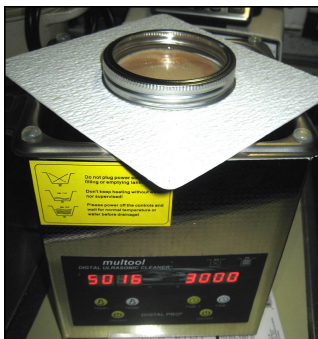
The recipe used here for stick blending is quite small, and should provide about 175 ml after all the processing steps & the bubbles have been removed. For dosing of 15 ml per dose (1 US tbsp), that would be about 12 doses of 1.8 grams of vitamin-C each dose. One daily dose should be adequate as a preventative. (12 days)



**Stick blender Liposomal Vitamin-C in a glass jar.**

Purified Water = 88 grams  
40% Vodka = 88 grams  
Ascorbic acid = 22 grams  
Lecithin = 22 grams

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**First UC/fridge cycle after two stick blender/fridge cycles. ~220 ml lipo-C in 1/2 pint glass canning jar. 19mar'20**

Larger recipes using a stick blender are probably not feasible because stick blender processing will take a long time. My stick blender got quite warm during each processing.

I have an ultrasonic cleaner, so after two stick blender-fridge cycles, I will sonicate the lipo-C twice in the ultrasonic cleaner. (see photo on the left)

The volume of liposomal vitamin-C at the end of two stick blender-fridge cycles plus two UC-fridge cycles was 175 ml.

I add 15 ml of liposomal vitamin-C to half a glass of water for each dose.

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