



# Test Definition: VITC

Ascorbic Acid (Vitamin C), Plasma

## Overview

### Useful For

Identifying vitamin C deficiency

### Method Name

Liquid Chromatography Tandem Mass Spectrometry (LC-MS/MS)

Portions of this test are covered by patents held by Quest Diagnostics

### NY State Available

Yes

## Specimen

### Specimen Type

Plasma Heparin

### Shipping Instructions

Ship specimen frozen on dry ice in amber vial to protect from light.

### Specimen Required

#### Patient Preparation:

**Fasting: 12 hours, required;** infants should have specimen collected before next feeding

**Supplies:** Amber Frosted Tube, 5 mL (T915)

#### Collection Container/Tube:

**Preferred:** Green top (sodium or lithium heparin)

**Submission Container/Tube:** Amber vial

**Specimen Volume:** 1 mL

#### Collection Instructions:

1. Immediately place specimen on wet ice and process within 4 hours of collection.
2. Centrifuge at 4 degrees C, aliquot plasma into amber vial to protect from light.
3. Freeze plasma immediately, ideally at or below -60 degrees C, protected from light.

### Forms

If not ordering electronically, complete, print, and send [General Request](#) (T239) with the specimen.

### Specimen Minimum Volume

0.5 mL

### Reject Due To

Gross	Reject
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hemolysis	
Gross lipemia	OK
Gross icterus	OK

**Specimen Stability Information**

Specimen Type	Temperature	Time	Special Container
Plasma Heparin	Frozen	14 days	LIGHT PROTECTED

**Clinical & Interpretive****Clinical Information**

Vitamin C, also known as L-ascorbic acid or simply ascorbic acid, is a water-soluble vitamin that is naturally present in some foods, added to others, and available as a dietary supplement. Humans, unlike most animals, are unable to synthesize vitamin C endogenously, so it is an essential dietary component. Vitamin C is required for the enzymatic amidation of neuropeptides, production of adrenal cortical steroid hormones, promotion of the conversion of tropocollagen to collagen, and metabolism of tyrosine and folate. It also plays a role in lipid and vitamin metabolism and is a powerful reducing agent or antioxidant. Specific actions include activation of detoxifying enzymes in the liver; antioxidation, interception and destruction of free radicals; preservation and restoration of the antioxidant potential of vitamin E; and blockage of the formation of carcinogenic nitrosamines. In addition, vitamin C appears to function in a variety of other metabolic processes in which its role has not been well characterized.

Prolonged deficiency of vitamin C leads to the development of scurvy, a disease characterized by an inability to form adequate intercellular substance in connective tissues. This results in the formation of swollen, ulcerative lesions in the gums, mouth, and other tissues that are structurally weakened. Early symptoms may include weakness, easy fatigue and listlessness, as well as shortness of breath, and aching joints, bones, and muscles.

The need for vitamin C can be increased by the use of aspirin, oral contraceptives, tetracycline, and a variety of other medications. Psychological stress and advancing age also tend to increase the need for vitamin C. Among older adults, lack of fresh fruit and vegetables often adds vitamin C depletion to the inherently increased need, with development of near-scurvy status.

**Reference Values**

0.4-2.0 mg/dL

**Interpretation**

Values below 0.2 mg/dL indicate significant deficiency.

Values greater than or equal to 0.2 mg/dL and less than 0.4 mg/dL are consistent with a moderate risk of deficiency due to inadequate tissue stores.

Values of 0.4 to 2.0 mg/dL indicate adequate supply.

The actual level at which vitamin C is excessive has not been defined. Values above 3.0 mg/dL are suggestive of excess

intake. Whether vitamin C in excess is indeed toxic continues to be uncertain. However, limited observations suggest that this condition may induce uricosuria and, in individuals with glucose-6-phosphate dehydrogenase deficiency, may induce increased red blood cell fragility.

**Cautions**

Testing of nonfasting specimens or the use of vitamin supplementation can result in elevated plasma vitamin concentrations. Reference values were established in patients who were fasting.

After consuming vitamin C, plasma values rapidly rise within 1 to 2 hours and reach peak concentration within 3 to 6 hours after ingestion.

**Clinical Reference**

1. Vitamin C toxicity. *Nutr Rev.* 1976;34(8):236-237. doi:10.1111/j.1753-4887.1976.tb05776.x 2
2. Moser U, Bendich A. Vitamin C. In: Machlin LJ, ed. *Handbook of Vitamins*. 2nd ed. Marcel Dekker; 1991:195-232
3. Ball GFM. *Vitamins: Their Role in the Human Body*. Blackwell Publishing; 2004:393-420
4. Zlatuse DC, Frank EL. Development and implementation of an HPLC-ECD method for analysis of vitamin C in plasma using single column and automatic alternating dual column regeneration. *Prac Lab Med.* 2016;6:25-37. doi:10.1016/j.plabm.2016.09.001
5. Sodi R. Vitamins and trace elements. In: Rifai N, Chiu RWK, Young I, Burnham CAD, Wittwer CT, eds. *Tietz Textbook of Laboratory Medicine*. 7th ed. Elsevier; 2023:417

**Performance****Method Description**

Samples are diluted and extracted online extraction by high-turbulence liquid chromatography, with detection by tandem mass spectrometry.(Unpublished Mayo Method)

**PDF Report**

No

**Day(s) Performed**

Monday through Friday

**Report Available**

3 to 5 days

**Specimen Retention Time**

2 weeks

**Performing Laboratory Location**

Mayo Clinic Laboratories - Rochester Superior Drive

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**Fees & Codes****Fees**

- Authorized users can sign in to [Test Prices](#) for detailed fee information.
- Clients without access to Test Prices can contact [Customer Service](#) 24 hours a day, seven days a week.
- Prospective clients should contact their account representative. For assistance, contact [Customer Service](#).

**Test Classification**

This test was developed and its performance characteristics determined by Mayo Clinic in a manner consistent with CLIA requirements. It has not been cleared or approved by the US Food and Drug Administration.

**CPT Code Information**

82180

**LOINC® Information**

Test ID	Test Order Name	Order LOINC® Value
VITC	Ascorbic Acid, P	1903-4

Result ID	Test Result Name	Result LOINC® Value
8312	Ascorbic Acid, P	1903-4