

MBM Vitamin Supplement

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Abstract

Citation: Christa Smith MBM Vitamin Supplement. **protocols.io**

dx.doi.org/10.17504/protocols.io.jwkcpcw

Published: 28 Jun 2018

Guidelines

Glassware should be acid-washed and rinsed well with dH₂O before use. If unable to measure small quantities accurately, either scale up the recipe or prepare stock solutions of the individual compounds.

Protocol

Step 1.

Measure 950 mL dH₂O into a 1 L glass bottle.

Step 2.

Dissolve 2 mg biotin into the bottle.

Step 3.

Dissolve 2 mg folic acid into the bottle.

Step 4.

Dissolve 10 mg pyridoxine-HCl into the bottle.

Step 5.

Dissolve 5 mg riboflavin into the bottle.

Step 6.

Dissolve 5 mg thiamine into the bottle.

Step 7.

Dissolve 5 mg nicotinic acid into the bottle.

Step 8.

Dissolve 5 mg pantothenic acid into the bottle.

Step 9.

Dissolve 0.1 mg cyanocobalamin into the bottle.

Step 10.

Dissolve 5 mg *p*-aminobenzoic acid into the bottle.

Step 11.

Bring final volume to 1 L with dH₂O.

Step 12.

Filter sterilize final vitamin solution through a 0.2 micron PES membrane.

Step 13.

Store frozen in 1 mL aliquots.
