

AVAILABLE METHODS OF ANALYSIS FOR VITAMIN A, RETINOL AND CAROTENOIDS

Available method of analysis	Limitations	Application
RETINOL		
HPLC*	Moderate to high cost	Applicable to all foods
Colorimetry	Obsolete (Carr & Price, 1926); low recoveries of retinoids	Applicable to all foods
CAROTENOIDS		
HPLC*	Moderate to high cost. Identification of carotenoids	Applicable to all foods
Open column chromatography	Identification of carotenoids. Lack of resolution of some geometrical isomers (lutein/zeaxanthin) and stereo-isomers (cis/trans)	Applicable to all foods

* = recommended method