

1           **Soluble vitamins (vitamin B12 and vitamin C)**  
2           **microencapsulated with different biopolymers by a**  
3           **spray drying process**

4           Berta N. Estevinho<sup>1,\*</sup>, Ioana Carlan<sup>2</sup>, Alexandra Blaga<sup>2</sup>, Fernando Rocha<sup>1</sup>

5  
6           1 – LEPABE, Departamento de Engenharia Química, Faculdade de Engenharia da  
7           Universidade do Porto, Rua Dr. Roberto Frias, 4200-465 Porto, Portugal

8  
9           2 – “Gheorghe Asachi” Technical University of Iasi, Faculty of Chemical Engineering  
10          and Environmental Protection, Department of Organic, Biochemical and Food  
11          Engineering, 173 D. Mangeron, 700050 Iasi, Romania

12  
13  
14          \*Corresponding author: Tel: +351225081678 Fax: +351225081449; e-mail:  
15          berta@fe.up.pt

## 19 **Abstract**

20 Vitamins are important micro nutritional compounds which are involved in many  
21 biochemical functions in the Human body but are not synthesized by it; so, they have to  
22 be supplied through diet. However, vitamins are very sensitive which provoke a  
23 significant loss during the food processes and storage. So, microencapsulation can be used  
24 to minimize the loss of vitamins, to minimize the factors that interfere with their stability,  
25 to allow a controlled release process and to mask its undesirable taste, increasing their  
26 applicability.

27 In the present work, the microencapsulation of two vitamins, by a spray-drying process,  
28 was studied: vitamin B12, considering that is the most chemically complex and the largest  
29 of all the vitamins and vitamin C which is the most popular vitamin in the food industry.  
30 The microparticles were prepared using a spray-dryer BÜCHI B-290 (Flawil,  
31 Switzerland) with a standard 0.5 mm nozzle, under the following conditions: solution and  
32 air flow rates, air pressure and inlet temperature were set at 4 ml/min (15%), 32 m<sup>3</sup>/h  
33 (80%), 6.0 bar and 120 °C, respectively. The prepared microparticles were characterized  
34 and their physicochemical structures were analyzed by scanning electron microscopy  
35 (SEM) and by Fourier transform infrared spectroscopy (FTIR). The presence of vitamins  
36 in the microparticles was also evaluated by UV- method, validated and optimized for this  
37 objective. The evaluation of the vitamin B12 was based on absorbance values read at  
38 361.4 nm, and for the vitamin C the absorbance was read at 260.6 nm.

39 A product yield ranging from 41.8 to 55.6% for the microparticles prepared with vitamin  
40 B12 and ranging from 43.6 to 45.4% for the microparticles formed with vitamin C was  
41 obtained and microparticles with a mean diameter around 3 µm were observed, for all the  
42 biopolymers tested (chitosan, modified chitosan and sodium alginate). The microparticles  
43 formed with chitosan presented a very rough surface; on the other hand, the particles

44 formed with sodium alginate or modified chitosan presented a very smooth surface. The  
45 performed tests yield significant results and prove the success of the vitamins  
46 microencapsulation.

47 This work shows that it is possible to encapsulate vitamins using different biopolymers,  
48 through a spray-drying process.

49

50 **Keywords:**

51 Encapsulating Agent, Microencapsulation, Microcapsules, Spray Drying, Vitamin C,

52 Vitamin B12.

53

54

55

## 56 **1. Introduction**

57 Vitamins are bioactive compounds; in food are physiologically active components that  
58 provide health benefits beyond their nutritional role [1]. Vitamins are important micro  
59 nutritional substances involved in many biochemical functions in the Human body, but  
60 they are not synthesized by it; so, they have to be supplied through diet [2]. One diet poor  
61 in vitamins can lead to many deficiency diseases like pernicious anemia, scurvy, pellagra,  
62 ariboflavinosis, dermatitis, enteritis, among others. This research is focused in two main  
63 water soluble vitamins: vitamin B12 and vitamin C.

64 Vitamin B12 is also called cobalamin because it has cobalt in this structure and is the  
65 most chemically complex and largest of all the vitamins. Vitamin B12 belongs to the  
66 group “corrinoids,” which is a group of compounds having a corrin macrocycle. Vitamin  
67 B12 has a molecular weight of 1355.4, is stable in aqueous solution of pH 4–7 and can  
68 be heated at 120 °C without significant losses [3,4]. Vitamin B12 is involved in the cell  
69 metabolism (DNA synthesis and regulation), in the normal operation of the brain and  
70 nervous system, and in the formation of blood. Vitamin B12 is produced by certain  
71 bacteria and is concentrated in the bodies of higher predators in the food chain. Therefore,  
72 foods derived from animals are considered to be the major dietary sources of B12 [3,4].  
73 People with a limited intake of food with an animal source have a high risk of suffering  
74 of B12 deficiency. Vitamin B12 is related to some diseases, like the pernicious anemia.  
75 One solution is to consume vitamin B12-fortified foods or vitamin B12-containing dietary  
76 supplements to prevent B12 deficiency [3,4]. In addition low values of vitamin B12 were  
77 reported in animals, and one of the solutions is the incorporation of vitamin B12 in  
78 additives [5–7].

79 Vitamin C is a well-known bioactive compound and is a representative water soluble  
80 vitamin. Vitamin C has a variety of biological, pharmaceutical and dermatological

81 functions. [8] Vitamin C helps in fighting common colds by strengthening the immune  
82 system and is important for its potential role in minimizing the risk of serious diseases  
83 such as cancer, heart disease, cataracts, and high lead levels. Deficiency in vitamin C is  
84 associated with the disease known as scurvy [9]. Unfortunately, the human body is unable  
85 to synthesize vitamin C and cannot store it. So, appropriate amounts must be supplied  
86 regularly through the diet to restock this valuable compound [9]. Vitamin C is widely  
87 used in various types of foods as a vitamin supplement. However, vitamin C is very  
88 unstable to air, moisture, light, heat, oxygen and alkaline pH and easily decomposes into  
89 biologically inactive compounds [8]. Furthermore, due to its acidic nature, it can interact  
90 with other food components and thus negatively affect the sensory properties and shelf  
91 life of vitamin C-fortified foods [10].

92 Therefore, microencapsulation could be used as an alternative to minimize the factors  
93 that interfere with the stability of the vitamins, allow for the controlled release and mask  
94 its undesirable taste, which can be unpleasant [8,11]. It is important to microencapsulate  
95 these vitamins in order to increase their applicability in food processes. For example,  
96 some authors studied the possibility of microencapsulating vitamins with the purpose of  
97 increasing their resistance to the cooking process or storage [9]. Different studies it  
98 concluded that, Vitamin C, Vitamin B9 and vitamin B6 are less stable during high-  
99 temperature processing as compared to retinol, thiamine, riboflavin and niacin. Almost  
100 all these studies were made with encapsulating agents or processes that request the  
101 presence of organic solvents that can increase the toxicity of the particles produced. New  
102 solutions and techniques are requested. Borrmann et al. (2013) microencapsulated passion  
103 fruit juice (Vitamin C) with n-octenyl succinate-derivatised starch using a spray-dryer  
104 and stored at two different temperatures. Bastos et al. (2012) microencapsulated cashew  
105 apple (*Anacardium occidentale,L.*) juice (Vitamin C) using also a spray-drying process.

106 The spray-drying process is flexible and produces microparticles of good quality and is  
107 also, a relatively low cost technology, rapid, reproducible, allowing easy scale-up, when  
108 compared with other microencapsulation techniques, justifying the preference in  
109 industrial terms [2,14–20].

110 The present work shows the recent developments and the new applications of the spray  
111 drying technology for microencapsulation of two different vitamins (vitamin B12 and  
112 vitamin C) with different biopolymers: chitosan, modified chitosan and sodium alginate,  
113 considering all the advantages of these biopolymers. On the other hand, the two selected  
114 vitamins were chosen considering their complexity (vitamin B12) and their high  
115 applicability (vitamin C).

116

## 117 **2. Material and Methods**

### 118 **2.1. Preparation of the solutions**

119 Microparticles of two soluble vitamins (vitamin C and vitamin B12) were prepared. The  
120 vitamin C was a reference standard of ascorbic acid (Cat. No. 1043003, Lot ROK 142)  
121 from USP Rockville, MD (USA). The Vitamin B12 (Cat. No. V2876, Lot #  
122 MKBQ9972V) with a purity  $\geq 98\%$  was from Sigma-Aldrich (China). Solutions of these  
123 two vitamins were prepared with concentrations of 10 g/L using deionised water and  
124 agitation at 1200 rpm.

125 Three different biopolymers were used to prepare microparticles with vitamins: chitosan,  
126 a modified chitosan (water soluble) and sodium alginate. Chitosan of medium molecular  
127 weight (Cat. No. 448877) was purchased from Aldrich (Germany). The solution of  
128 chitosan at 1% (w/V), prepared in a solution of acetic acid (1% (V/V)) has a viscosity of  
129 200 mPa.s (25 °C). Water soluble chitosan (pharmaceutical grade) was obtained from  
130 China Eastar Group (Dong Chen) Co., Ltd (Batch no. SH20091010). Water soluble

131 chitosan was produced by carboxylation and had a deacetylation degree of 96.5%. The  
132 solution of modified chitosan at 1% (w/V), prepared in deionised water has a viscosity of  
133 5mPa.s (25 °C). Sodium alginate (alginic acid, sodium salt) (Cat. No. 180947) was from  
134 Aldrich (USA).

135 All the three solutions were prepared at room temperature. The chitosan solution was  
136 prepared with a concentration of 1% (w/V) in an acetic acid solution 1% (V/V) and with  
137 2 hours agitation at 1200 rpm (magnetic agitator – MS-H-Pro, Scansci). The other two  
138 solutions, of water soluble chitosan 1% (w/V) and sodium alginate 1% (w/V) were  
139 prepared with deionised water and with 2 hours agitation at 1200 rpm.

140 To obtain the vitamin microparticles it was necessary to prepare solutions containing the  
141 vitamins and the encapsulating agents. These solutions were then fed to the spray dryer.  
142 Thus, the solution containing the vitamin was added and mixed with each one of the  
143 biopolymers aqueous solutions (encapsulating agents) at constant agitation speed of 1200  
144 rpm, during 10 min at room temperature. The concentration of the vitamin in the fed  
145 solution to the spray-dryer was 2.0 % (w/w). Also, microparticles without vitamin were  
146 prepared, in order to study the effect of the vitamin on the microparticles produced, under  
147 the same conditions.

148

## 149 **2.2. Experimental conditions – Spray-drying process**

150 Spray-drying was performed using a spray-dryer BÜCHI B-290 (Flawil, Switzerland)  
151 with a standard 0.5 mm nozzle. The same procedure was followed for all the  
152 microparticles prepared with vitamin B12 and vitamin C and also for microparticles  
153 prepared without vitamin. The solutions were spray-dried, under the following  
154 conditions: solution and air flow rates, air pressure and inlet temperature were set at 4  
155 ml/min (15%), 32 m<sup>3</sup>/h (80%), 6.0 bar and 120 °C, respectively. The outlet temperature,

156 a consequence of the other experimental conditions and of the solution properties, was  
157 around 65 °C. The operating conditions have been selected considering preliminary  
158 studies. All the experiments were made in duplicated, with a coefficient of variation  
159 smaller than 10%.

160

### 161 **2.3. SEM characterization**

162 Structural analysis of the surface of the particles was performed by scanning electron  
163 microscopy (Fei Quanta 400 FEG ESEM/EDAX Pegasus X4M). The surface structure of  
164 the particles was observed by SEM after sample preparation by pulverization of gold in a  
165 Jeol JFC 100 apparatus at Centro de Materiais da Universidade do Porto (CEMUP).

166

### 167 **2.4 FTIR analysis**

168 The chemical characterization of microparticles was performed by Fourier transform  
169 infrared spectroscopy (FTIR) in a Bomem–MB Series, Arid-Zone™ (Québec, Canada).  
170 The spectra were obtained with KBr at 99%, at 21 scans/min, with a resolution of 4 cm<sup>-1</sup>  
171 and expressed in transmittance in the 4000–650 cm<sup>-1</sup> range.

172

### 173 **2.5. Evaluation of the presence of vitamins in the microparticles**

174 The evaluation of the presence of the vitamin B12 and vitamin C in the microparticles  
175 was made by an UV method. Two calibration curves, one for each vitamin, were  
176 developed to evaluate the concentration of vitamins released to the solution.

177 Small amounts (3 mg) of powder containing the vitamin microparticles were added to 3  
178 ml of deionised water; the maximum concentration of released vitamin was estimated by  
179 mass balance, considering the amount of reagents used, proportions vitamin/biopolymer  
180 and specifications of the spray drying process, and was also determined experimentally



181 considering the amount of vitamin released from the microparticles. The released vitamin  
182 was determined in continuous absorbance measurements (intervals of 30 seconds) until  
183 the maximum value of the released vitamin was obtained and stabilized.

184 The determination of the presence of the vitamin B12 and vitamin C in the microparticles  
185 was based on absorbance values, read at room temperature in an UV-Visible  
186 spectrophotometer (SCANSPEC SP110070 from SCANSCI) at 361.4 nm and 260.6 nm  
187 respectively.

188 Two calibration curves were developed to evaluate the concentration of vitamin released  
189 to the solution. The calibrations were made in duplicated with coefficients of variation  
190 smaller than 10% for all the standards.

191 For vitamin B12, standard solutions were prepared in deionised water. The determination  
192 of vitamin B12 was validated in the concentration range of 0.0025 g/L to 0.1 g/L with 12  
193 standards and with a correlation coefficient of the method of 0.985. The detection limit  
194 determined for vitamin B12 was 0.006 g/L.

195 For the vitamin C, the calibration was developed and validated in the concentration range  
196 of 0.0005 g/L to 0.022 g/L with 10 standards (prepared in deionised water), with a  
197 correlation coefficient of 0.985 and a detection limit of 0.001 g/L.

198

### 199 **3. Results and Discussion**

200 The spray drying process was performed with previously fixed operating conditions, in  
201 order to compare the microcapsules formed with different encapsulating agents (chitosan,  
202 modified chitosan and sodium alginate).

203 The product yield (quantity of powder recovered reported to the quantity of raw materials  
204 used) for the microparticles with vitamin B12 was 41.8%, 55.6% and 42.4% when  
205 prepared with sodium alginate, chitosan and modified chitosan, respectively. In the case

206 of the microparticles with vitamin C a product yield of 43.6%, 44.5% and 45.4%,  
207 respectively, was obtained. The product yields obtained for these microparticles are very  
208 similar with the ones obtained by Estevinho et al (2014) [21] to prepare  $\beta$ -galactosidase  
209 microparticles with the same encapsulating agents. Estevinho et al (2015) [22] also  
210 discussed the existence of small product yields, around 30-50%, for the  
211 microencapsulation by a spray drying technique. When the inlet temperature is lower, as  
212 in the present case (120 °C), the probability of obtaining low product yields increases. At  
213 low temperatures, the deposition of particles on the cylinder or/and on the cyclone wall  
214 of spray dryer was observed, leading to a lower product yield. On the other hand, the  
215 particles formed by this method are very small (around 3  $\mu\text{m}$ ), and the efficiency of the  
216 cyclone to separate small particles decreases, some of them being aspirated with the air  
217 leaving the spray dryer. Also, the sample volume influences the product yield; small  
218 volumes implying higher relative losses [22].  
219 The prepared microparticles were characterized and their physicochemical structures  
220 were analyzed by SEM and by FTIR.

221

### 222 **3.1. Microparticles characterization**

#### 223 **3.1.1. Scanning electron microscopy (SEM) analysis**

224 Spherical microparticles were produced in all the cases (Fig. 1). The surface of the  
225 microparticles presented different textural characteristics. In the case of the particles  
226 formed with chitosan the surface was very rough. The particles formed with sodium  
227 alginate had a smooth surface and the microparticles formed with modified chitosan  
228 presented a very regular shape and a smooth surface. Microparticles with a mean diameter  
229 around 3  $\mu\text{m}$  were observed, for all the biopolymers tested (chitosan, modified chitosan  
230 and sodium alginate). In SEM images, the size of the microparticles containing vitamins

231 appears to be similar to the size of the microparticles produced without vitamins.  
232 Estevinho et al (2014) [23] found similar results, surface, textural characteristics and size,  
233 for the microencapsulation of  $\beta$ -galactosidase with the same encapsulating agents. Also  
234 the microparticles size without enzyme appears to be similar to the size of the  
235 microparticles with enzyme.

236

### 237 **3.1.2. FTIR analysis**

238 FTIR studies give information about the molecular structure of chemical compounds and  
239 are useful for the characterization of biopolymers.

240 In this work, 3 different biopolymers (sodium alginate, chitosan and modified chitosan)  
241 were tested, taking into account their high biocompatibility. In Fig. 2, it is possible to  
242 evaluate the FTIR spectrum of the microparticles made with these biopolymers. All of  
243 them are polysaccharides with similar functional groups, that will provoke a high  
244 similarity between the spectra.

245 Alginate is a natural, linear, unbranched polysaccharide containing 1,4'-linked beta-D-  
246 mannuronic and alpha-L-guluronic acid residues [24]. For sodium alginate microparticles  
247 the more important absorption bands at frequency values that justify the existence of the  
248 corresponding functional groups (bonds), are for example: O-H ( $3700-3000\text{ cm}^{-1}$ ; stretch  
249 vibration), C-H ( $3000-2850\text{ cm}^{-1}$ ; stretch vibration), CO<sub>2</sub>- ( $1600\text{ cm}^{-1}$  antisymmetric  
250 CO<sub>2</sub>-stretch), CO<sub>2</sub>- ( $1400\text{ cm}^{-1}$  symmetric CO<sub>2</sub>-stretch), at  $1300\text{ cm}^{-1}$  skeletal vibration  
251 and at  $1100-1000\text{ cm}^{-1}$  antisymmetric stretch C-O-C. These bands are consistent with the  
252 results of, for example, Lawrie et al. (2007) [25].

253 Chitosan is an attractive biopolymer, although a water-insoluble material; however it is  
254 possible to modify the structure in order to produce an easily soluble chitosan in neutral

255 aqueous solutions [26–28]. Water soluble chitosan can be useful for drug carriers and for  
256 food industrial applications [19,29].

257 For chitosan microparticles the more important absorption bands are at frequency values:  
258 3700-3000  $\text{cm}^{-1}$  (O-H and N-H, stretch vibration), 3000-2850  $\text{cm}^{-1}$  (C-H, stretch  
259 vibration), 1645  $\text{cm}^{-1}$  (Amide I), 1584  $\text{cm}^{-1}$  (N-H bending from amine and amine II), 1410  
260  $\text{cm}^{-1}$  ( $-\text{CH}_2$  bending), 1375  $\text{cm}^{-1}$  ( $\text{CH}_3$  symmetrical deformation), 1150  $\text{cm}^{-1}$   
261 antisymmetric stretch C-O-C and C-N stretch and at 1030 skeletal vibration of C-O  
262 stretching. The band at 1560  $\text{cm}^{-1}$  has a larger intensity than at 1655  $\text{cm}^{-1}$ , which suggests  
263 effective deacetylation of chitosan. The band at 1656  $\text{cm}^{-1}$  corresponds to the amide I  
264 stretching of C=O, as described by Lawrie *et al.* (2007) [25,30]. The spectrum of the  
265 microparticles with modified chitosan is similar to the spectrum of the chitosan; only the  
266 size of some absorption bands is different.

267 In Fig. 3, the spectra of the microparticles with vitamin B12 and vitamin C are presented.  
268 These microparticles have only 2% of vitamin and 98% of encapsulating agent, which  
269 makes it difficult to identify the presence of the vitamins in the spectra, when compared  
270 with the spectra of the microparticles made only with the encapsulating agent. Some  
271 important absorption bands of the vitamins are overlapped by the absorption bands of the  
272 encapsulating agent making it difficult to distinguish them.

273 The major band for the vitamin B12 occurs at frequency values of 1664  $\text{cm}^{-1}$  and is due  
274 to the amide I C=O stretching mode of the propionamide side chains of the corrin ring  
275 [31]. These authors also describe a medium intensity band at 1572  $\text{cm}^{-1}$ , attributed to a  
276 breathing mode of the corrin ring of vitamin B12 and another one at a frequency 2135  
277  $\text{cm}^{-1}$  (cyanide stretching), proving the cobalt-carbon distance in cyanocorrinoids of  
278 vitamin B12 [31].

279 The strongest absorption bands for the vitamin C occur at frequency values:  $1764\text{ cm}^{-1}$   
280 ( $\text{C}=\text{O}$  stretching),  $1675\text{ cm}^{-1}$  ( $\text{C}=\text{C}$  ring stretching) and  $3216\text{--}3626\text{ cm}^{-1}$  ( $\text{OH}$  stretching).  
281 Various vibrational bands can be observed in the region  $1200\text{--}1500\text{ cm}^{-1}$  which are  
282 connected with the  $\text{CH}_2$  scissoring, twisting and wagging and the  $\text{C-H}$  deformation  
283 modes. The band at  $1277\text{ cm}^{-1}$  is originated by  $\text{C-O-C}$  stretching. Others  $\text{C-O-C}$  stretches  
284 can be seen at  $1142$ ,  $1121$ ,  $1113$ ,  $1077$  and  $1046\text{ cm}^{-1}$  in the vitamin C spectrum [32].  
285 In FTIR spectra of the microparticles made with alginate (Fig. 3 A) the presence of the  
286 vitamins was very difficult to recognize. There are only small differences in the size or in  
287 the proportion of the bands.  
288 In the case of chitosan (Fig. 3 B), for the microparticles with vitamin C the bands at  
289 frequency values of  $1764\text{ cm}^{-1}$ ,  $1675\text{ cm}^{-1}$  and  $1277\text{ cm}^{-1}$  are different and appear to be  
290 bigger than in the case of the microparticles made only with chitosan. For the  
291 microparticles with vitamin B12 the band at the frequency  $2135\text{ cm}^{-1}$  (cyanide stretching)  
292 increases, proving the presence of vitamin B12. Finally, for the case of the microparticles  
293 with modified chitosan (Fig. 3 C), and for the case of vitamin B12, the bands at frequency  
294 values of  $1664\text{ cm}^{-1}$  ( $\text{C}=\text{O}$  stretching) and  $1572\text{ cm}^{-1}$  (attributed to a breathing mode of  
295 the corrin ring) have other size relation than in the spectrum of microparticles made only  
296 with modified chitosan. It is also possible to see a small band at a frequency of  $2135\text{ cm}^{-1}$   
297 (cyanide stretching). For vitamin C, the bands at frequency values of  $1764\text{ cm}^{-1}$  ( $\text{C}=\text{O}$   
298 stretching),  $1675\text{ cm}^{-1}$  ( $\text{C}=\text{C}$  ring stretching) and at  $1277\text{ cm}^{-1}$  ( $\text{C-O-C}$  stretching)  
299 increased. For both of the cases of the microparticles made with vitamins, the size of the  
300 band  $3600\text{--}3000\text{ cm}^{-1}$  ( $\text{OH}$  stretching) increased, when compared with the spectrum of  
301 the microparticles made only with modified chitosan.  
302 The differences between the spectra with and without vitamins are very small, but they  
303 give support to the idea that microparticles have vitamins in their composition. To

304 confirm this, analytical methods have been developed to quantify the presence of vitamins  
305 in the microparticles.

306

### 307 **3.2. Evaluation of the presence of vitamin B12 and vitamin C in the** 308 **microparticles**

309 For both of the vitamins the release was total. So, the presence of vitamin B12 and vitamin  
310 C in the microparticles was confirmed and also obtained the different release profiles, for  
311 the different encapsulating agents. The total amount of the vitamin was recovered in  
312 different times depending on the encapsulating agents (Fig. 4 and Fig. 5). For example,  
313 for vitamin B12 the total amount of vitamin was released in 120 min for microparticles  
314 made with chitosan, in 15 min for microparticles made with alginate and 10 min for the  
315 microparticles made with modified chitosan. Similar results have been obtained for the  
316 microparticles with vitamin C.

317 Comparing the SEM images with the release profiles, a slow release was associated to a  
318 rougher surface (microparticles with chitosan).

319 So, depending on the type of application intended for the vitamins, different encapsulating  
320 agents need to be selected to allow the more adequate controlled release of the vitamins.  
321 For instance if a slow release of the vitamin in one aqueous solution is wanted the best  
322 option for the encapsulating agent will be the chitosan. On the other hand if it is intended  
323 a fast release of the vitamin the best option can be the microencapsulation of vitamins  
324 with modified chitosan or alginate. These two encapsulating agents can be used, for  
325 example, for microencapsulated vitamins used in drinks prepared instantaneously from  
326 powder formulations. Thus the vitamins will be protected from oxidation, light, moisture  
327 and other factors during the storage time.

328 As referred by Murugesan and Orsat (2012) microencapsulation and nanoencapsulation  
329 are the best ways to preserve vitamins [2]. Some authors used with success the spray  
330 drying technique to microencapsulate vitamins such as vitamin A [33,34], vitamin E [35]  
331 and vitamin C [8]. Vitamin C was successfully encapsulated in tripolyphosphate (TPP)  
332 cross-linked chitosan (TPP-chitosan) microspheres by the spray-drying method. The  
333 effect of adding a crosslinking agent and how this crosslinking increase the stability of  
334 the microparticles was studied [8,36]. The sphericity of chitosan microspheres was lost at  
335 higher volume of crosslinking agent. The TPP-chitosan microspheres loaded with vitamin  
336 C were spherical and had smooth surface and the release of vitamin C from these  
337 microspheres was sustained and affected by the volume of crosslinking agent added.  
338 [8,36]. In general the crosslinking agents provoke changes in the structure of the  
339 microparticles and delay the release of the compounds from the microparticles, improving  
340 the controlled release systems [37]. In the present work, 3 encapsulating agents have been  
341 studied and compared, without crosslinking agents. The use of crosslinking agents will  
342 be subject of future works.

343

#### 344 **4. Conclusion**

345 In the present work two different vitamins (vitamin B12 and vitamin C) were  
346 microencapsulated by a spray drying process using three different encapsulating agents:  
347 chitosan, modified chitosan and sodium alginate.

348 A product yield around 45% was obtained for both of vitamins in all the assays.  
349 Microparticles with a mean diameter around 3  $\mu\text{m}$  were observed, for all the biopolymers  
350 tested. The microparticles formed with chitosan presented a very rough surface but the  
351 particles formed with sodium alginate or modified chitosan presented a very smooth  
352 surface. Finally, the presence of vitamins in the microparticles was confirmed and

353 evaluated by UV-method, validated and optimized for this objective. Different release  
354 profiles were obtained for both of the vitamins with the different encapsulating agents  
355 (chitosan, modified chitosan and sodium alginate). In general, the release time of the total  
356 amount of vitamins was around 120 min for microparticles made with chitosan, 15 min  
357 for microparticles made with alginate and 10 min for the microparticles made with  
358 modified chitosan.

359 Comparing the SEM images with the release profiles, a slow release was associated to a  
360 rougher surface (microparticles with chitosan).

361 This work shows that it is possible to encapsulate vitamins using different biopolymers  
362 through a spray-drying process, and depending on the type of application pretended for  
363 the vitamins, different encapsulating agents need to be selected to allow the more  
364 adequate controlled release of the vitamins.

365

## 366 **Acknowledgments**

367 The authors thank Fundação para a Ciência e a Tecnologia (FCT) for the postdoctoral  
368 grant SFRH/BPD/73865/2010 of Berta Estevinho and to the Erasmus program for the  
369 scholarship of Ioana Carlan.

370

## 371 **References**

372 [1] A. Teleki, A. Hitzfeld, M. Eggersdorfer, 100 Years of Vitamins: The Science of  
373 Formulation is the Key to Functionality, *KONA Powder Part. J.* 30 (2013) 144–  
374 163. doi:10.14356/kona.2013015.



- 375 [2] R. Murugesan, V. Orsat, Spray Drying for the Production of Nutraceutical  
376 Ingredients—A Review, *Food Bioprocess Technol.* 5 (2011) 3–14.  
377 doi:10.1007/s11947-011-0638-z.
- 378 [3] F. Watanabe, Y. Yabuta, Y. Tanioka, T. Bito, Biologically active vitamin B12  
379 compounds in foods for preventing deficiency among vegetarians and elderly  
380 subjects., *J. Agric. Food Chem.* 61 (2013) 6769–75. doi:10.1021/jf401545z.
- 381 [4] F. Watanabe, Y. Yabuta, T. Bito, F. Teng, Vitamin B12-containing plant food  
382 sources for vegetarians., *Nutrients.* 6 (2014) 1861–73. doi:10.3390/nu6051861.
- 383 [5] N.D. Grace, S.O. Knowles, Trace element supplementation of livestock in new  
384 zealand: meeting the challenges of free-range grazing systems., *Vet. Med. Int.*  
385 2012 (2012) 639472. doi:10.1155/2012/639472.
- 386 [6] N.D. Grace, D.H. Lewis, An evaluation of the efficacy of injectable  
387 microencapsulated vitamin B12 in increasing and maintaining the serum and liver  
388 vitamin B12 concentrations of lambs., *N. Z. Vet. J.* 47 (1999) 3–7.  
389 doi:10.1080/00480169.1999.36099.
- 390 [7] N.D. Grace, The effect of increasing the Vitamin B12 status of Romney ewes on  
391 foetal liver Vitamin B12, milk Vitamin B12 and liver Vitamin B12 concentrations  
392 in suckling lambs., *N. Z. Vet. J.* 47 (1999) 97–100.  
393 doi:10.1080/00480169.1999.36121.
- 394 [8] K.G.H. Desai, H.J. Park, Encapsulation of vitamin C in tripolyphosphate cross-  
395 linked chitosan microspheres by spray drying., *J. Microencapsul.* 22 (2005) 179–  
396 192. doi:10.1080/02652040400026533.
- 397 [9] S. Abbas, C. Da Wei, K. Hayat, Z. Xiaoming, Ascorbic Acid: Microencapsulation  
398 Techniques and Trends—A Review, *Food Rev. Int.* 28 (2012) 343–374.  
399 doi:10.1080/87559129.2011.635390.

- 400 [10] T. a Comunian, A. Abbaspourrad, C.S. Favaro-Trindade, D. a Weitz, Fabrication  
401 of solid lipid microcapsules containing ascorbic acid using a microfluidic  
402 technique., *Food Chem.* 152 (2014) 271–5. doi:10.1016/j.foodchem.2013.11.149.
- 403 [11] T. a. Comunian, M. Thomazini, A.J.G. Alves, F.E. de Matos Junior, J.C. de  
404 Carvalho Balieiro, C.S. Favaro-Trindade, Microencapsulation of ascorbic acid by  
405 complex coacervation: Protection and controlled release, *Food Res. Int.* 52 (2013)  
406 373–379. doi:10.1016/j.foodres.2013.03.028.
- 407 [12] D. Borrmann, A.P.T.R. Pierucci, S.G.F. Leite, M.H.M.D.R. Leão,  
408 Microencapsulation of passion fruit (*Passiflora*) juice with n-octenylsuccinate-  
409 derivatised starch using spray-drying, *Food Bioprod. Process.* 91 (2013) 23–27.  
410 doi:10.1016/j.fbp.2012.08.001.
- 411 [13] D.D.S. Bastos, M.D.P. Gonçalves, C.T. De Andrade, K.G.D.L. Araújo, M.H.M.  
412 Da Rocha Leão, Microencapsulation of cashew apple (*Anacardium occidentale*,  
413 L.) juice using a new chitosan–commercial bovine whey protein isolate system in  
414 spray drying, *Food Bioprod. Process.* (2012) in press.  
415 doi:10.1016/j.fbp.2012.04.005.
- 416 [14] J. Pu, J.D. Bankston, S. Sathivel, Developing microencapsulated flaxseed oil  
417 containing shrimp (*Litopenaeus setiferus*) astaxanthin using a pilot scale spray  
418 dryer, *Biosyst. Eng.* 108 (2011) 121–132.  
419 doi:10.1016/j.biosystemseng.2010.11.005.
- 420 [15] A.L.R. Rattes, W.P. Oliveira, Spray drying conditions and encapsulating  
421 composition effects on formation and properties of sodium diclofenac  
422 microparticles, *Powder Technol.* 171 (2007) 7–14.  
423 doi:10.1016/j.powtec.2006.09.007.

- 424 [16] N. Schafroth, C. Arpagaus, U.Y. Jadhav, S. Makne, D. Douroumis, Nano and  
425 Microparticle Engineering of Water Insoluble Drugs Using a Novel Spray–Drying  
426 Process, *Colloids Surfaces B Biointerfaces*. 90 (2011) 8–15.  
427 doi:10.1016/j.colsurfb.2011.09.038.
- 428 [17] P. de Vos, M.M. Faas, M. Spasojevic, J. Sikkema, Encapsulation for preservation  
429 of functionality and targeted delivery of bioactive food components, *Int. Dairy J.*  
430 20 (2010) 292–302. doi:10.1016/j.idairyj.2009.11.008.
- 431 [18] B.N. Estevinho, F. Rocha, L. Santos, A. Alves, Microencapsulation with chitosan  
432 by spray drying for industry applications – A review, *Trends Food Sci. Technol.*  
433 31 (2013) 138–155. doi:10.1016/j.tifs.2013.04.001.
- 434 [19] B.N. Estevinho, F. Rocha, L. Santos, A. Alves, Using Water Soluble Chitosan for  
435 Flavour Microencapsulation in Food Industry, *J. Microencapsul.* 30 (2013) 571–  
436 579. doi:10.3109/02652048.2013.764939.
- 437 [20] B.N. Estevinho, A.M. Damas, P. Martins, F. Rocha, The Influence of  
438 Microencapsulation with a Modified Chitosan (Water Soluble) on  $\beta$ -galactosidase  
439 Activity, *Dry. Technol.* 32 (2014) 1575–1586.  
440 doi:10.1080/07373937.2014.909843.
- 441 [21] B.N. Estevinho, A.M. Damas, P. Martins, F. Rocha, Microencapsulation of  $\beta$ -  
442 galactosidase with different biopolymers by a spray-drying process, *Food Res. Int.*  
443 64 (2014) 134–140. doi:10.1016/j.foodres.2014.05.057.
- 444 [22] B.N. Estevinho, I. Ramos, F. Rocha, Effect of the pH in the formation of  $\beta$ -  
445 galactosidase microparticles produced by a spray-drying process, *Int. J. Biol.*  
446 *Macromol.* 78 (2015) 238–242. doi:10.1016/j.ijbiomac.2015.03.049.

- 447 [23] B.N. Estevinho, A.M. Damas, P. Martins, F. Rocha, Microencapsulation of  $\beta$ -  
448 galactosidase with different biopolymers by a spray-drying process, *Food Res. Int.*  
449 64 (2014) 134–140. doi:10.1016/j.foodres.2014.05.057.
- 450 [24] K. Möbus, J. Siepmann, R. Bodmeier, Zinc-alginate microparticles for controlled  
451 pulmonary delivery of proteins prepared by spray-drying., *Eur. J. Pharm.*  
452 *Biopharm.* 81 (2012) 121–30. doi:10.1016/j.ejpb.2012.01.018.
- 453 [25] G.. Lawrie, I. Keen, B.. Drew, A.. Chandler-Temple, L.. Rintoul, P.. Fredericks,  
454 et al., Interactions between Alginate and Chitosan Biopolymers Characterized  
455 Using FTIR and XPS, *Biomacromolecules.* 8 (2007) 2533–2541.
- 456 [26] H. Sashiwa, N. Kawasaki, A. Nakayama, Chemical modification of chitosan. 14:1  
457 Synthesis of water-soluble chitosan derivatives by simple acetylation.,  
458 *Biomacromolecules.* 3 (2002) 1126–1128.  
459 <http://www.ncbi.nlm.nih.gov/pubmed/12217063> (accessed April 18, 2012).
- 460 [27] H. Zhang, S. Wu, Y. Tao, L. Zang, Z. Su, Preparation and Characterization of  
461 Water-Soluble Chitosan Nanoparticles as Protein Delivery System, *J. Nanomater.*  
462 2010 (2010) 1–5. doi:10.1155/2010/898910.
- 463 [28] M.N.V.R. Kumar, A review of chitin and chitosan applications, *React. Funct.*  
464 *Polym.* 46 (2000) 1–27.  
465 <http://www.sciencedirect.com/science/article/pii/S1381514800000389> (accessed  
466 April 18, 2012).
- 467 [29] B.N. Estevinho, A.M. Damas, P. Martins, F. Rocha, Study of the Inhibition Effect  
468 on the Microencapsulated Enzyme  $\beta$ -galactosidase, *Environ. Eng. Manag. J.* 11  
469 (2012) 1923–1930.

- 470 [30] B.M.A.N. Estevinho, F.A.N. Rocha, L.M.D.S. Santos, M.A.C. Alves, Using water-  
471 soluble chitosan for flavour microencapsulation in food industry., *J.*  
472 *Microencapsul.* 30 (2013) 571–579. doi:10.3109/02652048.2013.764939.
- 473 [31] L. Jin, P. Lu, H. You, Q. Chen, J. Dong, Vitamin B12 diffusion and binding in  
474 crosslinked poly(acrylic acid)s and poly(acrylic acid-co-N-vinyl pyrrolidinone)s.,  
475 *Int. J. Pharm.* 371 (2009) 82–8. doi:10.1016/j.ijpharm.2008.12.022.
- 476 [32] C. Yohannan Panicker, H. Tresa Varghese, D. Philip, FT-IR, FT-Raman and SERS  
477 spectra of Vitamin C., *Spectrochim. Acta. A. Mol. Biomol. Spectrosc.* 65 (2006)  
478 802–4. doi:10.1016/j.saa.2005.12.044.
- 479 [33] Y. Xie, H. Zhou, X. Liang, B. He, X. Han, Study on the Morphology, Particle Size  
480 and Thermal Properties of Vitamin A Microencapsulated by Starch  
481 Octenylsuccinate, *Agric. Sci. China.* 9 (2010) 1058–1064. doi:10.1016/S1671-  
482 2927(09)60190-5.
- 483 [34] Y.-L. Xie, H.-M. Zhou, Z.-R. Zhang, Effect of Relative Humidity on Retention and  
484 Stability of Vitamin a Microencapsulated By Spray Drying, *J. Food Biochem.* 31  
485 (2007) 68–80. doi:10.1111/j.1745-4514.2007.00099.x.
- 486 [35] J. Hategekimana, K.G. Masamba, J. Ma, F. Zhong, Encapsulation of vitamin E:  
487 Effect of physicochemical properties of wall material on retention and stability,  
488 *Carbohydr. Polym.* 124 (2015) 172–179. doi:10.1016/j.carbpol.2015.01.060.
- 489 [36] K.G. DESAI, H.J. PARK, Effect of manufacturing parameters on the  
490 characteristics of vitamin C encapsulated tripolyphosphate-chitosan microspheres  
491 prepared by spray-drying, *J. Microencapsul.* 23 (2006) 91–103.
- 492 [37] B.N. Estevinho, F. Rocha, L. Santos, A. Alves, Microencapsulation with chitosan  
493 by spray drying for industry applications - A review, *Trends Food Sci. Technol.*  
494 31 (2013) 138–155. doi:10.1016/j.tifs.2013.04.001.



## 496 **Figure Captions**

497

498 Fig. 1: SEM images of the microparticles with vitamins and without vitamins with  
499 different biopolymers: sodium alginate, chitosan and modified chitosan. Amplified 30000  
500 times, beam intensity (HV) 1000 kV, distance between the sample and the lens (WD) less  
501 than 12 mm.

502

503 Fig. 2: FTIR spectra for samples with microparticles made with sodium alginate, chitosan  
504 and modified chitosan. Spectra obtained with KBr at 99%, at 21 scans/min, with a  
505 resolution of  $4\text{ cm}^{-1}$  and expressed in transmittance in the  $4000\text{--}650\text{ cm}^{-1}$  range.

506

507 Fig. 3: FTIR spectra for samples with microparticles with vitamin B12 and vitamin C  
508 made with: A - sodium alginate, B - chitosan and C - modified chitosan. Spectra obtained  
509 with KBr at 99%, at 21 scans/min, with a resolution of  $4\text{ cm}^{-1}$  and expressed in  
510 transmittance in the  $4000\text{--}650\text{ cm}^{-1}$  range.

511

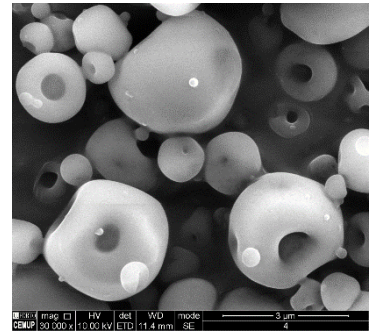
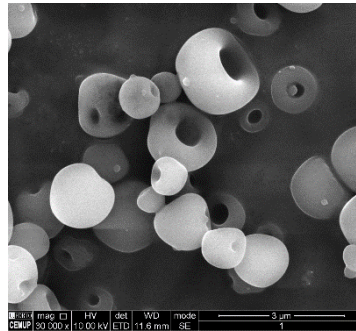
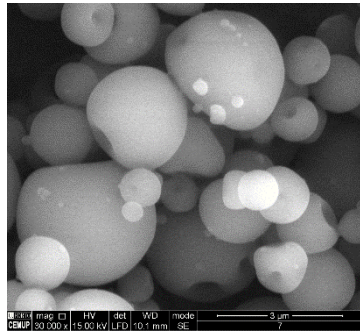
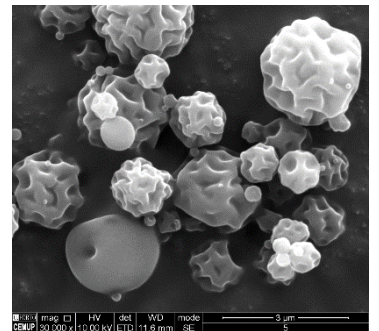
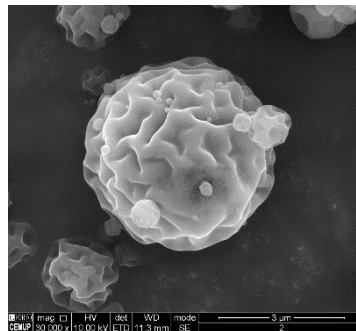
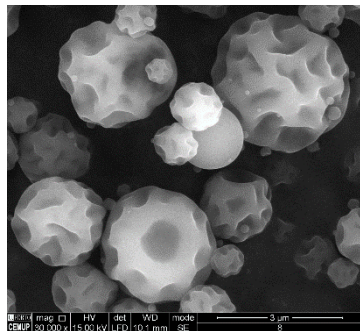
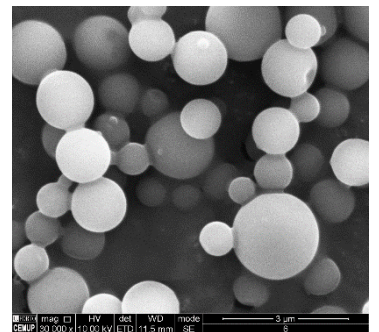
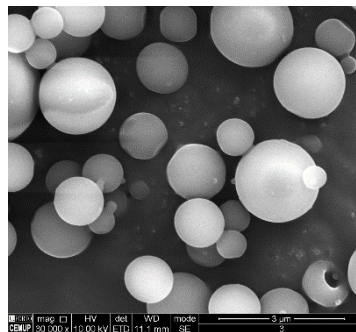
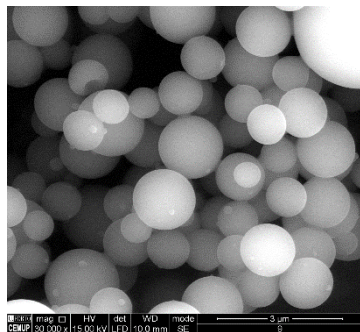
512 Fig. 4: Release of vitamin B12 from microparticles made with different encapsulating  
513 agents.

514

515 Fig. 5: Release of vitamin C from microparticles made with different encapsulating  
516 agents.

517

518

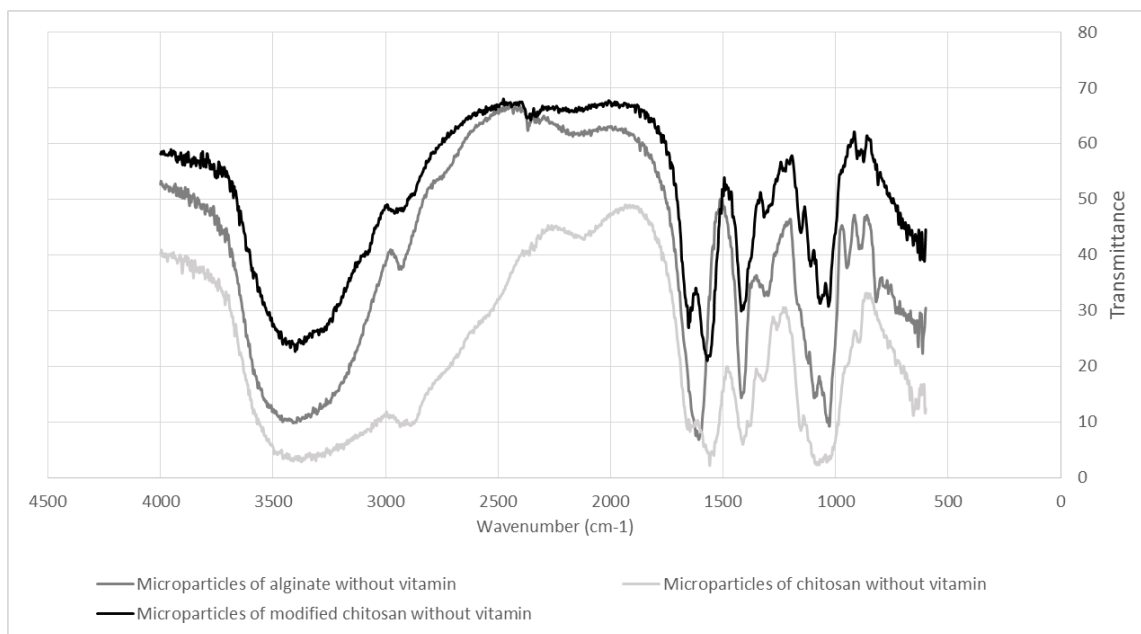
**Microcapsules with  
encapsulating agent**
**Without Vitamin**
**Vitamin B12**
**Vitamin C**
**Sodium alginate**

**Chitosan**

**Modified chitosan**


520

521 Fig. 1: SEM images of the microparticles with vitamins and without vitamins with  
 522 different biopolymers: sodium alginate, chitosan and modified chitosan. Amplified 30000  
 523 times, beam intensity (HV) 1000 kV, distance between the sample and the lens (WD) less  
 524 than 12 mm.

525

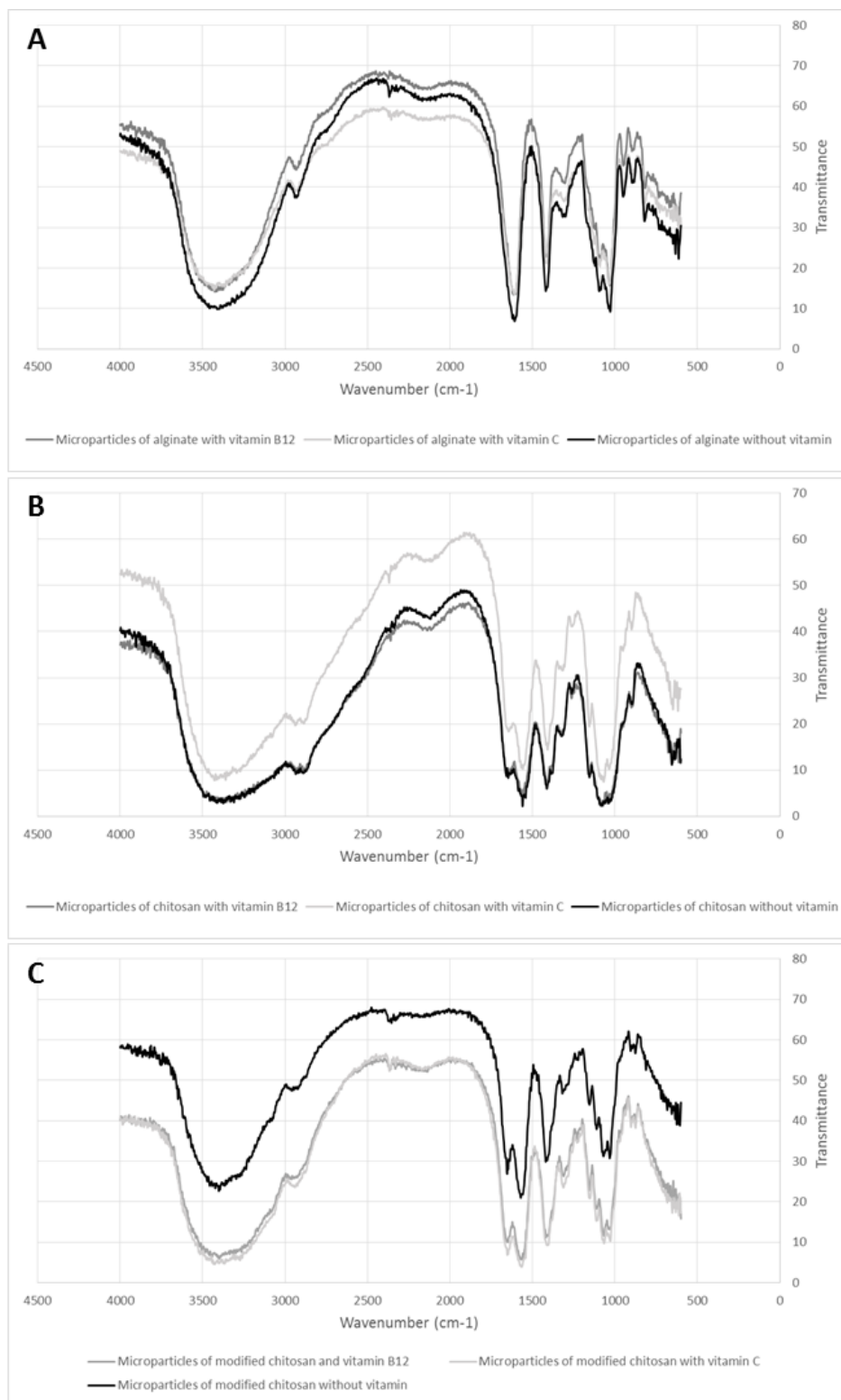




526

527 Fig. 2: FTIR spectra for samples with microparticles made with sodium alginate, chitosan  
 528 and modified chitosan. Spectra obtained with KBr at 99%, at 21 scans/min, with a  
 529 resolution of  $4\text{ cm}^{-1}$  and expressed in transmittance in the  $4000\text{--}650\text{ cm}^{-1}$  range.

530



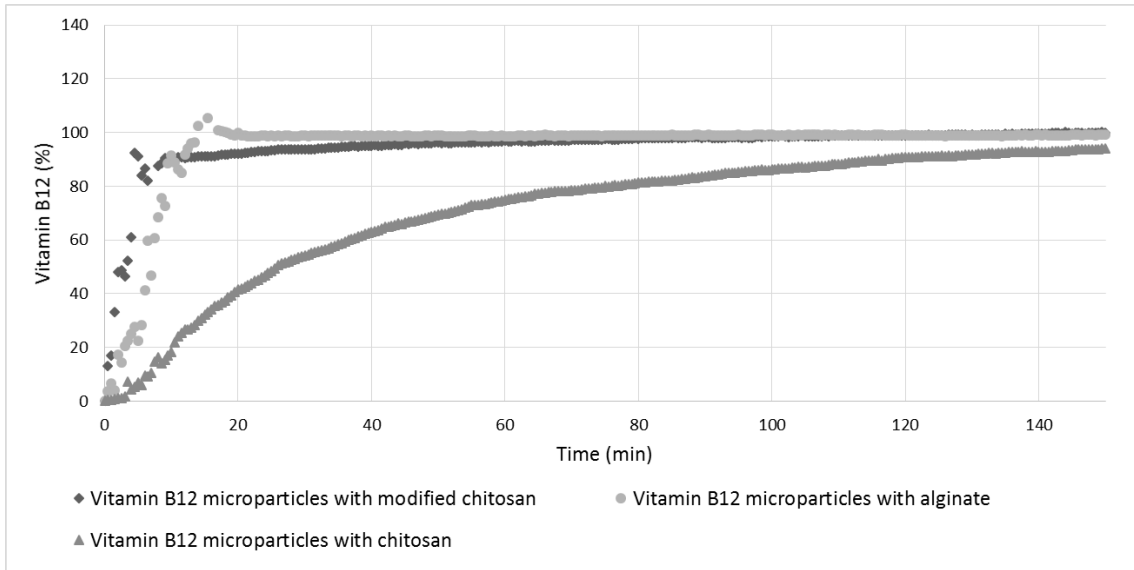
531

532 Fig. 3: FTIR spectra for samples with microparticles with vitamin B12 and vitamin C

533 made with: A - sodium alginate, B - chitosan and C - modified chitosan. Spectra obtained

534 with KBr at 99%, at 21 scans/min, with a resolution of 4 cm<sup>-1</sup> and expressed in

535 transmittance in the 4000–650 cm<sup>-1</sup> range.



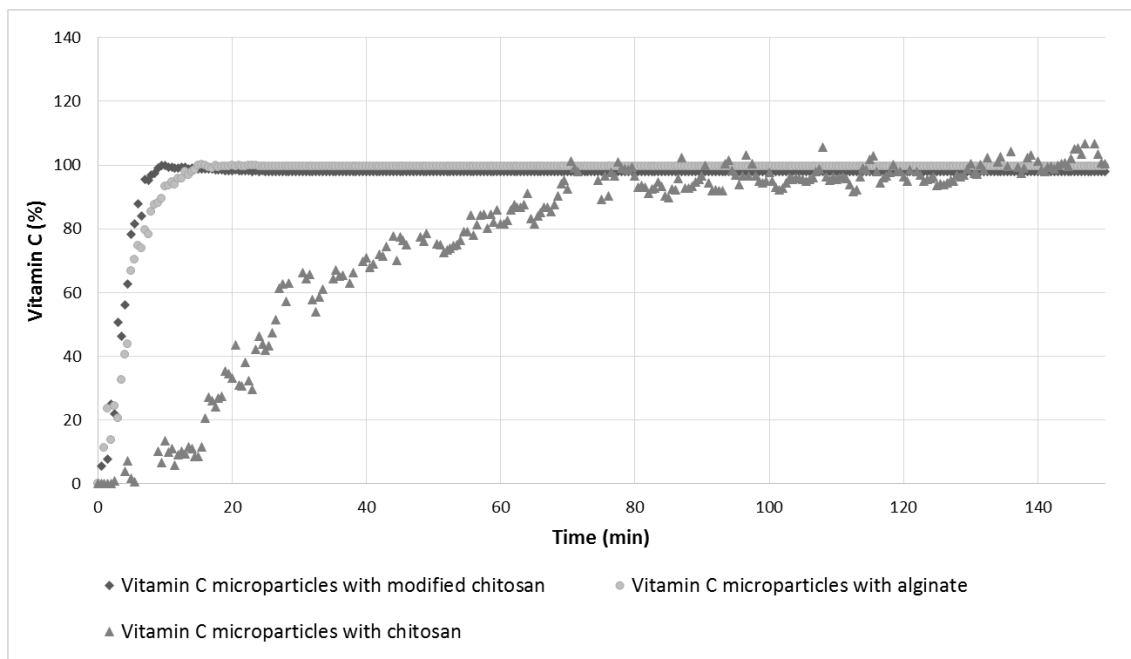
536

537 Fig. 4: Release of vitamin B12 from microparticles made with different encapsulating

538 agents.

539

540



541

542 Fig. 5: Release of vitamin C from microparticles made with different encapsulating  
543 agents.

544

545

546