

Weekly Fitness

Week _____

Month _____

Monday Exercises:

Tuesday Exercises:

Wednesday Exercises:

Thursday Exercises:

Friday Exercises:

Saturday Exercises:

Sunday Exercises:

Weekly Goals

- _____
- _____
- _____
- _____

My Motivation

Notes / Reminder

To Start Ok Delay Stuck Cancel

Tutorial Fitness Planner

Ensheng Dong



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web trimyristin is found in the fixed oil of nutmeg the fixed oil comprises approximately 24-40% of the nutmeg seed trimyristin comprises 73% of the fixed oil overall trimyristin should have percent recovery of 18-29% figure 1 shows how trimyristin is triester formed from the dehydration reaction between glycerol and myristic acid

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web purpose the purpose of this lab is to extract trimyristin from nutmeg as well as synthesizing myristic acid from the

extracted trimyristin using base hydrolysis and naoh acidification using hcl is necessary to characterize the product by finding the melting point

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web in this lab trimyristin is extracted from ground nutmeg occurring in many vegetable oils as well as myristic acid trimyristin consists of long saturated hydrocarbon chains and it is relatively nonpolar thus using a relatively nonpolar solvent trimyristin can be easily extracted by the concept of like dissolves like

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