

## General index

<b>Abstract</b> .....	<b>2</b>
<b>Chapter 1</b> .....	<b>4</b>
<b>Introduction</b> .....	<b>4</b>
1.1. Phenolic compounds .....	4
1.1.1. Overview .....	4
1.1.2. Biosynthesis .....	5
1.1.3. Classification.....	7
1.1.4. Metabolism .....	12
1.1.5. Biological effects .....	14
1.2. Currants and gooseberries ( <i>Ribes</i> spp.) .....	17
1.3. <i>In vitro</i> methodologies for the evaluation of the digestion process .....	25
1.3.1. Overview .....	25
1.3.2. Simulated gastric and intestinal digestion models .....	27
1.3.3. Simulated colonic fermentation models.....	30
1.4. Analysis of phenolic compounds .....	32
1.4.1. Extraction.....	32
1.4.2. Samples pre-treatment.....	33
1.4.3. Phenolic profiling by HPLC-DAD and HPLC-ESI-MS/MS .....	34
1.5. <i>In vitro</i> methods for biological activity evaluation .....	35
1.5.1. Antioxidant activity.....	35
1.5.2. Inhibition of metabolic syndrome-related enzymes .....	36
1.5.3. Anti-inflammatory activity .....	37
1.5.4. Prebiotic activity .....	38
<b>Hypothesis</b> .....	<b>40</b>
<b>Objectives</b> .....	<b>41</b>
1. General objective .....	41
2. Specific objectives .....	41
<b>Chapter 2</b> .....	<b>43</b>
<b>Materials and Methods</b> .....	<b>43</b>

2.1. Reagents and solvents .....	43
2.2. Samples collection .....	45
2.3. Sample processing .....	46
2.3.1. Fruits extraction .....	46
2.3.2. Phenolic-enriched extract (PEE) obtention.....	47
2.4. <i>In vitro</i> gastrointestinal tract experiments.....	47
2.4.1. Simulated gastrointestinal digestion (GID).....	47
2.4.2. Simulated colonic fermentation conditions.....	48
2.5. Chromatographic analyses .....	50
2.5.1. HPLC-DAD analyses of GID samples.....	50
2.5.2. HPLC-DAD analyses of fermented samples.....	51
2.5.3. Identification by HPLC-ESI-MS/MS <sup>n</sup> .....	51
2.6. Total flavonoid (TF) and total phenolic (TP) content.....	52
2.7. Antioxidant activity .....	53
2.7.1. Discoloration of the DPPH radical.....	53
2.7.2. Ferric reducing antioxidant power (FRAP).....	53
2.7.3. Trolox equivalent antioxidant capacity (TEAC).....	54
2.7.4. Cupric-reducing antioxidant power (CUPRAC).....	54
2.7.5. Superoxide anion scavenging capacity .....	54
2.7.6. Oxygen radical absorbance capacity (ORAC) .....	55
2.7.7. Cell-based assays .....	55
2.8. Inhibitory effect on metabolic syndrome-associated enzymes .....	57
2.8.1. $\alpha$ -amylase inhibition assay .....	57
2.8.2. $\alpha$ -glucosidase inhibition assay .....	57
2.8.3. Lipase inhibition assay.....	58
2.9. Anti-inflammatory activity .....	58
2.9.1. Cell-based assays .....	58
2.9.2. COX-1 and COX-2 enzymes inhibition assay .....	61
2.10. Prebiotic effect measurement.....	61
2.10.1. Pre-reduced sterile bacterial growth medium .....	61
2.10.2. <i>In vitro</i> batch-culture incubations of GID-extracts with human microbiota .....	61
2.10.3. Determination of pH, and ammonia content .....	63

2.10.4. Short-chain fatty acids and branched-chain fatty acids.....	63
2.10.5. Bacterial groups quantification .....	64
2.11. Statistical analysis.....	66
<b>Chapter 3 .....</b>	<b>68</b>
<b>Qualitative and quantitative changes in polyphenol composition and bioactivity of <i>Ribes magellanicum</i> and <i>R. punctatum</i> after <i>in vitro</i> gastrointestinal digestion.....</b>	<b>68</b>
3.1. Introduction.....	68
3.2. Results and discussion .....	71
3.2.1. Tentative identification of polyphenols from <i>R. magellanicum</i> and <i>R. punctatum</i> by HPLC-DAD-MS/MS <sup>n</sup> .....	71
3.2.2. Effect of simulated gastrointestinal digestion (GID) on phenolic content and composition .....	80
3.2.3. Changes in total phenolics (TP) and total flavonoid (TF) content before and after simulated digestion process .....	84
3.2.4. Changes in antioxidant activity after simulated digestion process .....	87
3.2.5. Inhibition of metabolic syndrome-associated enzymes before and after the simulated digestion process .....	91
3.2.6. Cytoprotective effect of Chilean currants PEEs against oxidative and dicarbonyl stress	94
3.2.7. Statistical correlations.....	98
<b>Chapter 4 .....</b>	<b>100</b>
<b>Colonic fermentation of polyphenols from Chilean currants (<i>Ribes spp.</i>) and its effect on antioxidant capacity and metabolic syndrome-associated enzymes.....</b>	<b>100</b>
4.1. Introduction.....	100
4.2. Results and discussion .....	102
4.2.1. Chemical characterization of native phenolics in the PEE and their metabolites after <i>in vitro</i> colonic fermentation.....	102
4.2.2. Quantitative changes in main precursors by colonic fermentation .....	121
4.2.3. Effect of simulated colonic fermentation on the antioxidant capacity .....	125
4.2.4. Effect of simulated colonic fermentation on the inhibition of metabolic syndrome-associated enzymes .....	126
<b>Chapter 5 .....</b>	<b>130</b>
<b>Anti-inflammatory effect of polyphenols from Chilean currants (<i>Ribes magellanicum</i> and <i>R. punctatum</i>) after <i>in vitro</i> gastrointestinal digestion on Caco-2 cells .....</b>	<b>130</b>
5.1. Introduction.....	130

5.2. Results and discussion .....	133
5.2.1. Cytotoxicity of the intestinal digested polyphenol-enriched extract (ID-PEE) from Chilean currants on intestinal Caco-2 cells .....	134
5.2.2. Effect of ID-PEE from Chilean <i>Ribes</i> species on IL-8, IL-6, and TNF- $\alpha$ release .....	134
5.2.3. Effect of the digested PEEs on COX-2 and iNOS expression in Caco-2 cells .....	140
5.2.4. Inhibitory activity of Chilean currants digested extracts towards COX-1 and COX-2..	142
<b>Chapter 6 .....</b>	<b>145</b>
<b>Prebiotic effect of <i>in vitro</i> gastrointestinal digested polyphenolic enriched extracts of Chilean currants (<i>Ribes magellanicum</i> and <i>Ribes punctatum</i>) .....</b>	<b>145</b>
6.1. Introduction.....	145
6.2. Results and discussion .....	147
6.2.1. pH and ammonia variations throughout <i>in vitro</i> fermentation.....	147
6.2.2. Branched-chain fatty acids (BCFA) production .....	149
6.2.3. Short chain fatty acids (SCFA) analyses.....	152
6.2.4. Changes in bacterial populations by Chilean currants digested extracts.....	156
<b>Chapter 7 .....</b>	<b>163</b>
<b>Conclusions.....</b>	<b>163</b>
<b>References.....</b>	<b>166</b>
<b>Annexes .....</b>	<b>202</b>
1. Publications.....	202
1.1 Thesis-related publications .....	202
1.2 Other publications .....	203
2. Conference presentations .....	204
3. Negative controls of <i>in vitro</i> colonic fermentation .....	205
3.1. HPLC-DAD traces of fermented samples (Donor 1) without extracts at 280, 330 and 520 nm after 8 h (A) and 24 h (B) of incubation. ....	205
3.3. HPLC-DAD traces of fermented samples (Donor 2) without extracts at 280, 330 and 520 nm after 8 h (A) and 24 h (B) of incubation. ....	206
4. Citotoxicity of the extracts in cell-based assays .....	207
4.1. Cytotoxic effect of PEE (A), GD-PEE (B), and ID-PEE (C) of <i>R. magellanicum</i> and <i>R. punctatum</i> on gastric adenocarcinoma cell line (AGS).....	207
4.2. Cytotoxicity of <i>R. magellanicum</i> and <i>R. punctatum</i> ID-PEEs on Caco-2 clone C2BBel cells. ....	208

## Figures index

Figure 1. Main biosynthetic pathways of the most common phenolic compounds occurring in plants.....	6
Figure 2. Basic structural skeletons of common non-flavonoids.....	8
Figure 3. Basic structural skeletons of flavonoids.....	11
Figure 4. Overview of the metabolism of phenolic compounds.....	14
Figure 5. Ripe fruits of <i>R. magellanicum</i> (A), and <i>R. punctatum</i> (B).....	19
Figure 6. Scheme of physiological processes emulated with <i>in vitro</i> digestion.....	26
Figure 7. Map of Chile showing the collection places of <i>Ribes</i> spp. fruits.....	46
Figure 8. HPLC-DAD chromatograms at 280 nm (black) and total ion chromatograms in the negative ionization mode (pink) of <i>R. magellanicum</i> polyphenolic-enriched extract (PEE), after gastric digestion (GD-PEE) and after intestinal (ID-PEE) digestion.....	73
Figure 9. HPLC-DAD chromatograms at 280 nm (black) and total ion chromatograms in the negative ionization mode (pink) of <i>R. punctatum</i> polyphenolic-enriched extract (PEE), after gastric digestion (GD-PEE) and after intestinal (ID-PEE) digestion.....	74
Figure 10. Protective effect of <i>Ribes magellanicum</i> PEEs, throughout <i>in vitro</i> digestion, on human AGS cells against the stress induced by H <sub>2</sub> O <sub>2</sub> and MGO, respectively.....	96
Figure 11. Protective effect of <i>Ribes punctatum</i> PEEs, before and after <i>in vitro</i> digestion, on human AGS cells against stress induced by H <sub>2</sub> O <sub>2</sub> and MGO.....	97
Figure 12. HPLC-DAD chromatograms at 280 nm (black) and total ion chromatograms in the negative ionization mode (red) of <i>Ribes magellanicum</i> after colonic fermentation with donor 1 (D1) and donor 2 (D2) samples, at time-points 0h, 8h and 24h.....	104
Figure 13. HPLC-DAD chromatograms at 280 nm (black) and total ion chromatograms in the negative ionization mode (red) of <i>Ribes punctatum</i> after colonic fermentation with donor 1 (D1) and donor 2 (D2) samples, at time-points 0h, 8h and 24h.....	105
Figure 14. Effect of intestinal-digested polyphenol-enriched extracts (ID-PEE) from <i>R. magellanicum</i> and <i>R. punctatum</i> on the secretion of cytokines and chemokines A) IL-8; B) TNF- $\alpha$ ; and C) IL-6 in intestinal Caco-2 cells stimulated with interleukin-1 $\beta$ (IL-1 $\beta$ ).....	139
Figure 15. Effect of the intestinal-digested polyphenol-enriched extracts (ID-PEE) from <i>R. magellanicum</i> and <i>R. punctatum</i> on the relative mRNA expression of A) COX-2; and B) iNOS in intestinal Caco-2 cells stimulated with interleukin 1 $\beta$ (IL-1 $\beta$ ).....	142
Figure 16. pH and ammonia variations during <i>in vitro</i> colonic fermentation of <i>Ribes punctatum</i> (Rp) and <i>R. magellanicum</i> (Rm) at 40, 80 and 160 $\mu$ g/mL.....	149
Figure 17. Branched-chain fatty acids (BCFA) formation during simulated colonic fermentation with the intestinal digested polyphenols from <i>R. punctatum</i> (Rp) and <i>R. magellanicum</i> (Rm) at 40, 80 and 160 $\mu$ g/mL.....	151

Figure 18. Production of short chain fatty acids (SCFA), after simulated colonic fermentation with the intestinal digested polyphenols from <i>R. punctatum</i> (Rp) and <i>R. magellanicum</i> (Rm) at 40, 80 and 160 µg/mL.....	155
Figure 19. Influence of polyphenols from <i>R. punctatum</i> on the human bacterial composition during the simulated colonic fermentation.....	161
Figure 20. Changes in abundance of human colonic bacteria elicited by <i>R. magellanicum</i> polyphenols along time, during the <i>in vitro</i> fermentation.....	162

## Table Index

Table 1. Anthocyanins reported in the literature for Patagonian <i>Ribes</i> species.....	21
Table 2. Hydroxycinnamic acids and other flavonoids informed in the literature for Patagonian currants ( <i>Ribes spp.</i> ).....	22
Table 3. Flavonoids reported in Patagonian currants ( <i>Ribes spp.</i> ).....	23
Table 4. Primers employed for quantitative PCR analysis. ....	60
Table 5. Mass of the target and qualifier ions employed for the identification and quantification of short-chain fatty acids (SCFA). ....	64
Table 6. Sequence, annealing temperature, and concentration of primers.....	66
Table 7. Tentative identification of anthocyanins in undigested and digested <i>R. magellanicum</i> and <i>R. punctatum</i> PEE by HPLC-ESI-MS/MS <sup>+</sup> . ....	75
Table 8. Tentative identification of flavonoids and hydroxycinnamic acids in non-digested and digested <i>R. magellanicum</i> and <i>R. punctatum</i> by HPLC-ESI-MS/MS <sup>-</sup> .....	78
Table 9. Concentrations of main anthocyanins and hydroxycinnamic acids, expressed as mg of anthocyanin or 3-caffeoylquinic acid equivalents, in Chilean <i>Ribes magellanicum</i> and <i>R. punctatum</i> PEEs, before and after <i>in vitro</i> gastric digestion (GD-PEE) and intestinal digestion (ID-PEE), per g of sample.....	82
Table 10. Yields of extraction, total phenolic (TP) and total flavonoid (TF) content and their recovery percentages (% rec.) from Chilean <i>R. magellanicum</i> and <i>R. punctatum</i> phenolic-enriched extracts (PEE), before and after <i>in vitro</i> gastric (GD-PEE) and intestinal digestion (ID-PEE).....	86
Table 11. Antioxidant activity of Chilean <i>R. magellanicum</i> and <i>R. punctatum</i> PEEs, before and after <i>in vitro</i> gastric (GD-PEE) and intestinal digestion (ID-PEE). ....	90
Table 12. Effect of Chilean <i>R. magellanicum</i> and <i>R. punctatum</i> PEEs, before and after <i>in vitro</i> gastric digestion (GD-PEE) and intestinal digestion (ID-PEE) towards metabolic syndrome-associated enzymes. ....	93
Table 13. Pearson's correlation coefficient values among the content of the main phenolic groups occurring in Chilean currants and the antioxidant activity. ....	99
Table 14. Flavonoids and HCAs detected in <i>R. magellanicum</i> and <i>R. punctatum</i> PEEs and fermented samples by means of HPLC-ESI-MS/MS.....	111
Table 15. Native polyphenols and metabolites detected after <i>in vitro</i> colonic fermentation of Chilean currants ( <i>R. magellanicum</i> and <i>R. punctatum</i> ).....	118
Table 16. Time-related quantitative modifications in main phenolic compounds (mg of compound/g PEE) of Chilean currants during <i>in vitro</i> fermentation. ....	124

Table 17. Oxygen radical absorbance capacity and effect of Chilean <i>R. magellanicum</i> and <i>R. punctatum</i> PEEs, before and after <i>in vitro</i> fermentation towards metabolic syndrome-associated enzymes. ....	129
Table 18. Percentage of inhibition of the PEEs from <i>Ribes magellanicum</i> and <i>R. punctatum</i> towards human COX-1 and COX-2. ....	144



## Glossary of abbreviations

<b>ACN</b>	Acetonitrile	<b>L</b>	Liter
<b>AGS</b>	Human gastric epithelial cells	<b>LC</b>	Liquid chromatography
<b>amu</b>	Atomic mass unit	<b>M</b>	Molar
<b>APCI</b>	Atmospheric pressure chemical ionization	<b>MeOH</b>	Methanol
<b>APPI</b>	Atmospheric pressure photoionization	<b>µg</b>	Microgram
<b>BCFA</b>	Branched-chain fatty acids	<b>mg</b>	Milligram
<b>CH</b>	Caffeoyl hexoside	<b>min</b>	Minute
<b>3-CQA</b>	3-caffeoylquinic acid	<b>µL</b>	Microliter
<b>5-CQA</b>	5-caffeoylquinic acid	<b>mL</b>	Milliliter
<b>CE</b>	Catechin equivalents	<b>mM</b>	Milimolar
<b>3-CoQA</b>	3-coumaroylquinic acid	<b>MS</b>	Mass spectrometry
<b>CD</b>	Crohn's disease	<b>m/z</b>	Mass/charge
<b>COX</b>	Cyclooxygenase	<b>ng</b>	Nanogram
<b>CUPRAC</b>	Cupric reducing antioxidant capacity	<b>nm</b>	Nanometer
<b>DAD</b>	Diode array detector	<b>NO</b>	Nitric oxide
<b>DPPH</b>	2,2-diphenyl-1-picrylhydrazyl	<b>NSAIDs</b>	Non-steroidal anti-inflammatory drugs
<b>ESI</b>	Electrospray ionization	<b>ORAC</b>	Oxygen radical absorbance capacity
<b>FAO</b>	Food and Agriculture Organization of the United Nations	<b>PEE</b>	Polyphenolic-enriched extract
<b>FBS</b>	Fetal bovine serum	<b>PG</b>	Prostaglandins
<b>FOS</b>	Fructooligosaccharides	<b>Rt</b>	Retention time
<b>FQA</b>	Feruloylquinic acid	<b>rpm</b>	Revolutions per minute
<b>FRAP</b>	Ferric reducing antioxidant capacity	<b>SC<sub>50</sub></b>	Scavenging capacity 50 %
<b>GAE</b>	Gallic acid equivalents	<b>SCFA</b>	Short-chain fatty acids
<b>GD-PEE</b>	Gastric digested polyphenol-enriched extract	<b>SEM</b>	Standard error of the mean
<b>GID</b>	Gastrointestinal digestion	<b>SET</b>	Single electron transfer
<b>g</b>	Gram	<b>SD</b>	Standard deviation
<b>GSH</b>	Reduced glutathione	<b>SPE</b>	Solid phase extraction
<b>HAT</b>	Hydrogen atom transfer	<b>TEAC</b>	Trolox equivalent antioxidant capacity
<b>HCA</b>	Hydroxycinnamic acids	<b>TE</b>	Trolox equivalents
<b>h</b>	hours	<b>TF</b>	Total flavonoid content
<b>HPLC</b>	High performance liquid chromatography	<b>TNF-α</b>	Tumor necrosis factor alpha
<b>IBD</b>	Inflammatory bowel diseases	<b>TP</b>	Total phenolic content
<b>ID-PEE</b>	Intestinal digested polyphenol-enriched extract	<b>UC</b>	Ulcerative colitis
<b>IL</b>	Interleukin	<b>UV</b>	Ultraviolet
<b>iNOS</b>	Inducible nitric oxide synthase	<b>WHO</b>	World health organization
		<b>µM</b>	Micromolar

