

Naturally occurring inhibitors against the formation of AGEs, diabetes, and Maillard reaction products in health

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November 8, 2013

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Hyperglycemia, Oxidative stress, AGEs



Advances in Experimental Medicine and Biology 2013, pp 272-287

PROACT

Advanced glycation end-products (AGEs) PROACTIVE KU



AGEs can arise from intracellular auto-oxidation of glucose to glyoxal, decomposition of the Amadori product to 3-deoxyglucosone and nonenzymatic phosphate elimination to form methylglyoxal.

 These reactive intracellular dicarbonyl react with amino groups of intracellular and extracellular proteins to form AGEs.

Food and Chemical Toxicology 60 (2013) 10–37

Production of AGE precursors can damage cells by three general mechanisms

- Intracellular proteins modified by AGEs have altered function
- Extracellular matrix components modified by AGE precursors interact abnormally with other matrix components and with matrix receptors that are expressed on the surface of cells
- Plasma proteins modified by AGE precursors bind to AGE receptors (such as RAGE and AGE-R1,2 and 3) on cells such as macrophages, vascular endothelial cells and vascular smooth muscle cells.
 - AGE receptors binding activates PKC, and induces the production of ROS.
 - **Γ** It also activates NF-κB, and disturbs MAPK signaling





TAGE (toxic AGEs) hypothesis in various chronic diseases



Medical Hypotheses (2004) 63, 449-452

PROACT

Endogenous/Dietary Sources

- Endogenous or dietary factors play a major role in the antioxidative defenses of the organism against the ROS generated during normal cellular aerobic respiration.
- As natural products have generally been proven to be relatively safe for human consumption, as compared to synthetic compounds, there has been an increasing interest in the use of natural plant compounds, such as anti-glycating agents.
- "Yellow Myroblan", "Asiatic plantain" and "Seaweed fulvescenes" are introduced in this presentation





I. Natural Inhibitors against Formation of Advanced Glycation Endproducts (AGEs)

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Terminalia chebular (Yellow Myrobalan) PROACTIVE KU

Dried ripe fruit of *T. chebula*,
 which is a native plant in India and
 Southeast Asia



- Known as yellow myroblans in
 English and harad in Hindi
- A popular folk medicine for homeostatic, antitussive, laxative, diuretic, and cardiotonic treatments
- Exhibits *in vitro* antioxidant and free radical scavenging activities
- Antimicrobial, antiviral, anticancer, anti-anaphylaxis, and anti-diabetic activities have been reported



September 2005

Biol. Pharm. Bull. 28(9) 1639-1644 (2005)

Antioxidant Effects of Aqueous Extract of *Terminalia chebula in Vivo* and *in Vitro*

Hyun-Sun Lee,^{*a*} Nam Hee Won,^{*b*} Kyoung Heon Kim,^{*a*} Hojoung Lee^{*c*}, Woojin Jun,^{*d*} and Kwang-Won Lee^{*,*a*}

Treatment	AST (IU/l)		MDA (mmol/g liver)	Glutathione (nmol/mg protein)	
		ALI (10/1)		Reduced	Oxidized (GSSG)
Untreated control t-BHP (0.1 mmol/kg) TCE ^{a)} (500 mg/kg) (1000 mg/kg)	$114.5 \pm 8.1 \\381.1 \pm 24.3^{b)} \\148.9 \pm 25.6^{c)} \\112.1 \pm 7.7^{c)}$	$12.0\pm7.349.3\pm4.5b)35.6\pm5.0c)14.7\pm4.4c)$	$63.5\pm6.2 \\ 133\pm20^{b)} \\ 79.4\pm8.8^{c)} \\ 63.9\pm9.5^{c)}$	70.5 \pm 3.7 59.2 \pm 0.2 ^d) 69.8 \pm 10 65.7 \pm 16	$23.1\pm3.969.7\pm2.6^{d})18.3\pm3.9^{e})17.3\pm3.4^{e})$



Chebulic acid from *Terminalia chebular*





Arch Toxicol (2007) 81:211-218 DOI 10.1007/s00204-006-0139-4

Isolation of chebulic acid from Terminalia chebula Retz. and its antioxidant effect in isolated rat hepatocytes



ESR spectrum observed after incubation for 90 s in the presence of 50 M N-tert-butyl-phenylnitron (BPN). a Only vehicle, b 0.25 M t-BHP, c 2.5 mg/ml chebulic acid and 0.25 M t-BHP, d 0.25 mg/ml chebulic acid and 0.25 M t-BHP

	$\begin{array}{c} DPPH^{\bullet}SC_{50}{}^{a} \\ (\mu gDM^{b}ml^{-1}) \end{array}$	FRAP ^c (mmol FeSO ₄ ·7H ₂ O g ⁻¹ DM
Chebulic acid EGCG	$\begin{array}{c} 48.5 \pm 1.3 \\ 19.5 \pm 1.7 \end{array}$	360.6 ± 1.4 417.5 ± 10.4

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E

A





Journal of Ethnopharmacology 131 (2010) 567-574



Preventive effects of chebulic acid isolated from *Terminalia chebula* on advanced glycation endproduct-induced endothelial cell dysfunction

Hyun-Sun Lee^a, Yoon-Chang Koo^d, Hyung Joo Suh^b, Kyung-Yong Kim^c, Kwang-Won Lee^{d,*}



(A) HUVEC exposed to BSA

- (B) 100 μ g/mL glycer-AGE
- (C) 100 µg/mL glycer-AGE + 10 µM chebulic acid
- (D) 100 μ g/mL glycer-AGE + 25 μ M chebulic acid for 24h to the adhesion assay



1702

Oral Administration of Ethyl Acetate-Soluble Portion of *Terminalia chebula* Conferring Protection from Streptozotocin-Induced Diabetic Mellitus and Its Complications

Ji-hoon KIM, Chung-Oui HONG, Yun-chang Koo, Su-Jung KIM,[†] and Kwang-Won LEE*







(A)



B (group D): glycogen-granule accumulation (solid arrow) in tubular epithelium;

C (group AG): near normal appearance of kidney tubules;

D (group LEETC): glycogen-granule accumulation (solid arrow) in the tubular epithelium;

E (group HEETC): near normal appearance of kidney tubules. Original magnification, x200.



200





Inhibitory effect of chebulic acid (CA) on Glycol-BSA and collagen cross-link *in vitro*



Breaking effect of CA on Glycol-BSA induced collagen cross-link *in vitro*





Kinetics of oxidation of ascorbic acid (AA) with and without different levels of AG (A), ALT 711



ALT-711(IC₅₀ of 1.92±0.20 mM) <CA (IC₅₀ of 0.96±0.07 mM) <AG (0.47±0.05 mM)

PROACT

Plantago asiatica (Asiatic plantain)

- A native plant in East Asia
- Traditionally been used as a popular folk medicine for nephritis, cough, eye disease, gonorrhea and heart disease
- Mostly known for antipyretic, antitussive, diuretic and wound healing properties



PROAC





Plantamajoside from Plantago asiatica (Phyto. Res. 22:323-329 (2008))





J. Fd Hyg. Safety Vol. 26, No. 3, pp. 260~265 (2011)

Protective Effect of *Plantago asiatica* L. Leaf Ethanolic Extract Against Ferric Nitrilotriacetate-Induced Prostate Oxidative Damage in Rats

Seung-Taek Hong, Chung-Oui Hong, Mi-Hyun Nam, YuanYuan Ma, Yun-Jin Hong, Da-Hee Son, Su-Hyun Chun and Kwang-Won Lee*

J. Fd Hyg. Safety Vol. 26, No. 2, pp. 107~113 (2011)

Protective Effect of *Plantago asiatica* L. Extract Against Ferric Nitrilotriacetate (Fe-NTA) Induced Renal Oxidative Stress in Wistar Rats

> Chung-Oui Hong, Seung-Teak Hong, Yun-Chang Koo, Sung-Yong Yang, Ji-Young Lee, Yanhouy Lee, Young-Min Ha, and Kwang-Won Lee*

Table 1. Effects of pre-treatment with *Plantago asiatica* extract (PAE) on Fe-NTA-mediated accretion of renal serum blood urea nitrogen (BUN) and serum creatinine content in rat

Treatment groups	BUN (mg/dL)	Creatinine (mg/dL)
Saline (control)	$18.54 \pm 1.29^{b^{**}}$	$0.52 \pm 0.04^{b^{**}}$
Fe-NTA (13.5 mg Fe/kg body weight)	116.82 ± 5.20^{a}	2.70 ± 0.20^{a}
PAE (1 g/kg body weight) + Fe-NTA (13.5 mg Fe/kg body weight)	95.76 ± 7.89°**	$2.16 \pm 0.34^{c*}$
PAE (2 g/kg body weight) + Fe-NTA (13.5 mg Fe/kg body weight)	89.34 ± 26.93^{ac}	$2.20 \pm 0.51^{ac*}$
PAE (4 g/kg body weight) + Fe-NTA (13.5 mg Fe/kg body weight)	39.54 ± 21.93 ^{d**}	$1.16 \pm 0.55^{d^{**}}$

Values are expressed as mean \pm SD (n = 5), *P < 0.05, **P < 0.01 compared with rat treated with Fe-NTA alone.



Table 1. Effects of pretreatment with *Plantago asiatica* leaf extract (PLE) on Fe-NTA-mediated depletion of prostate glutathione content and decrease in the activities of glutathione metabolizing enzymes, glutathione-S-transferase and glutathione reductase in rat

Treatment groups	Reduced glutathione (mmol GSH/g tissue)	Glutathione-S-transferase (Units/g tissue)	Glutathione reductase (Units/g tissue)
Saline (control)	$193.84 \pm 37.78^{b^{**}}$	$96.11 \pm 6.23^{b^{\bullet \bullet \bullet \bullet}}$	$31.32 \pm 3.85^{b^{\bullet \bullet \bullet \bullet}}$
Fe-NTA (0.24 mmol Fe/kg body weight)	101.87 ± 24.31	53.29 ± 11.45	15.74 ± 2.92
PLE (1 g/kg body weight) + Fe-NTA (0.24 mmol Fe/kg body weight)	119.01 ± 1.23	65.74 ± 9.79	19.24 ± 0.53
PLE (2 g/kg body weight) + Fe-NTA (0.24 mmol Fe/kg body weight)	150.80 ± 34.11	$76.54 \pm 4.44^{b^{\bullet\bullet}}$	19.17 ± 3.31
PLE (4 g/kg body weight) + Fe-NTA (0.24 mmol Fe/kg body weight)	$182.99 \pm 10.89^{b^{\bullet \bullet}}$	91.66 ± 5.53^{b}	$26.88 \pm 4.40^{b^{\bullet^{\bullet}}}$

Value are expressed as mean \pm SD (n = 3), *P < 0.05, **P < 0.01, ***P < 0.001 compared with rat treated with Fe-NTA alone.

Table 2. Effects of pre-treatment with Plantago asiatica extract (PAE) on Fe-NTA-mediated depletion of renal glutathione content an	1
decrease in the activities of glutathione metabolizing enzymes, glutathione-S-transferase and glutathione reductase in rat	

Treatment groups	Reduced glutathione (mmol GSH/g tissue)	Glutathione-S-transferase (Units/g tissue)	Glutathione reductase (Units/g tissue)
Saline (control)	$142.82 \pm 16.51^{b^{**}}$	$124.69 \pm 13.07^{b^{**}}$	$107.31 \pm 8.70^{b^{**}}$
Fe-NTA (13.5 mg Fe/kg body weight)	59.45 ± 12.32^{a}	$49.88 \pm 4.55^{\circ}$	56.70 ± 5.40^{a}
PAE (1 g/kg body weight) + Fe-NTA (13.5 mg Fe/kg body weight)	77.86 ± 12.62^{ac}	$66.59 \pm 5.01^{ad^*}$	67.37 ± 8.66°
PAE (2 g/kg body weight) + Fe-NTA (13.5 mg Fe/kg body weight)	$123.11 \pm 12.72^{b^{**}}$	83.25 ± 8.38 ^{cd**}	$80.34 \pm 6.06^{cd^{**}}$
PAE (4 g/kg body weight) + Fe-NTA (13.5 mg Fe/kg body weight)	$147.97 \pm 26.27^{b^{**}}$	$124.68 \pm 13.67^{b^{**}}$	98.67 ± 10.11 ^{bd**}

Values are expressed as mean \pm SD (n=3), *P < 0.05, **P < 0.01 compared with rat treated with Fe-NTA alone.



N U T R I T I O N R E S E A R C H 3 3 (2 0 1 3) 7 0 4 – 7 1 0

A beverage of Asiatic plantain extracts alleviated postprandial oxidative stress in overweight hyperlipidemic subjects challenged with a high-fat meal: a preliminary study

Yeni Lim^a, Kwang Won Lee^b, Ji Yeon Kim^{c,*}, Oran Kwon^{a,*}

A randomized, double-blind, placebo-controlled parallel design

Table – Baseline characteristics of subjects prior to the study						
Variable	Placebo	Asiatic plantain				
	(n = 10)	Low (n = 10)	Intermediate (n = 10)	High (n = 10)		
Sex (male/female)	7/3	3/7	6/4	5/5	-	
Age (y)	42.40 ± 3.41	45.30 ± 2.94	38.50 ± 1.93	43.60 ± 3.77	.4633	
Height (cm)	164.96 ± 2.51	166.72 ± 2.28	163.36 ± 3.25	167.23 ± 2.65	.7336	
Weight (kg)	76.36 ± 2.20	76.75 ± 3.06	75.65 ± 2.78	81.12 ± 3.34	.2954	
BMI (kg/m²)	26.97 ± 0.62	27.53 ± 0.59	28.40 ± 0.88	28.91 ± 0.56	.1914	
SBP (mm Hg)	123.50 ± 4.56	122.80 ± 2.44	128.60 ± 3.61	128.60 ± 3.44	.5162	
DBP (mm Hg)	72.5 ± 2.73	75.40 ± 2.17	77.90 ± 3.04	78.00 ± 2.80	.4396	
FBG (mg/dL)	83.50 ± 4.25	95.80 ± 7.13	89.90 ± 4.36	91.90 ± 4.53	.4158	
TC (mg/dL)	202.20 ± 7.52	217.40 ±15.22	228.10 ± 5.45	236.80 ± 7.52	.0863	
TG (mg/dL)	135.00 ±18.64	163.50 ±10.03	138.80 ±18.31	170.00 ±21.07	.4046	
HDL-C (mg/dL)	51.00 ± 2.05	48.60 ± 4.73	54.10 ± 5.43	46.40 ± 1.88	.5393	
LDL-C (mg/dL)	128.00 ± 6.78	139.60 ±12.92	147.90 ± 4.92	161.00 ± 6.96	.0598	



- High fat meal (976 kcal, 51% from fat)
- Low 5 g, Intermediate 10 g, High 20 g doses of PAE or a placebo per 80 mL
- Blood samples were obtained at fasting and 60, 120, 240, and 360 minutes (total of 5 samples) after intervention.



Capsosiphon fulvescens (Seaweed fulvescenes, Maesaengi)

- A native seaweed in South Korea
- Hypocholesterolemic effect
- Heavy metal binding activity and high contents of basic ions (K⁺, Ca²⁺, Fe²⁺)







Bioorganic & Medicinal Chemistry Letters (under revision)

Pheophorbide a from *Capsosiphon fulvescens* down-regulates vascular endothelium dysfunction and advanced glycation endproducts mediated proinflammatory cytokines













II. Determination of N^ε-(carboxymethyl)lysine in Representative Korean Food

- N^ε-carboxymethyl-lysine (CML) is a frequently used marker of AGEs formed in food (or endogenously in living organisms)
- A diet rich in AGE contributes to the body's AGE pool and may contribute to these health effects
- Although it is generally assumed
 CML (as an AGE) binds to RAGE in
 the human body, this is not
 absolutely certain and should be
 evidenced.
- Assuming the body's CML
 interacts with the receptor RAGE, dietary CML impairs human health.







- CML is one of the most widely studied AGE, and is frequently used as a marker for AGE formation in food.
- It is stable and exists in the bound form.
- It is known that dietary CML contributes to the body's CML pool.
- Therefore, it is worthwhile to obtain scientific insight into aspects related to dietary CML with the view of reducing as much as possible the presence of this compound in food products.

Determination of N^ε-(carboxymethyl)lysine in representative Korean food by a modified HPLC

- PROACTIVE KU
- Five main ingredient of food that mostly consumed was selected according to 2008 National Health Statistics by Korean (Korea Centers Disease Control & Prevention, 2008)
 - 1. Rice of grains
 - 2. Soy bean of legume
 - 3. Pork and beef of meat
 - 4. Mackerel of fish
 - 5. Egg of chicken
- Two cooking recipes
 - 1. Boiling or steam
 - 2. Grilling







<Figure 4> Area-dependent CML standard calibration

Noise	Average	Noise area $(\chi)^a$	LOQ area	Ratio	LOQ concentration	LOD concentration
(LU)	(LU)	(LU)	(Noise area×10, LU)	Rado	(ppb)	(ppb, LOQ/3)
0.0015						
0.0015						
0.0016	0.0015	0.0971	0.9707	23.5162	0.4153	0.1384
0.0014						
0.0017						

<Table 6> The value of LOD and LOQ-according to area base

^a Noise area(X)=(Noise height×Known area)/ Known height. This equation derived by next relation; Noise height: Noise area(X)=Known height: Known area

^b Ratio was calculated using known result of 9.7656ppb CML(area: 22.8283LU).

CML content in representative foods



	CML	
Foods	(mg/100 g protein)	
Godeungeo-jorim (braised mackerel in soy sauce)	585.34 ± 55.92	
Samgyeopsal (Korean-style bacon)	558.14 ± 74.75	
Godeungeo-gui (broiled mackerel)	281.72 ± 11.06	
Bulgogi (roasted beef)	248.92 ± 62.30	
Suyuk (boiled pork)	247.71 ± 67.00	
Dubu-jorim (braised pan-fried tofu in soy sauce)	99.20 ± 6.60	
Gyeran-jjim (steamed egg)	89.42 ± 34.41	
Gyeran-mari (rolled omelette)	63.52 ± 9.33	
Nokdujeon (mung-bean pancake)	63.17 ± 11.31	
Sirutteok (steamed rice cake)	19.07 ± 6.01	
Bab (cooked white rice)	10.31 ± 1.45	



III. Health Effects of Dietary MRPs





Metabolite (short chain fatty acid) by HPLC



0.8 M Sugar (glucose, fructose, galactose)



0.8 M Lysine



Maillard reaction products Shaking water bath 110 ℃, 60 rpm for 30 min





Batch

Health effects of dietary MRPs





CML contents of MRPs $(\mu g/1g)$







Measurement of changes in the levels of total and specific bacterial groups in a batch fermentation supplemented with MRPs. The bacterial numbers were assessed by FISH using specific 16S rDNA probes.





The impacts of the examined MRPs on the production of short chain fatty

acids in batch fermentation. Food Biochemistry & Toxicology Lab.

Health effects of dietary MRPs: Immune-modulating Effect of MRPs



Immune System

- Immune response is induced by recognizing pathogen or other complex on host cells. *(Ahmad-Nejad, Häcker et al. 2002; An, Yu et al. 2002)*
- Innate immunity's function : 1st defense against pathogen & acquired immunity modulatory (*Oriss, Ostroukhova et al. 2005*)



Food Biochemistry & Toxicology Lab.



Macrophage

- Phagocytes : the major cell group of innate immune response & 1st response immunocytes
- Macrophage : invasion of bacteria or other foreign objects → chemical reaction of receptors → alerted to the presence of foreign matter
- Activated macrophages \rightarrow nitric oxide (NO) & cytokines (Uthaisangsook, Day et al. 2002)





• Galactomannan

 Polysaccharides consisting of a mannose backbone with galactose side chain

 In food industry, being used in foods as stabilizers



 It was reported that it has immune-modulating effect (Badia et al., 2012)





Lysozyme

- N-acetylmuramide glycanhydrolases, are glycoside hydrolase enzymes
- Antimicrobial activity to gram positive bacteria attacking peptidoglycan
- In mammalian cells, lysozyme plays an important defense role in the earlier stage of bacterial infection
- Widely distributed in food, especially fish (Takahashi et al., 1986)











LGC with incubation at 60 $^\circ C$ (1) LZ only (2) LGC 0 d (3) LGC 7 d





Food Biochemistry & Toxicology Lab.



Whey Protein Concentrate (WPC)

- A by-product generated from cheese and casein manufacture (McIntosh, Royle et al. 1998)
- 20% of milk protein \rightarrow 22% α -lactalbumin, 50% β -lactoglobulin & other proteins
- WPC : $30 \sim 80\%$ protein \rightarrow ultrafiltration or reverse osmosis (Wong, Camirand et al. 1996)
- Improvement of the oxidative damage by alcohol indicates (Tseng, Chen et al. 2008)
- Anti-cancer effects (Bounous, Batist et al. 1991; Hakkak, Korourian et al. 1999)
- Immunomodulatory effect in the mouse dietary (Wong and Watson 1995)

To develop new source product having an useful functions from the by-product generated in manufacturing cheese and casein via Maillard reaction





Glycation of WPC











Composition of WPC

Composition	WPC (%, w/w)	
Moisture	5.17±0.04	
Crude protein	73.62±0.16	
Crude fat	3.41±0.25	••
Lactose	7.66±0.14] 🗘
Crude ash	2.64 ± 0.00	

All tests were performed using Korea Food Code (2013) offered Ministry of Food and Drug Safety in Korea.





SDS-PAGE analysis of G-WPC

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NO production and iNOS mRNA expression of G-WPC on RAW 264.7 cells





Expression of TNF- α , IL-1 β and IL-6 mRNA in RAW 264.7 cells





Effect of phagocytosis on RAW 264.7 cells.

A conforcal laser scanning microscope image (A~D) and image analysis using image J (E). (A): Control. (B): LPS ($1 \mu g/mL$). (C): WPC. (D): G-WPC.





Glucose, Proteose peptone, Sodium acetate, Ammonium citrate, Dipotassium phosphate, Magnesium sulfate, Manganese sulfate, Tween 80



¢







Effect of G-WPC and F-WPC on NO production

Effects of iNOS expression in mRNA levels by G–WPC and F–

WPC on RAW 264.7 cells





Effects of TNF- α , IL-6, IL-1 β and β -actin expression in mRNA levels by G-WPC and F-WPC on RAW 264.7 cells





Phagocytosis effect of G-WPC and F-WPC on RAW 264.7 cells

Conclusions



- The aqueous extracts of yellow myrobalan (*Terminalia chebula* Retz.), asiatic plantain (*Plantago asiatica* L.) and seaweed fulvescenes (*Capsosiphon fulvescens*), and their compounds, CA, PM, and PhA showed effects for alleviating diabetic complications.
- Grilling cooking method showed higher CML contents than boiling or steaming one, and food items including pork, beef and mackerel have higher CML levels than ones including rice, tofu and eggs.





- Model MRPs applied to experimental batch-type simulator models increased the growth of gut commensal bacteria, particularly lactobacilli and bifidobacteria, and produced more level of lactate and less one of butyric acid.
- MRPs showed immune-modulating effects contributing to host immune defense.

Acknowledgments





Lab. of Food Biochemistry and Toxicology

Cheong-Tae Kim, Ph.D Nam-Hee Won, Ph.D **Ho-Young Park, MA** Sung-Yong Yang, MA **Chung-oui Hong, MA** Mi-Hyun Nam, MA Yun-chang Koo, MA **Ji-Sun Oh, MA Ji-Young Lee** Seung-Tack Hong, MA Jeong-Han Kang, BA Jun-Gu Oh, BA Su-Hyun Chun, BA **Hye-Min Seol, BA** Jae-Eon Yang, BA

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