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To cite this version:
j.M. Fallas-Ramírez, Claudine Manach, Jean-Francois Martin, Bernard Lyan, Estelle Pujos-Guillot, et al.. Metabolomic approach determine exposure to bioactive compounds after consumption of tropical highland blackberry (Rubus adenotrichus) juice. 6. Journée scientifique du CNRH Auvergne, Nov 2013, Clermont-Ferrand, France. 2013, 6ème Journée scientifique du CNRH Auvergne. hal-02747226

HAL Id: hal-02747226
https://hal.inrae.fr/hal-02747226
Submitted on 3 Jun 2020

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Metabolomic approach determine exposure to bioactive compounds after consumption of tropical highland blackberry (*Rubus adnentrichus*) juice

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INTRODUCTION
Consumption of polyphenol-rich foods continues to be the focus of attention because of their putative impact on human health. Tropical highland blackberry (*Rubus adnentrichus*) juice is widely consumed from Mexico to Ecuador and represents an important source of ellagitanins and others phytochemicals for the population. Using blackberry as a model for other tropical fruits, we have shown how metabolomic profiling can be used to characterize individual exposure to bioactive molecules and their metabolites in a nutritional trial on healthy volunteers.

NUTRITIONAL STUDY DESIGN

Fourteen Costa Rican men consumed for 8 days a daily dose of 250ml of a locally produced and well characterized blackberry juice, as part of a controlled diet.

RESULTS

The urine metabolome analyzed before (blue) and after (purple) blackberry juice were clearly distinguished by PLS-DA (Figure B) with a good validation of the model (Q2cum = 0.744, permutation test n=100). The loading plot shows all detected ions. Red points correspond to VIP higher than 2 and green points to VIP higher than 1.5 (Figure B).

CONCLUSION
The metabolomic analysis discriminated the consumption of blackberry juice by the volunteers with more than 60 strong discriminants. Interestingly, the microbial metabolites of urolithins, urolithin A-glucuronide and urolithin B-glucuronide, were the most important discriminants but other ions currently under identification could also contribute to blackberry juice health effects. Correlations will be searched between all discriminant metabolites and the individual capacity to produce UA and UB to further investigate inter individual variation in response to blackberry juice intake.