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Matrix impact on the bioaccessibility of plant polyphenols in the gastric tract

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Introduction
The consumption of fruit and vegetables (F&V) is inversely associated to the development of cardiovascular diseases, several kinds of cancers and other chronic diseases [1,2]. Moreover, the cardiovascular protection could be ascribed to flavonoids, a class of polyphenols largely distributed in F&V [3]. Polyphenols are poorly absorbed from the gastrointestinal tract (GIT) and undergo extensive metabolism by colon microflora before reaching plasma. Thus, before their absorption, polyphenols could exert a health benefit directly in the GIT. As a matter of fact, they were shown to protect polyunsaturated fats from oxidation during gastric digestion [4]. The bioaccessibility of polyphenols, defined as their release from the food matrix and solubilization into the bolus, is a prerequisite step [5].

Objectives: This study aims at assessing the bioaccessibility of polyphenols in the gastric tract after the ingestion of either F&V or the corresponding polyphenol extract.

Materials & Methods
Six female Göttingen minipigs (20-25 kg) were surgically fitted with a cannula on the greater curvature of the stomach. The fasted minipigs were fed two different meals containing principally sunflower oil, cooked ground beef meat and egg phospholipids (= Beef meal).

Results & Discussion

Test meals

<table>
<thead>
<tr>
<th>Time (min)</th>
<th>0h</th>
<th>8h</th>
<th>12h</th>
<th>14h</th>
<th>15h</th>
</tr>
</thead>
<tbody>
<tr>
<td>PP meal</td>
<td>18.5 &lt; 10%</td>
<td>18.5 &lt; 10%</td>
<td>18.5 &lt; 10%</td>
<td>18.5 &lt; 10%</td>
<td>18.5 &lt; 10%</td>
</tr>
<tr>
<td>F&amp;V meal</td>
<td>18.5 &lt; 10%</td>
<td>18.5 &lt; 10%</td>
<td>18.5 &lt; 10%</td>
<td>18.5 &lt; 10%</td>
<td>18.5 &lt; 10%</td>
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Polypheol levels in the gastric tract remain the same for F&V and PP meals. Polyphenols are more than 10% of the whole digesta.

Polyphenol bioaccessibility

A matrix effect on polyphenol bioaccessibility is outlined:
- Apple phenolics appear more bioaccessible after the F&V consumption (40-100% of the bioaccessibilities after extract ingestion) compared to artichoke and plum phenolics.
- Artichoke and plum matrices limit polyphenol diffusion from plant tissues into the gastric media. Physical and chemical processes are not efficient enough to produce a total degradation of cell walls and organelles.

Analyzes
- Polyphenols in F&V, the corresponding polyphenol extract (PP extract) and in the aqueous phase of the gastric digesta: An additional acetone precipitation / centrifugation step was conducted to evaluate bioaccessible PP in the aqueous phase. Based on known amounts of aqueous phase and precipitate, bioaccessible PP in the whole digesta could be calculated. UPLC/MSD (negative ESI): standards were 3,5-dicaffeoylquinic acid, 3-, 4-, 5-coumaroylquinic acids, phloretin-2'-Glc, catechin, and rutin.
- Statistics: Data are means ± EC.

Conclusions
- The recovery of bioaccessible polyphenols is evaluated at T15 min with the assumption of no dilution by the gastric juice. The recovery level may thus be underestimated.
- Les than 10% of the hydroxyphenic acids and dihydrochalcones are recovered after either F&V or PP extract consumptions while flavanones monomers and dimers were not recovered.
- Most polyphenols interact with proteins and fibers and are lost upon centrifugation of the gastric digesta.

References