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Phenolic extracts of bilberry: they protect lipid from oxidation in in vitro simulated digestion conditions

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Oana-Crina Bujor, Christian Ginies, Valentin I. Popa, Claire Dufour. Phenolic extracts of bilberry: they protect lipid from oxidation in in vitro simulated digestion conditions. ICP 2016 - XXVIIIth International Conference on Polyphenols, Jul 2016, Vienna, Austria. 2016. hal-01608682

HAL Id: hal-01608682

<https://hal.science/hal-01608682v1>

Submitted on 2 Jun 2020

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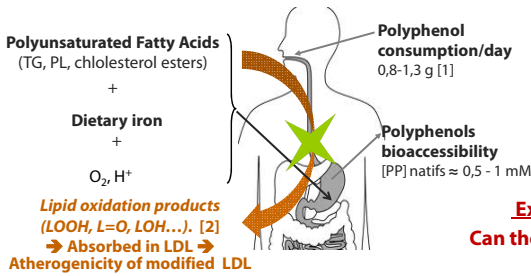


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BACKGROUND



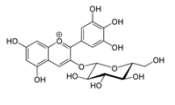
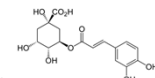
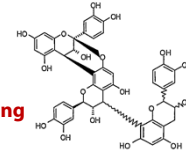
Extracts of bilberry stems, leaves and fruits:
Can they protect dietary lipids from oxidation during digestion in *in vitro* conditions?

Bilberry (BB) (*Vaccinium myrtillus* L.) polyphenols: content and main contributors [3]

Stems
79 mg/g DE
A-type trimer
B-type dimer
5-O-Caffeoylquinic-acid

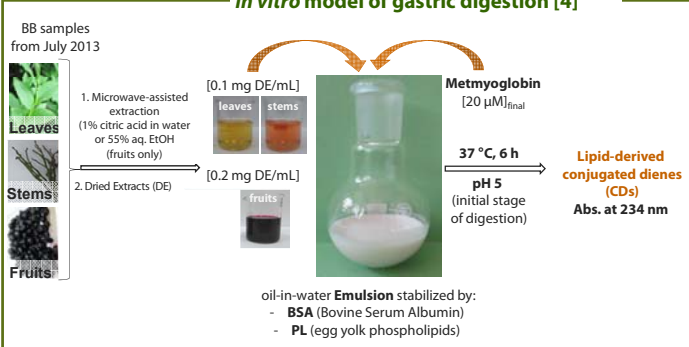
Leaves
125 mg/g DE
5-O-Caffeoylquinic-acid

Fruits
27 (H₂O) mg/g DE
41 (aq. EtOH) mg/g DE
delphinidin-3-O-glucoside



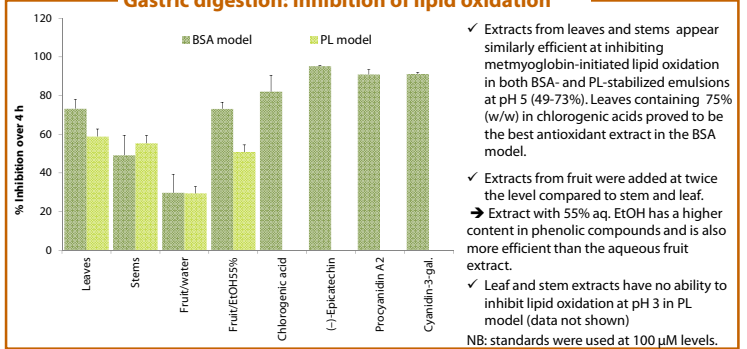
MATERIALS AND METHODS

In vitro model of gastric digestion [4]

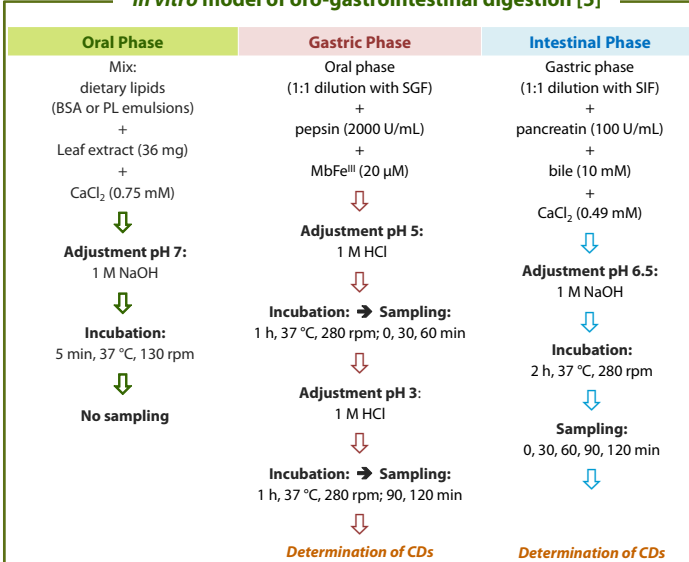


RESULTS AND DISCUSSIONS

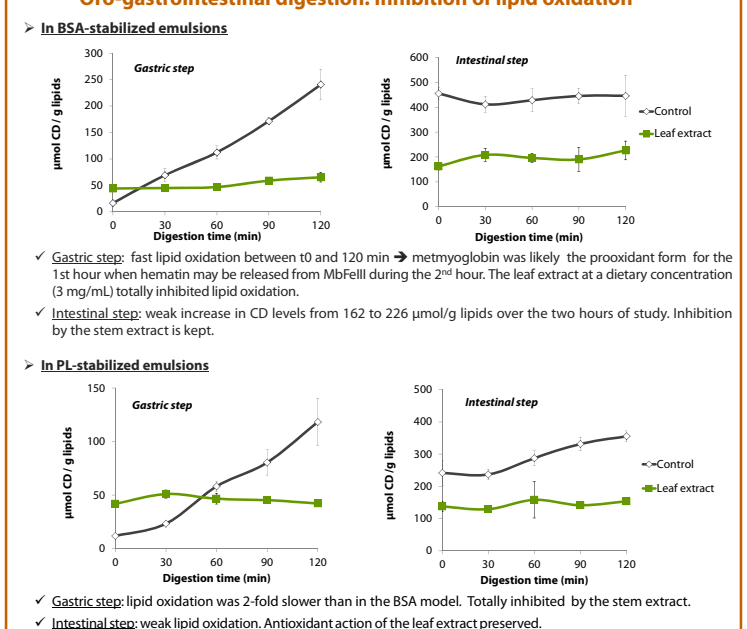
Gastric digestion: Inhibition of lipid oxidation



In vitro model of oro-gastrointestinal digestion [5]



Oro-gastrointestinal digestion: Inhibition of lipid oxidation



CONCLUSIONS

Leaf, stem and fruit extracts of bilberry can play a protective role towards oxidation of polyunsaturated dietary lipids during digestion.

The fast lipid oxidation in the gastric step (BSA and PL emulsion systems) and the slower lipid oxidation in the intestinal step (PL system) were totally inhibited by a bilberry leaf extract at the level of 3 mg/mL in the gastric step.

→ the stability of the phenolic compounds should be further evaluated in the gastrointestinal digestion to give an insight into their protective mechanisms.

References:

- [1] Pérez-Jiménez J. et al., Am. J. Clin. Nutr., 2011, 93, 1220-8.
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- [4] Lorrain et al., J Agric Food Chem., 2012, 60, 9074-9081.
- [5] Minekus M. et al., Food & Function, 2014, 5, 1113-24.M

