Study on soybean milk fermented by *Lactobacillus plantarum* YS-1 reduced the H_{2}O_{2}-induced oxidative damage in Caco-2 cells.

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**Abstract**

This study was conducted to investigate the free radicals scavenging activity and cytoprotective effects of *Lactobacillus plantarum* YS-1 Fermented Soy Milk (FSM-LPYS1) in Caco-2 human colon adenocarcinoma cells damaged by hydrogen peroxide (H_{2}O_{2})-induced oxidation. FSM-LPYS1 showed a remarkable *in vitro* activity against 2, 2-Diphenyl-1-Picrylhydrazyl (DPPH) and hydroxyl radical (•OH). FSM-LPYS1 significantly decreased the levels of intracellular Reactive Oxygen Species (ROS), lipid peroxidation, and enhanced the activities and expression levels of Catalase (CAT), Superoxide Dismutase (SOD) and glutathione peroxidase (GSH-Px) in H_{2}O_{2}-treated Caco-2 cells (p<0.05). FSM-LPYS1 also reduced the protein levels of IL-8 and NF-κB in Caco-2 cells. These results clearly indicated that FSM-LPYS1 had impressively scavenged free radicals and were able to reduce the H_{2}O_{2}-induced oxidative damage in Caco-2 cells by reducing the intracellular ROS generation, restraining lipid peroxidation, and by raising the endogenous antioxidant enzyme activity. In addition, the FSM-LPYS1 could also reduce the H_{2}O_{2}-induced inflammation reaction. FSM-LPYS1 is a functional food which has antioxidant properties and it can be used as high quality soybean processing food for exploitation of health benefits.

**Keywords:** *Lactobacillus plantarum*, Caco-2 human colon adenocarcinoma cells, DPPH, H_{2}O_{2}, Inflammation.

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**Introduction**

Soybean contain many health beneficial properties such as antioxidant, anti-diabetic, anticancer that can help lowering breast cancer risk, preventing heart diseases, lowering cholesterol and osteoporosis [1]. Soybean and other soy-related products mainly contain isoflavone glucosides and aglycones have been known as health-promoting food and these products are extensively consumed by China, Japan, South Korea and other Asian countries [2]. However, glucosides in soy are difficult to be utilized in the human body due to their structure [3], but in comparison aglycones are absorbed easily in the human body [4]. It has been observed that soy isoflavone aglycones such as daidzein, genistein, and glycitein which contain anti-carcinogenic, antioxidant, and anti-atherosclerotic properties are helpful in preventing chronic diseases [5,6].

Lactic Acid Bacteria (LAB), a well-known probiotic that exhibit many health beneficial properties such as antimicrobial, anti-tumor, reduction of serum cholesterol, and strengthening the immune response [7]. LAB fermentation improves the food quality, safety and also increases the biological activity and adds nutritional value to these fermented products. *Lactobacillus* fermented soy milk has been reported to show remarkable activity to scavenge free radicals [8,9], and diminished the proliferation of human MCF-7 breast cancer cells [10] and Hep3B liver cancer cells [11], also protected against the 2-amino-1-methyl-6-phenylimidazo (4, 5-b) pyridine-induced rat mammary carcinogenesis [12] and protect CCl_{4}-induced hepatic damage in rats [13].

Reactive Oxygen Species (ROS) induced oxidative stress is one of the main factors for serious chronic degenerative
diseases, such as cancer, diabetes, cardiovascular disease, atherosclerosis, aging and Alzheimer’s disease [14]. Gradual build-up of ROS results in lipid peroxidation, protein oxidation and DNA damage, and also causes cell damage in intestinal epithelial cells [15]. The intestinal epithelium is important in absorbing nutrients, and it is also a physical barrier between the host and the external environment, so it serves as an important defense against pathogens and xenobiotics mediated by the gut immune system [16]. The pathogenesis of human inflammatory bowel diseases (IBD) has been linked with intestinal epithelial cell oxidative damage induced by ROS [15]. The overgenerated ROS also decreased the activity of endogenous antioxidant enzymes, including CAT, SOD, and GSH-Px, and depletes the non-enzymatic glutathione (GSH) in the injured cells [17]. This study was planned to investigate the antioxidant activity of soy milk fermented by a strain of Lactobacillus plantarum YS-1 that was isolated from yak yoghurt of Tibetan habitats to protect against H$_2$O$_2$-induced oxidative damage in human Caco-2 cells, and investigated its potential protective mechanisms.

Materials and Methods

Chemical reagents
TRIzol, OligoT18 primer, Murine Maloney Leukemia Virus (MMLV) reverse transcriptase, RNase inhibitor, ethidium bromide (EtBr) and agarose were purchased from Invitrogen (Thermo Fisher Scientific, Inc., Waltham, MA, USA). All other chemical reagents were of analytical grade and purchased from Sigma-Aldrich (Merck Millipore, Darmstadt, Germany).

Microorganism strains
Lactobacillus plantarum YS2 (M2016747 preserved in China Center for Type Culture Collection (CCTCC, Wuhan, China), which was identified from yak yoghurt produced in the Yushu (Qinghai Province, China). Lactobacillus delbrueckii subsp. bulgaricus (AB200048), which is used in yogurt manufacture, was purchased from CCTCC and uses as a reference strain.

Fermented soybean milk preparation
Entire soybean were first washed and then soaked in fresh Distilled Water (DW) for 12 h and after that were removed from DW. The soaked soybeans with 10 times their weight of DW were blended for 3 min, and filtered using double-layer cheesecloth to get the soybean milk. The filtered soybean milk was autoclaved at 121°C for 15 min, then cooled at room temperature (37°C), and incubated with Lactobacillus plantarum YS-1 and L. delbrueckii subsp. bulgaricus (LB) respectively at an initial population of approximately 5 Log CFU/ml at 37°C for 12 h to prepare the fermented soybean milk. At the end of fermentation, samples were taken for testing of pH, total acidity and amino type nitrogen. The pH of samples were measured and determined by using a pH meter. Diluted fermented soybean milk samples (20 ml) were combined with a formalin solution (20 ml, pH 7.4), and the pH was altered to 8.4 by titrating with NaOH (0.1 M). The volume of NaOH utilization was recorded in order to determine the total amino type nitrogen content of the samples.

Methanol extraction of fermented soybean milk
Fermented soybean milk samples were preserved at -80°C and went through extraction for three times with a 20-fold volume of methanol (80%, v/v) at room temperature for 12 h. The methanol extracts were synthesized and filtered through a filter paper, and concentrated under a vacuum at 37°C in a rotary evaporator. At last the soybean milk extracts were dissolved in Dimethyl Sulfoxide (DMSO) and stored at -20°C for further analysis.

High-performance liquid chromatography (HPLC) assay
Proportion of genistein and daizein in fermented soy milk methanol extracts were decided by using a HPLC system (Waters Co., Milford, MA, USA), which was composed of a Waters 2695 separations module (Milford, MA, USA) and a Waters 2487 dual wavelength detector (Milford, MA, USA) with the wavelength set at 260 nm. The separation of genistein and daizein was accomplished by using a Kromasil C18 column (460 × 25 mm, 25 μm) and the mobile phase was constituted by methanol and water (40:60, v/v) at a flow rate of 1.0 ml/min. Genistein and daizein amount were distinguished and established against a standard compound based on its retention time and peak areas.

In vitro free radical scavenging assay (DPPH radicals)
Fermented soybean milk methanol extracts (0.5, 1.0, and 2.0 mg/ml) were mixed and shaken vigorously with 0.1 ml of DPPH radicals (final concentration, 150 μM), allowed to stand at 37°C for 30 min. Then absorbance of the reaction mixture was measured at 517 nm using a UV-2401PC spectrophotometer (Shimadzu Corporation, Kyoto, Japan) [18].

•OH scavenging activity
The 0.2 ml of fermented soybean milk methanol extracts (0.5, 1.0, and 2.0 mg/ml) were mixed with 1.2 ml of reaction solutions which contained deoxyribose (6 mM), H$_2$O$_2$ (3 mM), KH$_2$PO$_4$-K$_2$HPO$_4$ buffer (20 mM, pH 7.4), FeCl$_3$ (400 μM), EDTA (400 μM), and ascorbic acid (400 μM) were incubated at 37°C for 1 h. Then, 1 ml of Thiobarbituric Acid (TBA)-Trichloroacetic Acid (TCA) solution were added up to the mixture and heated at 90°C for 30 min. Then absorbance of the reaction mixture was measured at 532 nm using a UV-2401PC spectrophotometer (Shimadzu Corporation, Kyoto, Japan) [19].

Cell culture and cell viability assay
Caco-2 human colon adenocarcinoma cells, which were obtained from the American Type Culture Collection (ATCC, Manassas, VA, USA), were regularly maintained in DMEM medium supplemented with 10% FBS and 1% penicillin-streptomycin in a humidified CO$_2$ incubator (model 3154; Forma Scientific, Inc., Marietta, OH, USA) with 5% CO$_2$ at
37°C. Firstly the caco-2 cells were seeded into 96 well plates at a
density of 1 × 10^4 cells/well, and the cell viability was
determined by MTT assay. Following incubation period of 24 h,
the cells were first treated with the fermented soybean milk
methanol extracts (10 and 100 μg/ml) for 24 h, and then
exposed to H₂O₂ (250 μM) for an additional 4 h. Next, 100 μL
of MTT reagent (0.5 mg/ml) was added to each well and the
cells were incubated in a humidified incubator at 37°C to allow
the MTT to be metabolized. Four hours later, formazan crystals
were dissolved with DMSO (100 μL) in each well. At last the
absorbance rate of the samples was measured at a wavelength
of 540 nm using a microplate reader (model 680; Bio-Rad
Laboratories, Inc., Hercules, CA, USA).

**Lipid peroxidation assay**

Cooled Phosphate-Buffered Saline (PBS) used to wash the
treated caco-2 cells, scraped into TCA (2.8%, w/v), and
sonicated 3 times for 10 second intervals at 40 V setting over
ice. Using a Bicinchoninic Acid (BCA) protein assay kit
according to the manufacturer's instructions, the concentration
of the total cell proteins was determined. The suspension (200
μL) was mixed with 1 ml of TBA (0.67%, w/v)-TCA (25%, w/v)
solution, heated (30 min at 95°C), and centrifuged (3,000
Xg for 10 min at 95°C). TBA reacted with the products of lipid
oxidative degradation, yielding red complexes. Absorbance
was measured at 532 nm using a UV-2401PC spectrophotometer (Shimadzu Corporation, Kyoto, Japan) [20].

**Intracellular ROS generation assay**

Calcium- and magnesium-free PBS used to wash the treated
Caco-2 cells, and incubated with serum and phenol red-free
DMEM containing 20 μM of 2', 7'-Dichlorodihydrofluorescein
Diacetate (DCFH-DA) at 37°C for 30 min. Then the medium
was removed and the cells were washed twice with PBS. A
FLUOstar OPTIMA fluorescence plate reader (FLUOstar
OPTIMA; BMG Labtech, Offenbourg, Germany) was used for
measuring fluorescence; excitation was detected at 485 nm and emission was detected at 535 nm [21].

**Intracellular antioxidant enzyme activity assay**

For 24 h the Caco-2 cells grown in a six-well cell culture dish
were incubated with fermented soybean milk extracts, and then
washed with PBS, removed by scraping, and centrifuged
(3,000 Xg for 10 min at 4°C). Again the cells were washed
with PBS, removed by scraping, centrifuged at 485 nm and
resuspended in 300 μL cold lysis buffer (containing 1 mM
EDTA), homogenized, and centrifuged at 4°C (12,000 Xg, 10
min). A BCA protein assay kit (Bio-Rad) according to the
manufacturer's instructions used to determine the total protein
levels. Catalase (CAT) activity (U/mg protein) in the
supernatant was assessed according to the disappearance of the
H₂O₂ substrate was measured using a UV-2401PC spectrophotometer (Shimadzu Corporation, Kyoto, Japan) at
260 nm [22]. SOD activity (U/mg protein) was measured using a
modified auto-oxidation pyrogallol method [23]. GSH-Px
activity (U/mg protein) was assayed according to the method
described by Hafeman et al. [24].

**Reverse transcription polymerase chain reaction (RT-
PCR) assay**

Following to the manufacture’s recommendations total RNA
was isolated using Trizol reagent and centrifuged at 12,000 Xg
for 15 min at 25°C following the addition of chloroform.
Isopropanol was added to the supernatant at a 1: 1 ratio and the
RNA was pilotated by centrifugation (12,000 Xg for 15 min at
4°C). After washing with ethanol, the RNA was solubilized in
diethyl pyrocarbonate-treated RNase-free water and quantified
by measuring the absorbance at 260 nm using a UV-1750
spectrophotometer (Shimadzu Corporation, Kyoto, Japan).
Equal amount of RNA (1 μg) was reverse transcribed in a
master mix containing 1 × reverse transcriptase buffer, dNTPs
(1 mM), oligo(dT)18 primers (500 ng), MMLV reverse
transcriptase (140 U), and RNase inhibitor (40 U) for 45 min at
42°C. PCR was then carried out in automatic 2720
thermocycler (Applied Biosystem, Foster City, California,
USA) for 28 cycles (94°C for 30 s, 55°C for 30 s, and 72°C for
40 s) followed by an 8 min extension at 75°C. The PCR
products were separated in 2% agarose gels and visualized by
Ethidium bromide staining [25]. β-actin was used for normalization.

**Western blotting assay**

50 μg of cellular protein extracts were separated by Sodium
Dodecyl Sulfate-Polyacrylamide Gel Electrophoresis (SDS-
PAGE) and then electrotransferred on a nitrocellulose
membrane (Schleicher and Schuell Bioscience, Inc., Keene,
NH, USA) for Western blot analysis. Then the blots were
incubated with antibodies against CAT, SOD, GSH-Px, NF-κB,
IL-8 and β-actin (Cell Signaling Technology, Inc., Danvers,
MA, USA), and incubated with horseradish peroxidase-
conjugated secondary antibody (Cell Signaling Technology,
Inc.) for 1 h at room temperature. The blots were washed three
times with PBS containing 0.05% Tween-20 (PBS-T) and
antibody binding was visualized by Enhanced Chemiluminescence (ECL Western Blotting Detection kit; GE
Healthcare Life Sciences, Little Chalfont, UK).

**Statistical analysis**

The mean ± SD represented the data. Differences between the
mean values for individual groups were assessed by one-way
Analysis of Variance (ANOVA) with the Student-Neumann-
Keuls post-hoc test, and the data were subjected to two-tailed

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statistical testing, p<0.05 was considered a statistically significant difference. For statistical analyses, SPSS software 19.0 (IBM Software, Armonk, NY) was used.

Results

Characterization of fermented soybean milk

As shown in Table 1, *Lactobacillus plantarum* YS-1 fermented soybean milk (FSM-LPYS1) exhibited the higher pH value (5.59) and total acidity (1.92%) than that in *Lactobacillus bulgaricus* fermented soybean milk (FSM-LB, 5.02 in pH, and 1.32% in total acidity). At the final fermented products, FSM-LPYS1 contained higher levels of amino type nitrogen compared with that in FSM-LB (Table 1).

In vitro free radical scavenging activity

In free radical scavenging assay, At the concentrations of 2.0 mg/ml, FSM-LPYS1 showed the strongest free radical scavenging activity of 80.3% and 60.2% against DPPH and •OH radical, respectively, which was more than that for FSM-LB (50.4% against DPPH and 30.9% against •OH) (Figure 1).

Cell protective activity

When treated with 10 and 100 μg/ml of FSM-LPYS1 and FSM-LB for 24 h, the cells viability was more than 90% (data not shown). The concentrations ranging from 10 and 100 μg/ml were used for further studies. As shown in Table 2, 100 μg/ml of FSM-LPYS1 showed a great activity to increase the cell viability to 75.4% than that in FSM-LB treated Caco-2 cells (67.0%), as well as reduced the H\textsubscript{2}O\textsubscript{2} induced Caco-2 cell death (p<0.05).

Intracellular ROS levels and lipid peroxidation levels

FSM-LPYS1 treatment was potent for reducing the ROS levels and generation of MDA in H\textsubscript{2}O\textsubscript{2}-treated Caco-2 cells (p<0.05). H\textsubscript{2}O\textsubscript{2} significantly increased the intracellular ROS levels to 247.5% (Table 2). Both FSM-LPYS1 and FSM-LB effectively reduced the H\textsubscript{2}O\textsubscript{2} induced ROS generation (p<0.05). At the concentration of 100 μg/ml, FSM-LPYS1 was more effective in reducing ROS generation (176.7%) compared to FSM-LB treated cells (191.3%). H\textsubscript{2}O\textsubscript{2} treatment also significantly induced the generation of MDA (to 1.56 nM/mg protein) in H\textsubscript{2}O\textsubscript{2}-treated Caco-2 cells. Caco-2 cells treated with 100 μg/ml of FSM-LPYS1 noticeably decreased MDA levels (1.01 nM/mg protein) while cells exposed to the same concentration of FSM-LB also decreased MDA generation (1.10 nM/mg protein).

Antioxidant enzyme activities

H\textsubscript{2}O\textsubscript{2} treatment significantly decreased the activity of CAT (0.43 U/mg protein), SOD (2.24 U/mg protein) and GSH-Px (1.61 U/mg protein) than those in normal cells (Table 3). FSM-LPYS1 treatment significantly increased the CAT and SOD activity in H\textsubscript{2}O\textsubscript{2}-treated Caco-2 cells (p<0.05). FSM-LPYS1 (100 μg/ml concentration) and FSM-LB treated cells increased the CAT activity (1.08 and 1.01 U/mg protein) and SOD activity (3.67 and 3.14 U/mg protein), respectively. In addition, FSM-LPYS1 also showed a great activity to enhance the GSH-Px activity to 2.50 U/mg protein than that in FSM-LB (2.28 U/mg protein) at a concentration of 100 μg/ml.

mRNA and protein expression of intracellular antioxidant enzymes

H\textsubscript{2}O\textsubscript{2} treatment significantly decreased both mRNA and protein expression of CAT, SOD and GSH-Px compared to that found in normal Caco-2 cells (Figure 2). As demonstrated earlier as well that at the concentration of 100 μg/ml, FSM-LPYS1 significantly increased the mRNA and protein levels of CAT, SOD and GSH-Px in comparison with that in FSM-LB treated Caco-2 cells.
Protein expression of IL-8 and NF-κB

The protein levels of IL-8 were remarkably increased in response to treatment with H$_2$O$_2$ (250 μM) for 4 h than that in control cells (Figure 3). FSM-LPYS1 significantly diminished the H$_2$O$_2$-induced IL-8 expression in Caco-2 cells. H$_2$O$_2$ treatment significantly induced the over-expressions of NF-κB than in normal Caco-2 cells. However, following treated with 100 μg/ml of FSM-LPYS1 significantly decreased the protein levels of NF-κB which compared with that in FSM-LB treated Caco-2 cells. This result also suggested the FSM-LPYS1 showed an anti-inflammatory activity in H$_2$O$_2$-treated Caco-2 cells.

Table 1. The changes of pH, total acidity, amino acid nitrogen, genistein and daidzein in different strains fermented soybean milk. *Data are presented as mean ± SD. FSM-LPYS1: soybean milk fermented with Lactobacillus plantarum YS-1; FSM-LB: soybean milk fermented prepared with Lactobacillus bulgaricus.

<table>
<thead>
<tr>
<th>Samples</th>
<th>pH (±SD)</th>
<th>Total acidity (%)</th>
<th>Amino acid nitrogen (mg%)</th>
<th>Genistein (μg/ml)</th>
<th>Daidzein (μg/ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSM-LPYS1</td>
<td>5.59 ± 0.05*</td>
<td>1.32 ± 0.03</td>
<td>2141.5 ± 61.5</td>
<td>17.2 ± 2.1</td>
<td>20.3 ± 1.9</td>
</tr>
<tr>
<td>FSM-LB</td>
<td>5.02 ± 0.04</td>
<td>1.92 ± 0.04</td>
<td>1799.5 ± 59.5</td>
<td>9.0 ± 1.4</td>
<td>13.5 ± 2.3</td>
</tr>
</tbody>
</table>

Table 2. Effect of soybean milk fermented with Lactobacillus plantarum YS-1 on cell viability, ROS and MDA levels in H$_2$O$_2$ (250 μM, 4 h)-treated Caco-2 cells. *Data are presented as mean ± SD.  a~d Mean values with different letters in the each column are significantly different (p<0.05) according to the Student-Neumann-Keuls post-hoc test. FSM-LPYS1: soybean milk fermented with Lactobacillus plantarum YS-1; FSM-LB: soybean milk fermented prepared with Lactobacillus bulgaricus.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Concentration (µg/ml)</th>
<th>Cell viability (%)</th>
<th>ROS (%)</th>
<th>MDA (nM/mg protein)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>-</td>
<td>100.00±0±0</td>
<td>100.00±0</td>
<td>0.22±0.03</td>
</tr>
<tr>
<td>Control</td>
<td>-</td>
<td>49.71±3.98</td>
<td>247.54±15</td>
<td>1.56±0.13</td>
</tr>
<tr>
<td>FSM-LPYS1</td>
<td>10</td>
<td>53.89±6.76</td>
<td>220.90±12.35</td>
<td>1.38±0.22</td>
</tr>
<tr>
<td></td>
<td>100</td>
<td>75.40±3.26</td>
<td>176.68±11.29</td>
<td>1.01±0.18</td>
</tr>
<tr>
<td>FSM-LB</td>
<td>100</td>
<td>66.98±1.90</td>
<td>191.25±13.66</td>
<td>1.10±0.26</td>
</tr>
</tbody>
</table>

Table 3. Effect of soybean milk fermented with Lactobacillus plantarum YS-1 on Catalase (CAT), Superoxide Dismutase (SOD) and glutathione peroxidase (GSH-Px) levels in H$_2$O$_2$ (250 μM, 4 h)-treated Caco-2 cells. *Data are presented as mean ± SD.  a~d Mean values with different letters in the each column are significantly different (p<0.05) according to the Student-Neumann-Keuls post-hoc test. FSM-LPYS1: soybean milk fermented with Lactobacillus plantarum YS-1; FSM-LB: soybean milk fermented prepared with Lactobacillus bulgaricus.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Concentration (µg/mL)</th>
<th>CAT (U/mg protein)</th>
<th>SOD (U/mg protein)</th>
<th>GSH-Px</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>-</td>
<td>1.76±0.11</td>
<td>5.89±0.65</td>
<td>3.80±0.11</td>
</tr>
<tr>
<td>Control</td>
<td>-</td>
<td>0.43±0.10</td>
<td>2.24±0.13</td>
<td>1.61±0.13</td>
</tr>
<tr>
<td>FSM-LPYS1</td>
<td>10</td>
<td>0.74±0.19</td>
<td>3.00±0.28</td>
<td>2.01±0.15</td>
</tr>
<tr>
<td></td>
<td>100</td>
<td>1.08±0.12</td>
<td>3.67±0.40</td>
<td>2.50±0.20</td>
</tr>
<tr>
<td>FSM-LB</td>
<td>100</td>
<td>1.01±0.10</td>
<td>3.14±0.70</td>
<td>2.28±0.27</td>
</tr>
</tbody>
</table>
Discussion

Higher levels of amino type nitrogen suggested a higher degree of protein hydrolysis and higher amounts of amino acids and peptides in the fermented products [10]. Soy isoflavone glucoside genistin and daidzin were hydrolysed by β-glucosidase into genistein and daidzein during the LAB fermentation [8]. So FSM-LPYS1 contained higher levels of genistein and daidzein (17.2 and 20.3 μg/mL) than that in FSM-LB (9.0 and 13.5 μg/mL). In this study, we have observed that both Lactobacillus plantarum YS-1 and Lactobacillus bulgaricus impressively decreased the pH with a rapid increase in total acidity during the 12 h of soy milk fermentation. LAB fermentation was also increased the productions of soybean aglycone and daidzein in soy milk fermentation [26-28]. We also found the FSM-LPYS1 contained high levels of genistein and daidzein than those in FSM-LB. These results were identical to that in soybean milk fermented by Lactobacillus fermentum and Lactobacillus bulgaricus plus Saccharomyces boulardii [9]. This is due to the Lactobacillus fermentum showed better β-glucosidase activity than Lactobacillus bulgaricus at 37°C [9].

The highly reactive ROS which including hydroxyl (•OH) and superoxide (O2•−) anions are both by-products during the aerobic respiration in living organisms. These ROS were in position to attack biological macromolecules such as DNA, protein, and lipids, promoting the lipid peroxidation, and subsequently caused serious oxidative damage in cell and tissue [29]. Some studies has reported that the living Lactobacillus fermentum and its fermented milk showed a great activity against some free radicals (such as DPPH, O2•− and •OH) [26,30], and effectively reduced lipid peroxidation in vitro [26]. And the isoflavone aglycone genistein and daidzein also showed a enhanced DPPH radical scavenging activity than their glucosides [5]. In free radical scavenging assay, FSM-LPYS1 was effectively reduced the free radicals LSM-LB. The highly free radical scavenging activities of FSM-LPYS1 also associate with its contained high levels of amino type nitrogen. As reported by Je et al. and Rajapakse et al. that the high antioxidant activity of some fermented products was linked with their high levels of certain amino acids (such as lysine, glycine, valine and histidine) and histidine-containing peptides [27,28]. Increasing amino type nitrogen levels was also linked with the in vitro antioxidant activity during the milk LAB fermentation [31].

Enzyme-catalyzed or spontaneous mutation of superoxide anions formed a reactive oxygen metabolite, H2O2 and it can easily cross the cell membranes and react with Fe3+ or Cu2+ to form highly reactive •OH radicals by the Fenton reaction, so it increases the ROS generation, lipid peroxidation of polyunsaturated fatty acids, cell membrane leakage and DNA damage in colon Caco-2 cells [32].

In normal physiological condition, endogenous antioxidant enzyme system mainly consists of the enzyme CAT, SOD and GSH-Px which are both protective against ROS induced oxidative damage in living organisms [17].

Endogenous SOD catalyses the conversion of superoxide into H2O2, and these H2O2 is further reduced to H2O by CAT and GSH-Px [19]. So the enhancement of endogenous antioxidant enzyme activity was able to reduce the H2O2 induced oxidative damage in Caco-2 cells [32]. In addition, only Lactobacillus treatment was able to increase the total antioxidant activity and SOD activity in H2O2 induced oxidative damage of Caco-2 cell [33].

ROS induced oxidative stress activated the NF-κB signal pathway, and resulted in the generations of some inflammatory related cytokines (such as TNF-α, IL-1β, IL-6) and chemokine IL-8 generations [13,34]. In this study, FSM-LPYS1 showed a better activity to reduce the NF-κB and IL-8 protein expression in H2O2-treated cells. Inhibition of the NF-κB pathway was able to reduce the ROS induced cellular oxidative damage, and reduced the human IBD [34]. In addition, soybean milk fermented by mixed LAB starter that including Lactobacillus plantarum, Lactobacillus fermentum, and Lactobacillus rhamnosus were also markedly inhibited the chemokine IL-8 production in IL-1β treated Caco-2 cells [35].

Conclusion

From this study we can conclude that soybean milk fermented with Lactobacillus plantarum YS-1 showed a significant in vitro free radical scavenging activity and an effective protection against H2O2-induced oxidative damage in Caco-2 cells. And this was possible because of increased activity of endogenous antioxidant enzymes (CAT, SOD and GSH-Px) as well as reduced H2O2-induced ROS and MDA generation. In addition, FSM-LPYS1 also significantly reduced the IL-8 and NF-κB protein expression. Our results clearly indicate that the soybean milk fermented with Lactobacillus plantarum YS-1 can be used as a functional food to protect colon Caco-2 cells from the damage caused by H2O2-induced oxidation.

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Conflict of Interest

There is no conflict of interest.

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Study on soybean milk fermented by Lactobacillus plantarum YS-1 reduced the H2O2-induced oxidative damage in Caco-2 cells


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