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Methods to Measure the Antioxidant Activity of Phytochemicals and Plant Extracts

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1	Methods to measure the antioxidant activity of phytochemicals and plant extracts
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ABSTRACT

Measurement of antioxidant properties in plant-derived compounds require appropriate methods that address the mechanism of antioxidant activity and focus on the kinetics of the reactions involving the antioxidants. Methods based on inhibited autoxidations are the most suited for chain-breaking antioxidants and for termination-enhancing antioxidants, while different specific studies are needed for preventive antioxidants. A selection of chemical testing methods is critically reviewed highlighting their advantages and limitations, and discussing their usefulness to investigate both pure molecules and raw extracts. The influence of the reaction medium on antioxidants' performance is also addressed.

57 INTRODUCTION

Antioxidants are arguably a family of compounds of major interest, among plant derived molecules.¹⁻³ 58 This interest is justified by their importance in the protection of any material existing under normal 59 atmospheric conditions, *i.e.* in the presence of oxygen.^{4,5} However, the interest is further boosted by the 60 involvement of free radical and red-ox processes both in normal biological functions and in the 61 pathophysiology of several diseases.^{6,7} The role of, so called, oxidative stress in human health as well as 62 in the aging process has suggested that natural or dietary antioxidants may have beneficial properties and 63 potential applications as drugs or health-oriented products.^{3,7} Clearly, the necessity to test many 64 65 structurally diverse compounds or even to screen crude plant extracts has given impetus to the development of an impressing variety of testing methods. This, however, creates a rather confusing 66 67 scenario, as many such methods own their popularity mainly to their simplicity and lack the necessary 68 soundness, leading often to inconsistent or misleading results, because they are applied without consideration of the chemistry behind the antioxidant activity and of what they are actually measuring.⁴ 69 Attempts to generate universal or unified "values" of antioxidant activity that have no physical meaning 70 add to the confusion.^{4,8} 71

Antioxidants are an extremely heterogeneous family of compounds, and a distinction needs to be made 72 between *direct antioxidants*, which are able to protect materials from oxidation and can potentially 73 express their activity both in a tube or in a living organism, and *indirect antioxidants*, that are not able to 74 afford any protection to oxidizable materials but will enhance the antioxidant defense in a living 75 organism, *e.g.* by inducing the biosynthesis of antioxidant enzymes.⁴ These last might be most valuable 76 for medicinal purposes, but are beyond the scope of this discussion. Although the two activities might 77 co-exist in the same molecule, only the testing of direct antioxidant activity will be addressed in the 78 79 following. A comprehensive review of the many chemical and cell-based testing methods available in the literature is outside the scope of this work, and we will focus our discussion on selected chemical
testing methods, highlighting strengths and limits, offering the experience of our research group.

82

83 ANTIOXIDANTS AND RADICALS

Antioxidants are sufficiently heterogeneous to escape any comprehensive definition, nonetheless 84 defining them, is necessary to critically assess their performance. Concerning their role in the protection 85 organic materials, direct antioxidants are those compounds or mixtures able to prevent, block or slow 86 down the autoxidation process (Figure 1): a radical-chain reaction that can be initiated by a variety of 87 events (physical, chemical or biochemical) yielding a variety of radical species that react with an 88 oxidizable substrate (e.g. unsaturated lipids, or compounds like styrene) either by H-atom abstraction or 89 by addition to a C=C π -system to afford a carbon-centered radical (e.g. alkyl, R•) that, in the presence of 90 oxygen, will form a peroxyl radical (ROO•).⁴ Regardless of the way they have been generated, peroxyl 91 radicals are the most important radical species involved in the process, as they are the sole chain-92 93 propagating species (with the exception of the hydroperoxyl radical, HOO•). Peroxyl radicals attack 94 another substrate molecule again by (formal) H-atom abstraction or by addition to a C=C π -system, thereby propagating the chain-reaction as depicted in Figure 1.⁴ Termination of the chain occurs by self-95 96 reaction of the peroxyl radicals or by cross-reaction between radical species and is a statistically unlikely 97 (*i.e.* slow) event, in the absence of antioxidants. Hence (without antioxidants), following any initiation 98 event, several propagation cycles will occur before termination takes place, determining the so called 99 chain-length, the number substrate molecules transformed into the primary oxidation products - i.e. hydroperoxides (ROOH) if propagation occurs by H-atom abstraction (e.g. in phospholipids) or 100 101 polyperoxides (-(ROO)_n-) if it proceeds by C=C addition (*e.g.* in styrene) – for each initiation event.⁴ 102 Primary oxidation products can then undergo further reactions to form secondary oxidation products

such as aldehydes, ketones, carboxylic acids, etc., often referred to as "carbonyl compounds". Direct 103 104 antioxidants can be distinguished in three groups according to their mechanism of interference with the autoxidation process (Figure 1). Preventive antioxidants interfere with the initiation process, *i.e.* they 105 prevent the on-setting of the autoxidation chain-reaction.⁴ Often initiation occurs by Fenton-like redox 106 reactions where transition metal ions (e.g. Fe^{2+} and Cu^{+}) will catalytically cleave by electron transfer 107 peroxides or hydroperoxides (ROOR, ROOH or HOOH) into alkoxyl or hydroxyl radicals (RO•, HO•) 108 that would rapidly attack any organic substrate and start the autoxidation. Metal-chelating agents like 109 phytate or curcumin can block the catalytic cycle and prevent initiation;⁹ similarly, compounds able to 110 reduce peroxides, either stoichiometrically like erucin,³ or catalytically like glutathione peroxidase (GPx) 111 mimics,¹⁰ would be preventive antioxidants.¹ Chain-breaking antioxidants (also called radical-trapping 112 antioxidants) are those compounds able to react with peroxyl radicals (or hydroperoxyl radicals) to form 113 products that do not propagate the radical-chain, thereby impairing the autoxidation.¹⁻⁵ In nature they are 114 typically phenols or polyphenols¹ although non-phenolic compounds like ascorbic acid or urate are also 115 well known.^{11,12} Finally, a third class has recently been formally recognized by our research group: 116 termination-enhancing antioxidants, comprising several non-phenolic terpenoids like citral or gamma-117 terpinene: they co-oxidize with the substrate and form peroxyl radicals that do propagate the chain, but 118 have much higher rate of chain-termination, thereby decreasing the chain-length and saving the 119 oxidizable substrate.^{3,13} 120

As it might appear from the foregoing, antioxidants are not simply "those compounds that react with free radicals", as every organic molecule would react with some radical and, clearly, not every molecule can be regarded as an antioxidant! The only radical species that is important to trap is peroxyl radicals (or hyproperoxyl) as they are the sole chain-propagating species in the autoxidation: this point should never be overlooked when developing (or applying) tests for antioxidant activity.⁴

126 HOW MUCH OR HOW FAST?

Although antioxidants are regarded as bioactive compounds, testing their activity requires a substantially 127 different approach as compared to drugs. Indeed, most drugs, be them natural or synthetic, act by non-128 covalent binding to specific cellular receptors, or to specific enzymes, thereby modulating cellular 129 functions. Therefore, their activity is largely determined by the extent of such binding and measuring it, 130 from a chemical perspective, actually means measuring an equilibrium constant. Conversely, the activity 131 of direct antioxidants is ultimately not related to an equilibrium process, but to their influence on the rate 132 a radical-chain reaction.¹⁻⁵ Therefore, measuring their activity should actually imply measuring the rate 133 134 of their reaction (e.g. with peroxyl radicals) or, ultimately, how they affect the rate of autoxidation of the substrate they are called to protect. For instance, any radical trapping antioxidant, be it modest or 135 136 excellent in performance, would react with peroxyl radicals to completion as the reaction is typically exothermic;⁵ however, what makes-up for the difference between a modest and an excellent antioxidant 137 is mainly the rate at which the reaction occurs.⁴ Radical trapping antioxidants will save the oxidizable 138 substrate from attack by peroxyl radicals only if their reaction with peroxyl radicals is much faster than 139 140 that of the substrate. Indeed, the most important and only "universal" parameters to quantify their activity are, distinctly, the rate constant for peroxyl radical trapping and the stoichiometry of such reaction.^{1-5, 8-} 141 ¹² Reaction kinetics and stoichiometry should possibly be kept distinct, as mixing them into a single 142 143 parameter limits the rational comparison of different antioxidants. A detailed discussion on this point has been provided.⁴ 144

145 METHODS BASED ON INHIBITED AUTOXIDATION

Inhibited autoxidation methods are based on the measurement of the rate of autoxidation of a reference substrate, both in the presence and in the absence of antioxidants. These methods are the golden standard because they test antioxidants in close-to-real settings, *i.e.* they challenge their ability to protect

a substrate from oxidation.⁴ The autoxidation can occur spontaneously at room or at high temperature. 149 or it can be induced by the addition of specific initiators, such as an azo-compound or the Fenton reagent 150 $(H_2O_2 \text{ and } Fe^{2+})$. Compared to other methods of initiation, azo-initiators, such as the lipid-soluble AIBN 151 (2,2'-azobis-isobutyronitrile), 152 or water-soluble AAPH ((2,2'-azobis(2-amidinopropane) dihydrochloride), are better suited to perform kinetic studies because their decomposition occurs at a 153 constant rate at a given temperature, thus providing a constant rate of initiation (Ri) throughout the 154 155 reaction course. The substrate is usually constituted by purified unsaturated fatty acids or by their triglycerides;^{3,4,8,14} however, also more easy-to-handle synthetic compounds (*e.g.* styrene or cumene) 156 work just as well.^{1-5,10-14} The reference substrate is normally chosen on the basis of its rate of chain 157 propagation k_p (e.g. k_p is 0.34, 41, and 62 M⁻¹s⁻¹ at 30°C in chlorobenzene for cumene, styrene and linoleic 158 acid, respectively),¹⁵ more effective antioxidants requiring more oxidizable substrates to be studied, so 159 that the autoxidation is not completely blocked.^{4, 14, 15} When performed at constant *R*i in homogenous 160 solution, with substrates whose rate constants of chain propagation (k_p) and chain termination $(2k_t)$ are 161 known, autoxidation studies allow measuring the absolute rate constants (k_{inh}) and the stoichiometry of 162 reaction (n) between peroxyl radicals and antioxidants.^{1-5,15} Therefore, they are best suited to gain 163 detailed information about the absolute performance and mechanism underlying the antioxidant 164 action.^{3,4,8,15} These methods can be further classified depending on the method used to follow the kinetics 165 166 of the reaction.

167 *Oximetry methods* (Figure 2) measure the consumption of O_2 in a closed system by using either 168 a differential pressure transducer,¹⁰⁻¹⁵ a polarographic probe,¹⁵ or a miniaturized fluorescence-quenching 169 probe. In these experiments, with effective chain-breaking antioxidants the trend of the O_2 uptake 170 typically follows a biphasic behavior: a primary period in which the autoxidation is inhibited by the 171 antioxidant (the induction period, τ), followed by a fast rate of autoxidation, as shown in Figure 2. The 172 comparison of the inhibited (R_{inh1} or R_{inh2}) and uninhibited (R_0) oxygen uptake rates affords the rate

constant k_{inh} , while τ affords the stoichiometry of the tested antioxidant, in case pure molecules. In case 173 that raw extracts are tested for antioxidant activity, the math can be adjusted so that the rate of inhibited 174 oxygen uptake can provide a specific activity of the extract and τ will reflect the product of reaction 175 stoichiometry and concentration of the active antioxidant in the extract. Inhibited autoxidations are 176 normally used to test chain-breaking antioxidants,^{1,2,5,10-12} but they are also a privileged method to study 177 termination-enhancing antioxidants (*e.g.* many terpenoid essential oil components), 3,13 in which case the 178 179 inhibition should be tested at different concentrations of the antioxidant so to clearly differentiate the non-monotonic dose/performance behavior from the linear behavior of chain-breaking antioxidants.¹³ 180 Oximetry methods have been implemented in homogeneous organic,^{1,2,10,11,13} or water solution,¹² as well 181 as in heterogeneous models like micelles,¹⁴ or liposomes. 182

183 Monitoring the substrate. In principle the autoxidation can also be studied by monitoring the 184 consumption of the oxidizable substrate; however, some practical shortcomings have to be faced. Firstly, the substrate is normally used at molar concentration to maintain a useful rate of propagation;^{4,12,15} 185 therefore, in order to consume a measurable amount of oxidizable substrate, the reaction would need to 186 187 be followed for several days (as compared to several minutes); secondly, monitoring has to be carried on in a discontinuous way, by sampling the reaction mixture at time-intervals and subjecting it to analysis. 188 A very convenient solution to these shortcomings consists of adding a suitable molecular probe to the 189 oxidizable substrate.¹⁶ 1-Phenylbutadiene derivative of well-known fluorescent BODIPY (PBD-190 BODIPY, Figure 3A) has λ_{max} at 591 nm and reacts with peroxyl radicals in the phenylbutadiene 191 sidechain undergoing autoxidation similarly to styrene, but with much higher rate of propagation (Figure 192 3). Since its UV-Vis absorption spectrum changes upon oxidation, it can be used as a reporter of the 193 194 autoxidation progress, upon adding a modest concentration (typically $10 \,\mu$ M) to styrene as the oxidizable substrate, so that it will co-oxidize with the substrate itself, allowing the reaction to be followed by a 195 standard spectrophotometer.¹⁶ The kinetic plots obtained by this method are similar to those showing the 196

197 oxygen consumption as a function of time (Figure 2), except the probe consumption is reported in the 198 vertical axis, and they can be analyzed similarly, providing k_{inh} and n of the antioxidant. Since slower 199 antioxidants need less oxidizable substrates (*e.g.* cumene), PBD-BODIPY might be too reactive for such 200 compounds and it can be replaced with the alternative probe STY-BODIPY (Figure 3A). STY-BODIPY 201 has also been successfully used to monitor autoxidations in homogenous water solution, using THF as 202 the oxidizable substrate.¹⁶

Monitoring hydroperoxides. Beside measuring the consumption of the reactants (oxygen or the substrate) 203 204 the autoxidation can also be monitored by following the formation of the primary oxidation products: 205 hydroperoxides. The measurement of hydroperoxides has actually been one of the earliest methods to 206 assay the oxidation of edible fats. When the oxidizable substrate is a fatty acid (e.g. linoleic acid), natural 207 phospholipids, or a triglyceride carrying non-conjugated unsaturated chains, the reaction can be followed 208 by the formation of the typical absorption band of conjugated hydroperoxides at 232 nm, which can be monitored continuously by spectrophotometry¹⁷ or, more accurately but discontinuously, by HPLC-209 UV,¹⁸ avoiding the interference of other absorbing species that may be formed during the autoxidation. 210 211 Alternatively, or with different substrates, hydroperoxides can be monitored by (time consuming) iodometric titration, or by colorimetric assays based on Fe²⁺ oxidation to Fe³⁺ and formation of colored 212 iron salts,¹⁹ but these methods experience interferences by several reductants that might be present in the 213 214 sample. This limitation was recently overcome by a method based on the reaction of hydroperoxides with a pre-fluorescent probe, a coumarin-triarylphosphine conjugate with max fluorescence emission at 422 215 nm upon excitation at 343 nm, which increases its quantum yields of one order of magnitude upon 216 oxidation to the corresponding phosphineoxide by reaction with hydroperoxides (Figure 3B).²⁰ Although 217 hydroperoxides can be monitored only in a discontinuous fashion, these studies can be performed using 218 a conventional spectrofluorimeter and afford analogous results as the continuous monitoring of the 219 reaction, *e.g.* by oximetry.²¹ 220

Other methods. One quite popular method to monitor autoxidation, which instead should be used with 221 caution, is the β -carotene bleaching assay. It is based on the disappearance of the typical yellow color of 222 β-carotene when it is co-oxidized with linoleic acid in an emulsion. Although this method is based on 223 autoxidation, the absence of an initiating system combined with the need to prepare an emulsion with 224 controlled composition and droplet-size reduce the reproducibility of the results.^{3,4} The conjugated 225 226 autoxidizable triene (CAT) and the apolar radical-initiated conjugated autoxidizable triene (ApoCAT) assays are recently gaining interest.^{19,22,23} They are based on autoxidation of tung oil, rich in conjugated 227 triene triacylglicerols showing UV absorbtion at 271 nm, which gets lost upon oxidation, allowing the 228 autoxidation to be followed in a common microplate reader.²² The two methods differ for the radical 229 230 initiator, a water soluble or a lipid soluble azo-compound, respectively. In our opinion the sole critical point of such interesting methods in the use of the area-under-the-curve (AUC) to analyze results, in 231 place of kinetic analysis of the autoxidation traces, which would afford distinct information on reaction 232 rate and stoichiometry.⁴ 233

234 Monitoring late (secondary) autoxidation products

235 Most popular methods used to follow the autoxidation are based on the detection of late oxidation products. Among them, the TBARS (thiobarbituric acid reactive species) assay is a semi-quantitative 236 colorimetric method used to detect malondialdehyde, which is formed from the breakdown of 237 238 hydroperoxides accumulated during the oxidation of polyunsaturated lipids.⁴ Other aldehydes formed during autoxidation of fatty acids are typically propanal, hexanal, and nonanal for omega-3, -6, and -9 239 fatty acids, respectively) and can be quantified by head-space gas chromatography.²⁴ Additionally, 4-240 hydroxynonenal (4-HNE) a toxic specific oxidation product of unsaturated fatty acids, can be analyzed 241 by LC-MS or other techniques upon chemical derivatization.²⁵ Although these methods provide valuable 242 243 information on the occurrence of oxidative degradation in lipid matrices like food, they should be used

with caution to test antioxidant activity. One main limit is that they are typically applied in a "single 244 point" fashion, *i.e.* the formation of oxidation products is assayed only after a fixed time, and is compared 245 with a single measurement in a parallel experiment without antioxidant.⁴ It would provide proof of 246 principle that some compound is acting as antioxidant, but it cannot afford quantitative evaluation of 247 antioxidant performance, as the amount of carbonyl compounds detected in the reaction mixture at a 248 given time is the results of a variety of subsequent and competing reactions and is influenced by a number 249 250 of variables that are far beyond the effectiveness of the tested antioxidant. An in-depth discussion on these aspects has recently been provided.⁴ The Rancimat test is another popular method belonging to this 251 class. A specific apparatus measures the release of volatile acids formed upon the spontaneous oxidation 252 of fats (such as seed oils or lard), under an air stream at 90-120 °C, by a conductometric method.⁴ The 253 antioxidant activity is obtained as a function of the induction time observed in the oxidation profiles, 254 which, in turn, provides an estimate of the antioxidant stoichiometry combined with threshold reactivity. 255 It is a useful method for semi-qualitative estimate of the antioxidant performance of extracts, however it 256 should be considered that the high temperature might cause the loss of low-boiling or labile antioxidants, 257 resulting in misestimating their activity.⁴ 258

259

260 METHODS BASED ON COMPETITIVE PROBE REACTION AND INDIRECT METHODS

Many popular methods to assess antioxidant activity are based on the competitive reaction of radicals with the antioxidant or with a probe, whose transformation can be monitored by fluorimetry (*e.g.* the ORAC assay) by spectrophotometry (*e.g.* the crocin bleaching assay), by EPR (*e.g.* spin-trapping methods) or other techniques.⁴ All these methods, despite their popularity, do not involve any substrate autoxidation and offer limited information on the actual antioxidant activity, as previously discussed.^{3,4} Another very popular family of methods is that of *indirect methods*, which are based on the reaction of

267 the potential antioxidant with some unnatural colored persistent radical (e.g. the DPPH test, the TEAC test, the Galvinoxyl test), or with other oxidizing agents like Fe^{3+} ions (*e.g.* the FRAP test), or Cu²⁺ ions 268 (e.g. the CUPRAC test) or others (e.g. the Folin-Ciocalteu test).^{4,8} In general, these tests do not provide 269 any measurement of the antioxidant activity, rather they tell, respectively, of the radical-trapping activity 270 or of the reducing ability of a compound or extract, which should never be overlooked when interpreting 271 or presenting their results.⁴ Their advantages and limitations have already been discussed in some detail,⁴ 272 273 however one of such methods, in our own experience, can be very useful to study natural antioxidants, and we wish to discuss it further. 274

DPPH• (2,2-diphenyl-1-picrylhydrazyl radical, $\lambda \max \approx 520$ nm), reacts with most antioxidants with 275 similar mechanism as peroxyl radicals (due to the similar electronic configuration), albeit at much lower 276 277 rate, allowing the facile monitoring of the reaction kinetics in a conventional spectrophotometer (Figure 278 4). The bimolecular rate constant for the reaction between DPPH• and various antioxidants, allows clarify the structure-activity relationship of families of antioxidants such as flavonoids,²⁶ and their reaction 279 mechanisms.⁷ Additionally, a single-point measurement of DPPH• discoloration provides the 280 stoichiometry of radical-trapping,²⁷ or can be used to titrate the effective content of antioxidants when 281 282 testing raw extracts of unknown composition. It is recommended that reaction time is set to a short value e.g. 1 minute, so to detect real antioxidants (reacting rapidly) and bias from reaction od DPPH• with other 283 molecules is minimized.³ Conversely, other common single-point uses of DPPH, like measuring the IC50 284 - the concentration of an antioxidant able to give 50% discoloration of a solution of DPPH after a fixed 285 time (e.g. 30 min) – and reporting it as a quantitative parameter of antioxidant performance, are 286 287 misleading and void of any chemical or physical meaning and should be discouraged.^{4, 27}

288 TESTING PREVENTIVE ANTIOXIDANTS

289 Preventive antioxidants are less frequently investigated than radical-trapping in natural products

research. Since preventive activity can be based on several mechanisms, normally specific assays are
required. For instance, Superoxide dismutase (SOD), Glutathione peroxidase (GPx), Glutathione
reductase (GR), thiol peroxidase, Catalase, and other assays can be used to highlight specific enzymelike activity.^{4,28}

Metal chelating compounds are perhaps the most common among preventive antioxidants. Their action 294 relies on blocking the Fenton reaction by chelating transition metal ions with higher affinity for higher 295 oxidation state, e.g. Fe^{3+} as compared to Fe^{2+} , or Cu^{2+} as compared to Cu^{+} , which makes their recycling 296 by reducing agents thermodynamically less favorable and impairs their catalytic redox cycle.⁹ 297 Quantitative metal binding studies (e.g. by spectrophotometry) can be very useful to investigate their 298 activity; however, testing their ability to inhibit autoxidations initiated by the Fenton chemistry (e.g. by 299 the mixture Fe²⁺, H₂O₂, ascorbate, instead of azo-initiators) would provide most solid evidence that metal 300 binding translates into antioxidant activity.^{4,9} 301

Fenton initiation can be inhibited also by decomposing (*i.e.* depleting) H_2O_2 or hydroperoxides, which, besides catalytic enzyme-like activities, can be accomplished also stoichiometrically, *e.g.* by natural sulfides like cysteine-derived secondary metabolites. This activity can conveniently be studied by electrospray mass spectrometry (ESI-MS), *e.g.* by monitoring the kinetics of formation of the corresponding sulfone.⁴

307

308 THE ROLE OF THE MEDIUM ON THE MEASUREMENT OF ANTIOXIDANT ACTIVITY

In testing the antioxidant activity, it should never be overlooked that the reaction medium has major importance. It is now well established that the reaction of any radical,²⁹ including peroxyl³⁰ with typical antioxidant like phenols or any compound able to act as hydrogen bond donor (HBD) is modulated by

the hydrogen bond accepting (HBA) ability of the solvent, in homogenous solution. Indeed, occurrence 312 of H-bonding of the antioxidants to the solvent impairs their rate of radical trapping. Additionally, H-313 bonding with the solvent will influence the reactivity of some radicals like the hydroperoxyl.²⁹ and the 314 two phenomena will combine in autoxidations carried on by hydroperoxyl radicals. Furthermore, the 315 polarity of the solvent might influence the mechanism of reaction of antioxidants (e.g. phenols) with 316 radicals, e.g. changing from a concerted proton coupled electron transfer (PCET) to a stepwise proton-317 transfer electron-transfer (PT-ET) or vice versa, which would clearly affect the rate of reaction, 318 sometimes the stoichiometry, and, overall, the antioxidant efficacy. For instance, it has been 319 demonstrated that in alcohols the reaction of DPPH• radical with phenols changes from a PCET 320 321 mechanism to a mechanism named sequential proton-loss electron-transfer (SPLET), accelerating up to thousands-folds.^{4,29} The same acceleration is not observed for peroxyl radicals in alcohols; therefore, the 322 common approach to test the DPPH• radical-trapping ability in methanol or ethanol to guarantee the 323 solubilization of polar phytocomponents might results in misestimated activity and polar solvents like 324 acetonitrile or dioxane are preferable to parallel the behavior of peroxyl radicals. Finally, in water, the 325 influence of pH needs to be considered.¹² Testing antioxidants in heterogeneous media, like emulsions, 326 micelles, and liposomes is even more critical. It is well known that the rate of radical reaction in these 327 systems reflects mainly the rate of reactants exchange among particles,^{12,14} additionally the partition of 328 the antioxidant will affect the measured antioxidant activity,²³ which may or may not mimic the real-life-329 conditions, depending on how closely the experimental model resembles the real material to be protected. 330 Studies in heterogeneous media might be very valuable, but they could be matched to studies in 331 homogeneous solution to gain full rationalization of antioxidant behavior.¹⁴ 332

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429 FIGURE LEGENDS

431	Figure 1. Autoxidation of an organic substrate and mechanism of interference by direct antioxidants
432	Figure 2. Example of oxygen-uptake plot during the autoxidation of a standard substrate RH in the absence of
433	inhibitors (a), in the presence of a modest chain-breaking antioxidant AH (b) or of a good chain-breaking antioxidant
434	AH (c). Corresponding equations allow to obtain the rate constant for peroxyl radical trapping (k_{inh}), the
435	stoichiometric factor (n) provided the rate of initiation (Ri), the rates of chain-propagation (k_p) and termination ($2k_t$)
436	for the substrate are known.
437	Figure 3. (A) Co-oxidizable probes used to monitor by visible spectrophotometry the time course of an inhibited
438	autoxidation. (B) Fluorescent probe that allows monitoring the kinetics of formation of hydroperoxides during
439	inhibited autoxidations.
440	Figure 4. Decay of DPPH signal at 517 nm in methanol at 298±2 K after rapid 1:1 mixing of a 2.0×10^{-5} M solution
441	of DPPH with the solvent (spontaneous decay, dotted line) or with a 10 mg/L solution of a standardized Daikon
442	extract (full line). Insert: first order kinetic analysis plot. Reproduced from Ref 7.
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453 Figure 1.



Initiation rate:
$$R_{i} = \frac{n[AH]}{\tau}$$

a) $-\left(\frac{d[O_{2}]}{dt}\right)_{0} = \frac{k_{p}}{\sqrt{2k_{t}}}[RH]\sqrt{R_{i}} + R_{i}$
b) $\frac{-(d[O_{2}]/dt)_{0}}{-(d[O_{2}]/dt)_{inh1}} - \frac{-(d[O_{2}]/dt)_{inh1}}{-(d[O_{2}]/dt)_{0}} = \frac{nk_{inh1}[AH]}{\sqrt{2k_{t}R_{i}}}$
c) $-\left(\frac{d[O_{2}]}{dt}\right)_{inh2} = \frac{k_{p}[RH]R_{i}}{nk_{inh2}[AH]} + R_{i}$

Figure 2.











463 Figure 4



TOC