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Polysaccharides from by-products of the Wonderful and Laffan pomegranate varieties: New insight into extraction and characterization

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Abstract: The main crude polysaccharides (CPS), extracted from two widely cultivated pomegranate varieties, Laffan and Wonderful, were studied and characterized. We obtained the highest CPS extraction yield (approximately 10% w/w on dried matter) by 1 h of decoction (ratio 1/40 w/v). The predominant polymers (75-80%) of the CPS samples shown a hydrodynamic volume close to 2000 kDa by size exclusion chromatography and the exocarp and mesocarp profiles were very similar. The proton spectra (<sup>1</sup>H-NMR), according to sugar composition and gelling ability, confirmed the main polysaccharide fractions were pectin with different acylation and methylation degree. The CPS from Laffan and Wonderful mesocarp showed prebiotic properties in vitro with Lactobacillus and Bifidobacterium strains. The composition of the decoction (12 % ellagitannins and 10 % of CPS) obtained by a green extraction process of pomegranate by-products, makes it a suitable component of functional food formulations.

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1 **Polysaccharides from By-products of the Wonderful and Laffan Pomegranate Varieties: New**  
2 **Insight into extraction and characterization.**

3

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24 **Abstract**

25 The main crude polysaccharides (CPS), extracted from two widely cultivated pomegranate  
26 varieties, Laffan and Wonderful, were studied and characterized. We obtained the highest CPS  
27 extraction yield (approximately 10% w/w on dried matter) by 1 h of decoction (ratio 1/40 w/v).  
28 The predominant polymers (75-80%) of the CPS samples shown a hydrodynamic volume close to  
29 2000 kDa by size exclusion chromatography and the exocarp and mesocarp profiles were very  
30 similar. The proton spectra (<sup>1</sup>H-NMR), according to sugar composition and gelling ability,  
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32 degree. The CPS from Laffan and Wonderful mesocarp showed prebiotic properties *in vitro* with  
33 *Lactobacillus* and *Bifidobacterium* strains. The composition of the decoction (12 % ellagitannins  
34 and 10 % of CPS) obtained by a green extraction process of pomegranate by-products, makes it a  
35 suitable component of functional food formulations.

36

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38

## 39 1. Introduction

40 The *Punica granatum* L. (Punicaceae) fruit has been extensively used in the folk medicine of  
41 many cultures (Viuda-Martos, Fernández-Lóaez, & Pérez-álvarez, 2010), exhibiting a wide range of  
42 potential clinical applications (Viuda-Martos et al., 2010) including antitumor properties (Joseph,  
43 Aravind, George, Varghese, & Sreelekha, 2013; Joseph, Aravind, Varghese, Mini, & Sreelekha,  
44 2012; Li, Zhang, & Wang, 2014). Up until now, research indicated that the ellagitannins are the  
45 principal bioactive constituents of the different extracts obtained from pomegranate fruit. However,  
46 there are few studies regarding the extraction and characterization of the polysaccharide fractions  
47 recovered from the different parts of the fruit.

48 To date, natural polysaccharides have been proven to exert antioxidant, antitumor,  
49 immunomodulatory, antimicrobial, antiulcer and hypoglycemic activities (Leung, Liu, Koon, &  
50 Fung, 2006; Negi, Jayaprakasha, & Jena, 2003; Schepetkin & Quinn, 2006). A polysaccharide  
51 extracted from pomegranate peel has shown significant antioxidant, antiglycation and tyrosinase  
52 inhibition properties (Rout & Banerjee, 2007). A more recent paper showed that a galactomannan  
53 recovered from the fruit rind of *P. granatum*, exerted *in vitro* immunomodulatory and free radical  
54 scavenging activities (Joseph et al., 2012), as well as anticancer activity in mice by reducing the  
55 tumor either alone or in combination with doxorubicin (Joseph et al., 2013 ). One of these studies  
56 provided evidence of the non-toxic nature of this plant-derived compound, which was also proposed  
57 as an adjuvant or as a single agent for the treatment of cancer (Joseph et al., 2013). Polysaccharides  
58 from pomegranate peel have also been reported as able to inhibit the proliferation of U-2 human  
59 osteosarcoma cancer cells by inducing apoptosis mainly through a mitochondrial signalling  
60 pathway (Li et al., 2014).

61 At the same time, it is known that polysaccharides are an important part of soluble fermentable  
62 dietary fiber. They can exhibit prebiotic activity by stimulating the growth of beneficial bacteria in  
63 the colon, thereby contributing to the healthy status of the gut (Di Gioia et al., 2014a; Marotti et al.,

64 2012). A balanced gut microbial composition confers benefits to the host, due to the modulation of  
65 metabolic and immune functions, while microbial imbalances are associated with metabolic  
66 disorders and/or diseases (Di Gioia, Aloisio, Mazzola, & Biavati 2014b; Tremaroli & Bäckhed,  
67 2012). Therefore, the maintenance of a correct equilibrium between beneficial microorganisms,  
68 mainly belonging to the *Bifidobacterium* and *Lactobacillus* genera, and potentially pathogenic  
69 strains, is crucial for host health.

70 The interest in food processing by-products has increased recently. In particular, waste by-  
71 products from pomegranate juice production are being considered for the recovery of bioactive  
72 compounds, primarily ellagitannins (Akhtar, Ismail, Fraternali, & Sestili, 2015; Goula & Lazarides,  
73 2015), while polysaccharides have not yet been considered. In literature, it is frequently used to  
74 indicate the exocarp (the real peel) and mesocarp together, without making a real distinction  
75 between these two parts of the fruit (Viuda-Martos et al., 2010). The main by-products of juice  
76 production, the mesocarp (40-50 % of the whole fruit) and exocarp, have not been investigated  
77 singularly as potential sources of bioactive polysaccharides, and no data are available on the  
78 possible prebiotic properties of these polymers recovered from pomegranate. To the best of our  
79 knowledge, none of the studies on pomegranate polysaccharides have taken into account the  
80 Wonderful and Laffan varieties, the objects of our investigation.

81 The aim of this research was to study the polysaccharides from the by-products of Laffan and  
82 Wonderful, generated in large amount from these two widely diffused pomegranate varieties. Water  
83 extraction processes were applied to efficiently recover the polysaccharides separately from the  
84 mesocarp and exocarp. Size exclusion chromatography, chemical hydrolysis and proton nuclear  
85 magnetic resonance ( $^1\text{H-NMR}$ ) were used to analyze the characteristics of the principal  
86 polysaccharides. For the first time, the prebiotic properties of crude polysaccharides (CPS) from the  
87 Wonderful mesocarp were assessed by *in vitro* by testing them on *Bifidobacterium* and  
88 *Lactobacillus* strains. The dry decoction is proposed as source of polysaccharides and ellagitannins.

89

## 90 **2. Materials and methods**

### 91 *2.1 Materials*

92 The Laffan cultivar (sour-sweet) was harvested from Rif Idlib, Syria in October 2011; the  
93 Wonderful cultivar was purchased from Ortofrutta Grosseto (Italy) in October 2013. About 7-10 kg  
94 of fresh ripe fruits of both cultivars were used as the source of the exocarp and mesocarp for  
95 extraction of polysaccharides.

96

### 97 *2.2 Extraction process for recovery of CPS*

98 The exocarp and mesocarp were manually separated from fresh pomegranate fruits, then cut  
99 into small pieces and freeze-dried. Both parts were powdered in a grinder and extracted with  
100 distilled water as summarized in Table 1. The term dried matter in the text refers to the dry weight  
101 of the mesocarp and exocarp. Each solution, recovered after centrifugation (3900 g for 12 min at  
102 5°C) according to the methods listed in Table 1, was supplemented with 2 volumes of ethanol and  
103 kept for 3 h at 0°C to induce the precipitation of polysaccharides, which were recovered after a new  
104 centrifugation, again at 3900 g for 12 min at 5°C. The further addition of ethanol to the supernatants  
105 did not induce the formation of new precipitate. The recovered polysaccharides were freeze-dried,  
106 then re-dissolved in a minimum water volume and treated again with 2 volumes of ethanol. The  
107 precipitate was then freeze-dried to obtain the crude polysaccharides (CPS) which were  
108 successively treated to remove the proteins according to the method reported in Joseph et al.,  
109 (2012). Briefly, CPS were dissolved in water and extracted with 3 volumes of chloroform. The  
110 extraction was repeated several times until the water/chloroform inter-phase became clear. The  
111 aqueous phase containing the purified polysaccharides was recovered and freeze-dried to obtain  
112 CPSp as summarized in Table 3. CPSp were re-dissolved in water, and 500 µL of this solution were  
113 transferred into an ultra-filter device with a cut-off of 10,000 Daltons (Amicon, Millipore, Billerica,

114 MA) and centrifuged at 11,000 g for 15 min. The precipitate was re-suspended in its original  
115 volume by adding water; the process was repeated up to 7 times, (as indicated by the supplier), to  
116 remove about 99% of possible fouling materials (polar low molecular weight molecules and salts)  
117 from the sample. After these cleaning steps, the filter device was placed upside down in a clean  
118 microcentrifuge tube for 2 minutes at 1,000 g; 500  $\mu$ L of distilled water were then added to dissolve  
119 and recover the polysaccharides after filtration.

120

### 121 *2.3 <sup>1</sup>H- NMR analysis*

122 The purified polysaccharides from the mesocarp of Wonderful (W-CPSp) and Laffan (L-CPSp)  
123 were dialyzed for 48 h at 5°C in a nitrocellulose membrane with a 12-14 kDalton cut-off (Medicell  
124 International Ltd, London), and then freeze-dried. The dried samples were dissolved in 1 mL of  
125 D<sub>2</sub>O and maleic acid was added as internal standard as follows: 6.1 mg W-CPSp and 1.1 mg of  
126 maleic acid, 6.3 mg L-CPSp and 1.3 mg of maleic acid, purity grade 98% (Merck, Germany). The  
127 <sup>1</sup>H-NMR experiments were carried out using a 400 MHz instrument Advance 400 (Bruker, Bremen,  
128 Germany). The quantitative evaluation was done according to reference guidelines (Eurolabs,  
129 2014), applying the same protocol previously used for other matrices (Khatib, Pieraccini, Innocenti,  
130 Melani, & Mulinacci, 2016).

131

### 132 *2.4 Determination of monosaccharide composition*

133 The polysaccharides in Table 2 from Laffan and Wonderful mesocarp and exocarp were  
134 hydrolyzed in acidic media (Erbing, Jansson, Widmalm, & Nimmich, 1995). Briefly, 1 mL of a 2 M  
135 trifluoroacetic acid water solution was added to 5 mg CPSp, maintained at 120°C for 120 min.  
136 Afterwards, samples were cooled on ice, and ultrafiltered at 3500 g for 20 min using 3,000 Daltons  
137 cut-off centrifuge filter devices (Amicon Ultra-4, Millipore, Billerica, MA). The supernatant was  
138 then dried by a rotavapor at 37 °C, and re-suspended in 1 mL MilliQ-grade water. This

139 evaporation/re-suspension process was repeated three times, with the aim of removing the  
140 trifluoroacetic acid that could introduce bias **into** the analysis. The samples were washed twice with  
141 MilliQ-grade water, re-dissolved in 1 mL deionized water and then analyzed by ion exchange  
142 chromatography using a ICS-2500 ion chromatograph with an ED<sub>50</sub> pulsed amperometric detector, a  
143 gold working electrode and a Carbopac PA1 250x4mm column, all from Dionex (Sunnyvale, CA,  
144 USA). The eluents used were MilliQ-grade water (solution A), 0.185 M sodium hydroxide solution  
145 (solution B), and 0.488 M sodium acetate solution (solution C). A gradient elution was used  
146 consisting of a first stage (injection time **up** to the 7th min) with the eluent constituted by 84%  
147 solution A, 15% solution B, and 1% solution C; a second stage (injection time from the 7th to 13th  
148 min) with the eluents constituted by 50% solution B and 50% solution C; and a final stage (injection  
149 time from the 13th to the 30th min) with the eluents consisting of 84% solution A, 15% solution B,  
150 and 1% solution C. The flow rate was 1 mL min<sup>-1</sup>. The monosaccharides were detected according to  
151 the retention time of pure monosaccharides purchased from Sigma-Aldrich (Milan, Italy) after  
152 specific spike injections of the pure monosaccharides; at least three standard injections were  
153 repeated in order to obtain a mean retention time of each monosaccharide, and the variance never  
154 exceeded 5%.

155

## 156 *2.5 Size Exclusion Chromatography*

157 The apparent molecular weight of the polysaccharides of the CPS samples was determined  
158 according to a previously reported method (Chen et al., 2014; Colica, Li, Rossi, De Philippis, &  
159 Liu, 2015), with some modifications. The samples listed in Table 3 were weighed and dissolved in  
160 distilled water, at a concentration of roughly 0.14 mg mL<sup>-1</sup>. The solution was analyzed using a  
161 Varian ProStar HPLC chromatograph (Varian, USA) equipped with a 355 refractive index detector  
162 and a Biosep s4000 column (Phenomenex, USA). The samples were analyzed with 30 min runs by  
163 HPLC-grade water as eluent at 0.6 mL min<sup>-1</sup> flow rate. Blue dextrans (Sigma-Aldrich, USA) at

164 different molecular weights (approx. 2000 kDa, 1100 kDa, 410 kDa, 150 kDa and 50 kDa) were  
165 used as standards for hydrodynamic volume calculation.

166

## 167 *2.6 In vitro evaluation of the prebiotic activity of CPS*

168 The ability of CPS to induce the growth of beneficial bacteria (prebiotic activity) was assayed  
169 using two strains previously isolated from human feces: *Bifidobacterium breve* B632 (Aloisio et al.,  
170 2012) and *Lactobacillus plantarum* L12. The latter was isolated from a healthy volunteer  
171 (unpublished results) and taxonomic characterization was performed via 16S rDNA amplification  
172 and sequencing (Gaggia et al., 2013), this strain is available at the Bologna University, Scardovi  
173 Collection of Bifidobacteria. Both strains were stored in lyophilized form. When necessary, they  
174 were re-vitalized in de Man Rogosa Sharpe (MRS) medium (Oxoid, Basingstone, UK)  
175 supplemented with 0.05% cysteine and incubated in anaerobic conditions at 37°C for 24 h.  
176 Anaerobic conditions were created in a capped jar using an anaerobic atmosphere generation system  
177 (Anaerocult A, Merck, Darmstadt, Germany).

178 The MRS medium composition was modified to perform the growth experiment with the  
179 pomegranate polysaccharides. The modified medium (m-MRS) did not contain the carbon source  
180 (glucose), which was provided by the pomegranate polysaccharides, and had a halved amount of  
181 potential growth substrate, such as peptone, yeast extract and meat extract compared to those  
182 present in the original medium (peptone, 5 g L<sup>-1</sup>; yeast extract, 2 g/L, meat extract, 5 g L<sup>-1</sup>, where  
183 the amounts are in m-MRS).

184 The prebiotic activity was evaluated using CPS at 0.5% (w/v) in m-MRS. A positive growth  
185 control was performed using m-MRS with 0.5% glucose and a negative control in m-MRS with no  
186 added carbon source. The medium containing CPS as the carbon source was prepared as follows:  
187 the m-MRS ingredients were weighed in a flask, dissolved in water and the medium was autoclaved  
188 at 120°C for 15 min. A 0.5% (w/v) fiber or glucose at the same concentration were added to the hot

189 medium, stirred, and sterilized again at 102°C for 10 min. This procedure allowed the fiber to  
190 dissolve in the medium and, at the same time, to prevent risk of growth of **undesirable**  
191 microorganisms. The *B. breve* B632 and *L. plantarum* M12 strains were grown overnight in the  
192 respective media, centrifuged, washed in phosphate buffered saline (PBS) and re-suspended in PBS  
193 to obtain a solution having an absorbance of 0.7 at 600 nm. This suspension was used to inoculate at  
194 2% (v/v) the flasks containing the m-MRS medium plus the fiber, the m-MRS medium plus glucose  
195 (positive control) and the m-MRS medium with no additional carbon source (negative control). The  
196 flasks were incubated at 37°C in anaerobic conditions for 48 h and a 1 mL culture was sampled  
197 from each flask for viable bacterial counts at pre-established times (0, 6, 24, 30 and 48 h of  
198 incubation). The sampled amount was mixed with 9 mL of PBS, serially diluted in the same  
199 solution and plated on agarized MRS supplemented with cysteine. Following incubation of the  
200 plates at 37°C in anaerobic conditions for 24 h, the number of colonies, corresponding to the  
201 number of viable cells, was counted. The number of cells expressed as CFU mL<sup>-1</sup> were transformed  
202 into Log<sub>10</sub> value (Log CFU mL<sup>-1</sup>).

203

#### 204 *2.7 Proximate composition and dietary fiber analyses*

205 The proximate composition was determined for the decoction from mesocarp of the Wonderful  
206 variety. Protein content (PC) was evaluated using the Kjeldhal method:  $PC (g/100g) = N * 6.25$ ,  
207 where N is total nitrogen. The total fat content was determined by Soxhlet extraction, and  
208 gravimetrically determined according to ISS protocol (1996/34). Ash content was evaluated by  
209 gravimetric assay, according to ISS protocol, (1996/34 method b). Dietary fibers (both soluble and  
210 insoluble) were quantified according to AOAC method 991.43 (Determination of soluble, insoluble  
211 and total dietary fiber in foods and food products, final approval 1991).

212

#### 213 *2.8 Statistical analysis*

214 All data in Figure 1, Tables 1 and 3, are presented as mean±SD from triplicate measurements of  
215 each measuring point. Statistical significance for evaluating the prebiotic properties of CPS from  
216 the mesocarp of Laffan and Wonderful cultivars was calculated within each evaluation time (T6,  
217 T24, T30, T48) with a t-test, using the MEANS procedure (SAS).

218

### 219 **3. Results and Discussion**

#### 220 *3.1 Recovery of polysaccharides: preliminary evaluation on Laffan*

221 The decision to study the by-products from Laffan and Wonderful pomegranate varieties, was  
222 mainly determined by the high amount produced because the diffusion of the two varieties. The  
223 Laffan pomegranate is widely present in Syria but also in Southern Turkey and Israel, while the  
224 Wonderful is one of the principal variety cultivated in the Western world. Although a valorisation of  
225 the by-products derived from juice production, requires better knowledge of their composition, so  
226 far little attention has been addressed to polysaccharides from pomegranates, and the fruits are  
227 mainly known for their juice rich in anthocyanins and ellagitannins. Water extraction (sometimes  
228 coupled with increased temperature), and subsequent precipitation by adding ethanol, is the most  
229 commonly utilized method for recovering polysaccharides from different sources (Huie & Di, 2004;  
230 Joseph et al., 2012; Zhu & Liu, 2013). We used a similar procedure on the mesocarp and exocarp  
231 separately, to evaluate the polysaccharide content of Wonderful and Laffan. First of all, to select the  
232 most efficient extractive procedure, we used the Laffan mesocarp as reference material.

233 To increase the extractive yields, (Table 1), different extraction times, extraction temperatures  
234 and dried matter/water ratios, were evaluated. Firstly, 30 and 60 min were set, applying a single or  
235 two successive extraction steps, and varying the extractive ratio from 1:15 w/v to 1:40 w/v. The  
236 extraction was firstly performed at 25±2 °C as previously proposed for pomegranate (Rout &  
237 Banerjee, 2007). A second approach was to pre-treat the dried material with a hydroalcoholic  
238 solution to remove the ellagitannins, and then extract the polysaccharides by hot water.

239 To remove part of the impurities co-precipitated after the first ethanol addition, the  
240 polysaccharides were re-dissolved in water and precipitated again, adding ethanol to get the CPS  
241 listed in Table 1. To verify if this latter step was effective in cleaning the polysaccharides, we  
242 evaluated the amount of the impurities by weighing the dried supernatant recovered after the second  
243 ethanol addition. The impurities were 5.4% and 7.4% of dried mesocarp for Wonderful and Laffan,  
244 respectively, and close to 3% of the dried exocarp for both varieties. These results indicate that the  
245 second addition of ethanol was necessary to obtain a cleaner polysaccharide fraction (CPS).  
246 As shown in Table 1, the yield in CPS increased from 5% to 8% with a longer extraction time (from  
247 30 to 60 min) by applying the same extractive ratio (1:15 w/v). The yield further increased up to  
248 10% by applying a single extraction of 60 min and a higher extractive ratio (1/40 w/v). A successive  
249 extractive step of 60 min, as well as previous contact of the dried material with water before the  
250 decoction, did not increase the recovery of CPS.

251 Overall, the best result in terms of yield and reproducibility, was obtained with a single  
252 decoction of 60 min and an extractive ratio of 1/40 p/v (Table 1). Similar recoveries of  
253 polysaccharides (10-13%) were reported by Zhu et al., for a pomegranate purchased from a local  
254 Chinese market and extracted by hot water (Zhu and Liu, 2013). The same authors have  
255 successively proposed an ultrasound-assisted hot water extraction, but obtained similar yields (Zhu,  
256 Zhai, Li, Wu, & Li, 2015). In both these studies, and as frequently reported in literature, the authors  
257 cited the pomegranate peel but did not specify if the raw material was comprised only of the  
258 exocarp or of the mesocarp plus exocarp. Lastly, and in agreement with a previous report (Rout &  
259 Banerjee, 2007), we confirmed that extraction with water at a temperature close to 25°C, even when  
260 applying long extraction times, gave considerably lower CPS yields (Table 1).

261 Since there are about 12% of ellagitannins in the decoction of Laffan mesocarp (Khatib, 2015),  
262 a pretreatment with ethanol 70% v/v was also tested to remove these polar compounds before  
263 precipitation of the CPS. Even if the CPS yields are lower than those obtained without applying this

264 treatment, this latter approach can be useful when the objective is to efficiently recover the  
265 ellagitannins before precipitation of polysaccharides (Table 1).

266

### 267 *3.2 CPS recovered from the two cultivars*

268 After the pre-screening carried out only on the Laffan mesocarp, only the more efficient  
269 methods were selected to extract the CPS from the Laffan and Wonderful exocarp and mesocarp  
270 (Table 2). Overall, by applying the same extractive method, we obtained similar results from the  
271 exocarp and mesocarp of the two varieties. Again, a one-step decoction gave the highest % yields,  
272 and the hot water is determinant for maximizing the extractability of CPS because it increases  
273 polysaccharide solubility. On the other hand, the extraction carried out at room temperature, was  
274 confirmed as the worst. Despite the low yields, this latter method was tested again to verify the  
275 effect of temperature on the characteristics of CPS. To this aim, we analyzed the recovered  
276 polysaccharides by size exclusion chromatography and compared their profiles with those from  
277 CPS obtained by the hot extraction. As shown in Table 2, CPS were mainly located in the mesocarp,  
278 with lower values in the exocarp (4.5-4.7%) for both varieties. There was some variability in the  
279 method with the CPS amount recovered from exocarp having higher standard deviation values,  
280 from 11% to 25%. This finding is attributable to the non-homogeneous thickness of the removed  
281 exocarp, still containing residual parts of mesocarp, which is hard to completely remove. Lastly, the  
282 decoction of the exocarp, carried out after a previous extraction with ethanol/water (7:3v/v),  
283 provided CPS amounts close to 4% and similar to those derived without using the hydroalcoholic  
284 solution pre-treatment.

285 It must be emphasized that boiling is a suitable method not only for polysaccharides but also  
286 for co-extraction of the ellagitannins in amounts close to 120 mg/g dried decoction (Khatib, 2015).  
287 Furthermore, the drying process of the decoction did not require the addition of excipients such as  
288 the maltodextrins, commonly used to reduce the final hygroscopicity of the dried herbal extract.

289 This advantage, not frequently observed during the management of herbal products, can be  
290 attributable to the presence of CPS in a relatively high amounts.

291 Due to the difficulty of procuring enough fresh Laffan pomegranate during the civil war in  
292 Syria, we only determined the nutritional composition of the Wonderful mesocarp decoction. In  
293 summary, the total dietary fiber determined by the AOAC.993.41 method was 9.66 % comparable to  
294 the CPS content. Moreover, the main fraction was soluble fiber, (6.67 %) fermentable by human  
295 microbiota. There was 2.3 % of total proteins and 5.6 % ash, indicating an appreciable amount of  
296 minerals.

297

### 298 *3.3 Sugar composition by hydrolysis*

299 To verify the purity grade of polysaccharides in terms of the co-presence of oligosaccharides  
300 and inorganic salts, the efficiency of the ultrafiltration devices was tested on CPSp from the  
301 mesocarp of the two varieties (Table 2). The hydrolysis of CPSp samples before and after the cut-  
302 off filtration provided the same results in terms of molar percentage of monosaccharides suggesting  
303 that the samples listed in Table 2 did not need further purification by this filter device.

304 The CPSp samples listed in Table 3 were treated with TFA acid to hydrolyze the polysaccharide  
305 strands and subsequently determine sugar composition by ionic exchange chromatography,  
306 according to a previous method (Erbing et al., 1995). The CPSp samples from both the mesocarp  
307 and exocarp showed a very similar composition for both the varieties (Table 3). Hexoses galactose  
308 and glucose, deoxysugar rhamnose, and galacturonic acid, were the most abundant monomers,  
309 while the main aldopentoses were xylose and arabinose. From our findings it emerges that these two  
310 varieties, Laffan from Syria and Wonderful widely diffused throughout the western world, have a  
311 very similar compositional profile in terms of polysaccharides. This result is not completely  
312 unexpected, and in agreement with a previous work in which it was hypothesized that the  
313 Wonderful is derived from the more antique Laffan variety (Goor, 1967).

314 Overall, other reports on pomegranate by-products did not include the varieties selected in this  
315 study. In regard to polysaccharides, the literature indicates there is a wide variability in terms of  
316 sugar composition depending on the variety, growth site and purity grade of the polysaccharide  
317 itself (Normakhtov, Rakhmanberdyeva, & Rakhimov, 1999; Jahfar, Vijayan, & Azadi, 2003) .

#### 318 *3.4 Characterization of the polysaccharide fractions*

319 The CPSs from the mesocarp and exocarp of the two cultivars were analyzed by size exclusion  
320 chromatography to determine their apparent molecular weight. Since these polymers may be  
321 characterized by a branched structure, often related to the presence of arabinose, galactose and  
322 xylose, their size was calculated in terms of hydrodynamic volume, and not in terms of actual  
323 molecular weight. The CPS samples were compared to dextrans standards, considering that a 2000  
324 kDa fraction has the same hydrodynamic volume as dextran at 2000 kDa molecular weight. The  
325 analyzed fractions throughout the text are identified as molecular weight, although with  
326 approximation.

327 The data in Figure 1 highlighted that CPS of Laffan and Wonderful mesocarp and exocarp,  
328 were of similar molecular weight, since no significant differences were found; all the CPS were  
329 characterized by a predominant fraction of about 2000 kDa, accounting for 75.4% of the total. The  
330 remaining 24.6% was represented by five minor fractions, the most common being: i) a fraction  
331 having a molecular weight between 410 kDa, and 150 kDa (7.4% of total CPS); ii) a fraction having  
332 a molecular weight lower than 50 kDa, accounting for 8.9% of total CPS. As expected, more  
333 variability was observed for the fractions having small molecular weights (much lower than 50  
334 kDa).

335 Few reports are available to date on polysaccharide structure from pomegranate fruit. A first  
336 report described a glucofructan extracted from the peel, having 31 kDa molecular weight, that was  
337 separated using Sephadex G100 column (Jahfar, et. al., 2003). Sun described a polysaccharide  
338 extracted from the rind of a non-specified variety, having a molecular weight of 110 kDa

339 determined by gel filtration on a Sephadex G200 column and dextrans at different molecular  
340 weights as reference standards (Sun, Li, Yan, & Liu, 2010). More recently, a glucomannan was  
341 extracted from the rind of a ripe pomegranate fruit and the authors indicated a molecular weight of  
342 110 kDa (Joseph et al., 2012). None of these studies specified which cultivar or variety was  
343 investigated.

344 The present work shows the molecular weight distribution of pomegranate polysaccharides  
345 obtained from the Laffan and Wonderful cultivars by using size exclusion chromatography for the  
346 first time. We demonstrated that the CPS samples have similar apparent molecular weight  
347 distribution with overlapping profiles of the two cultivars and the two parts of the fruit. We also  
348 verified that hot extraction (100°C, 1 h) did not modify the CPS composition as demonstrated by  
349 the complete overlap of size exclusion chromatography profiles obtained after extraction with cold  
350 water and boiling water (Table 2).

351 Recently, some authors (Moorthy, Maran, Surya, Naganyashree, & Shivamathi, 2015; Pereira et  
352 al., 2016) observed the presence of pectin in pomegranate fruit but no spectral data, particularly <sup>1</sup>H-  
353 NMR spectra, are reported or discussed. Taking into account these data, we searched for the  
354 presence of pectin by analysing of the proton spectra of CPSp from Laffan and Wonderful mesocarp  
355 (Figure 2). According to the literature (Bédouet, Courtois, & Courtois, 2003), specific signals  
356 indicate the presence of O-methyl and O-acetyl groups typical of pectin and their intensity can be  
357 associated with the degree of methylation and acetylation. As shown in Figure 2, the two spectra  
358 obtained dissolving comparable amounts of CPSp from the two varieties, clearly revealed signals  
359 attributable to O-acetyl groups in the region (of  $\delta$  1.98-2.15) and an intense signal ascribable to a  
360 singlet of O-methyl groups close to  $\delta$  3.7. Both these data and the high percentage of galacturonic  
361 acid after the acidic hydrolysis (Table 3), confirm the presence of pectin in Laffan and Wonderful.  
362 The singlet at  $\delta$  6.31 is due to maleic acid, that added as internal standard permits a preliminary  
363 comparison of the degree of methylation and acylation in CPSp from the two varieties. In other

364 words, the addition of an accurately weighed internal standard can be usefully applied for  
365 quantitative purposes. Particularly, the higher intensity observed for the signal at  $\delta$  2.15 in the  
366 Wonderful spectrum, indicates a higher degree of acylation compared to that of Laffan. The  
367 opposite behavior is observed for the signal at  $\delta$  1.98 ppm that was more intense in Laffan sample.  
368 Analogously, a different degree of methylation is indicated by the signal at  $\delta$  3.73, ascribable to a  
369 singlet of O-methyl groups (Cui, 2005) at higher intensity in the Laffan sample. Finally, the  
370 presence of less intense signals close to  $\delta$  1.1 is in agreement with the presence of low amounts of  
371 rhamnose units according to hydrolysis results (Table 3). Overall, this rapid measurement, obtained  
372 without the need of high magnetic field spectrometer, was able to point out structural differences  
373 between W-CPSp and L-CPSp, not highlighted by the size exclusion chromatography technique,  
374 showing the same profile for these samples.

375 Although further studies are needed to elucidate the structure of these polysaccharides, the  $^1\text{H}$ -  
376 NMR spectra and the sugar composition derived by acidic hydrolysis suggest that the main  
377 polysaccharides of pomegranate mesocarp are pectin with different degree of methylation and  
378 acetylation. This applied hydrolysis method was recently confirmed as being suitable to guarantee a  
379 complete hydrolysis of pectin (Wikiera, Mika, Starzyńska-Janiszewska, & Stodolak, 2015).

380 We also carried out preliminary tests to evaluate the water-absorption ability of some dried  
381 polysaccharide fractions: LM-CPS, WM-CPS and WE-CPS. The adsorbed water ranged from 98.6  
382 to 99.1% of the dried material. Adsorption was rapid and the final samples appeared as clumps with  
383 a gel consistency, exhibiting the well-known pectin behaviour.

384

### 385 *3.5 In vitro evaluation of prebiotic properties*

386 The decoction from mesocarp, was used to recover the CPS for *in vitro* tests of prebiotic  
387 properties. We investigated the ability of *B. breve* B632 and *L. plantarum* L12 strains to use crude  
388 polysaccharides from pomegranate exocarp and mesocarp as their carbon source and compared this

389 to their growth on glucose, *i.e.* an easily fermentable carbon source. Bifidobacteria and Lactobacilli  
390 are able to compete for nutrients with enteric pathogens, to adhere strongly to the intestinal mucosa,  
391 thus preventing pathogen adhesion, and to stimulate the development of the mucosal immune  
392 system. Moreover, they are known to provide some protection against incoming enteric pathogens  
393 in man (Jankowska, Laubitz, Antushevich, Zabielski, & Grzesiuk, 2008; Symonds et al., 2012).

394 Figure 3 shows that both strains grow well on CPS from Laffan and Wonderful mesocarp, being  
395 significantly higher ( $p < 0.01$ ) than the negative controls (*i.e.* with no added carbon source) and  
396 comparable to that of an easily fermentable carbon source such as glucose added at the same  
397 concentration. Growth on the Laffan variety at 24 h was only 0.6 and 0.1 Log CFU/mL lower than  
398 that on glucose for *L. plantarum* L12 and *B. breve* B632, respectively. Growth on the Wonderful  
399 variety at 24 h was 1.0 and 0.2 Log CFU/ml lower, respectively, than that on glucose for the same  
400 strains. After the 24<sup>th</sup> h of incubation, both strains grown on glucose entered the steady phase,  
401 whereas a small decrease in cell survival was observed with CPS as the carbon source. The results  
402 shown in Figure 3 clearly indicate that CPS and/or the products of their degradation are not toxic  
403 for the assayed strains and, on the contrary, are good growth substrates for them. Growth on the  
404 medium with no added carbon source reached only a 1 Log CFU/mL increase at the 24<sup>th</sup> h  
405 compared to the beginning of incubation, thus showing that the m-MRS medium used in the  
406 experiments is a valid choice for performing prebiotic activity tests. Furthermore, if we might  
407 propose the whole dried decoction for human consumption, due to its easy and rapid preparation,  
408 the same is not true for the sub-fractions in Figure 1, whose preparation was longer and more  
409 complex. Evaluation of the prebiotic activity of a single fraction from CPS was outside of the scope  
410 of our research, but could be object of future investigations.

411 In agreement with our results, a high ability to ferment pectin by human gut microbiota  
412 associated with an increase of almost 25 % of *Bifidobacterium* has been demonstrated *in vitro*  
413 (Yang, Martinez, Walter, Keshavarzian, & Rose, 2013). Moreover, several studies in the literature  
414 (as reviewed by Koropatkin, Cameron, & Martens, 2012) show that the degradation of complex

415 carbohydrates (glycans and polysaccharides) is a major symbiotic function carried out by  
416 microorganisms that inhabit the human distal gut, which increases host nutrition by digesting  
417 glycans that the host cannot degrade, providing the host with usable metabolic products such as  
418 short-chain fatty acids. Therefore, glycans shape the composition of the gut microbiota. Members of  
419 the Firmicutes and Actinobacteria phyla, to which *Lactobacillus* and *Bifidobacteria* spp. belong,  
420 possess different glycan acquisition strategies that also involve glycan-degrading enzymes  
421 (Mahowald et al., 2009).

422

#### 423 4. Conclusions

424 This work improves the knowledge of the chemical and physical properties of polysaccharides  
425 recovered from the typical wastes of the pomegranate fruit, and reveals future perspectives for  
426 adding value to these food by-products, produced in large amount but currently discarded. The use  
427 of hot water maximized solubility and extractability of the crude polysaccharides from the Laffan  
428 and Wonderful varieties. The maximum recovery of polysaccharides was obtained from mesocarp,  
429 by a single-step water decoction. At the same time, the boiling process did not modify the molecular  
430 size distribution of the polysaccharides as demonstrated by their profiles in size exclusion  
431 chromatography, comparable with those obtained by a cold-water extraction. For the first time, the  
432 size exclusion chromatography was applied to evaluate the polysaccharides from mesocarp and  
433 exocarp of Laffan and Wonderful. A very similar distribution of the apparent molecular weights of  
434 the main polysaccharides was highlighted for the two varieties, with chromatographic profiles  
435 characterized by a predominant polymer with a hydrodynamic volume close to 2000 kDa, and five  
436 other minor fractions. The <sup>1</sup>H-NMR spectra, the sugar composition and the high gelling capacity of  
437 some purified polysaccharide fractions of mesocarp, confirmed the presence of pectin as primary  
438 component. The use of maleic acid as internal standard was proposed to evaluate the acylation and  
439 methylation degree of the main purified polysaccharide fractions. Finally, the crude polysaccharides

440 from Laffan and Wonderful pomegranate mesocarp **showed** prebiotic properties *in vitro* by serving  
441 as an excellent substrate for the growth of potentially probiotic bacteria such as *Lactobacillus* and  
442 *Bifidobacterium* strains.

443 **We showed** that, after a simple decoction of these **pomegranate fruit** by-products, it **was**  
444 possible to obtain a dry extract rich in polysaccharides with prebiotic activity, associated with a  
445 pool of bioactive ellagitannins. This combination of natural compounds can help to **valorize these**  
446 **by-products and to** enhance the use of pomegranate **dry** decoction in functional food formulations.

447

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565

566 **Figure Captions**

567 **Figure 1.** Apparent molecular weight distribution by size exclusion chromatography (abscissa) of  
568 the CPSp samples from mesocarp and exocarp, data expressed as peak area % of total areas, as  
569 mean from triplicate measurements. *W, Wonderful; L Laffan.*

570

571 **Figure 2.** <sup>1</sup>H-NMR spectra in 1mL of D<sub>2</sub>O, at room temperature (23±2 °C) for: Laffan mesocarp -  
572 CPSp (6.2 mg + 1.3 mg maleic) and Wonderful mesocarp-CPSp (6.05 mg + 1.12 mg maleic acid).  
573 *O-Acetyl, singlet of the acetyl groups; Gal A-OCH<sub>3</sub>, singlet of the methoxyl group of galacturonic*  
574 *acid units*

575

576 **Figure 3.** Evaluation of prebiotic properties of CPS (5 % in m-MRS medium) from the mesocarp of  
577 Laffan and Wonderful cultivars on (a) *L. planctarum* L12 and (b) *Bifidobacterium breve* B632.  
578 *C-: growth on m-MRS with no added carbon source; C+: growth on m-MRS with 0.5% glucose;*  
579 *CFU, colony forming units*

580

581 **Table 1.** Applied methods to recover CPS from Laffan mesocarp and corresponding extraction  
582 yields (*mean values* as weight/dried matter); all the determinations were carried out in triplicate  
583 except for of **1a** and **1b** methods that were in single.

584 *§ 24 hrs pretreatment with water before decoction; \* 24 hrs pretreatment with 70% ethanol at 25°C.*

585

586 **Table 2.** Polysaccharide content in the mesocarp and exocarp of Wonderful and Laffan varieties; the  
587 values are a mean of triplicates. *\* 24 hrs pretreatment with 70% ethanol at 25°C*

588

589 **Table 3:** Sugar composition by acidic hydrolysis , *W, Wonderful; L, Laffan.*

590

591

Methods	DM (g)/ solvent (mL)	T (°C)	Time (min)	Yield (%)
<b>1a</b>	1/15	100	30	5
<b>1b</b>	1/15	100	30+30	8
<b>*2a</b>	1/40	100	60	10
<b>*2b</b>	1/40	100	60+ 60	9.8
<b>*2c</b>	1/40	100	60+ 60	9.1
<b>*3a</b>	1/40	25	720	2.0
<b>*3b</b>	1/40	25	1440	3.3
<b>*4a</b>	1/25	100	60	7.8
<b>*<sup>\$</sup>4b</b>	1/25	100	60	7.2

**Table 1.** Applied methods to recover CPS from Laffan mesocarp and corresponding extractive yields (*mean values* as w/w DM); \*tests carried out in triplicate. \$, *pretreatment with ethanol 70% at 25 °C for 12 h before boiling.*

Extractive methods	Samples	Yield (%)	Yield (%)
		<i>mesocarp</i>	<i>exocarp</i>
2a	Laffan	9.80±0.28	4.47±0.50
	Wonderful	8.0±0.10	4.7±1.15
3b	Laffan	3.7±0.42	1.93±0.23
	Wonderful	3.33±1.15	1.99±0.02
4a	Laffan	7.80±0.28	4.20±0.20
	Wonderful	5.67±0.58	4.13±0.31
4b	Laffan	7.15±0.21	3.93±0.12
	Wonderful	6.70±0.66	4.07±0.31

**Table 2.** Crude polysaccharides (CPs) content in mesocarp and exocarp of Wonderful and Laffan.

The values are a mean of triplicates and expressed as % on DM.

Sugars	Molar %			
	WM-CPSp	LM-CPSp	WE-CPSp	LE-CPSp
Rhamnose	10.4	7.2	10.8	10.1
Arabinose	4.52	4.04	4.88	4.08
Galactose	5.91	7.31	7.34	7.05
Glucose	14	10.3	11.5	10.9
Xylose	11.2	7.87	9.36	9.3
Fructose	0.41	0.29	0.17	0.2
Galacturonic acid	53.8	63.1	56	58.4

**Table 3:** Sugar composition of different CPSp samples obtained by acidic hydrolysis

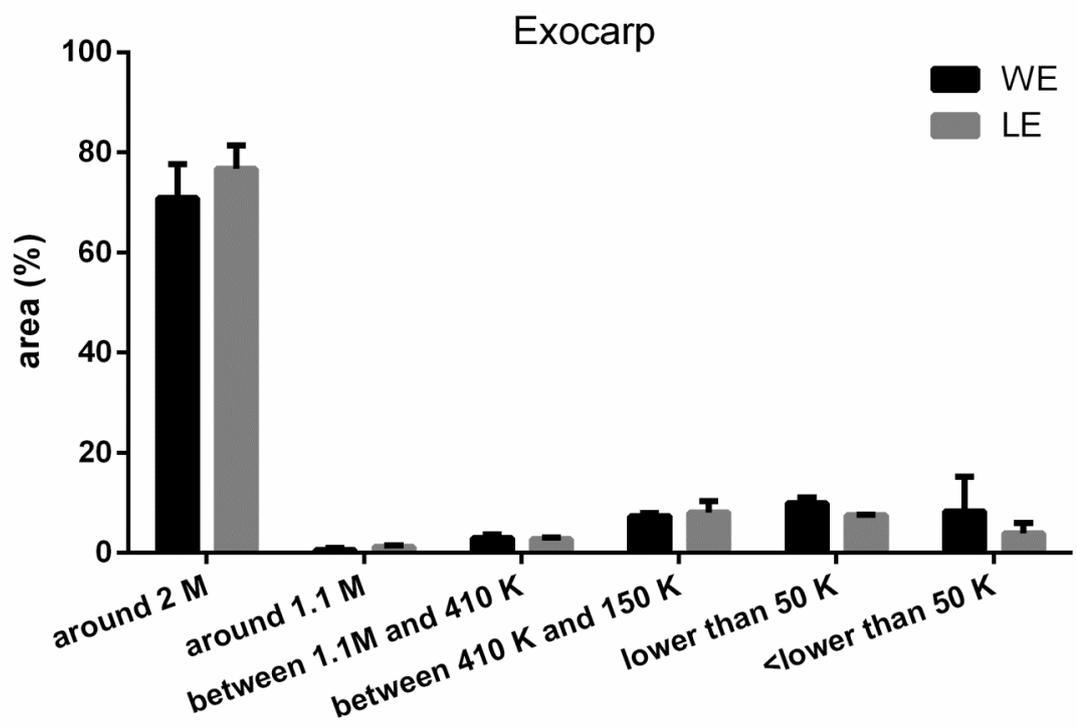
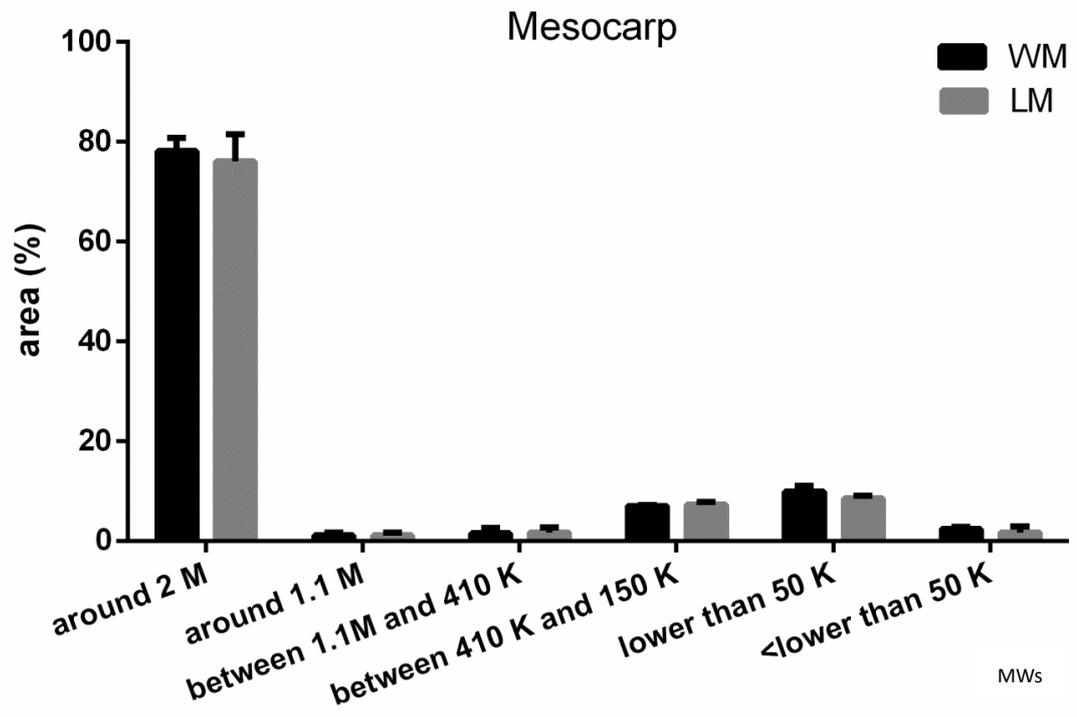


Figure 1.

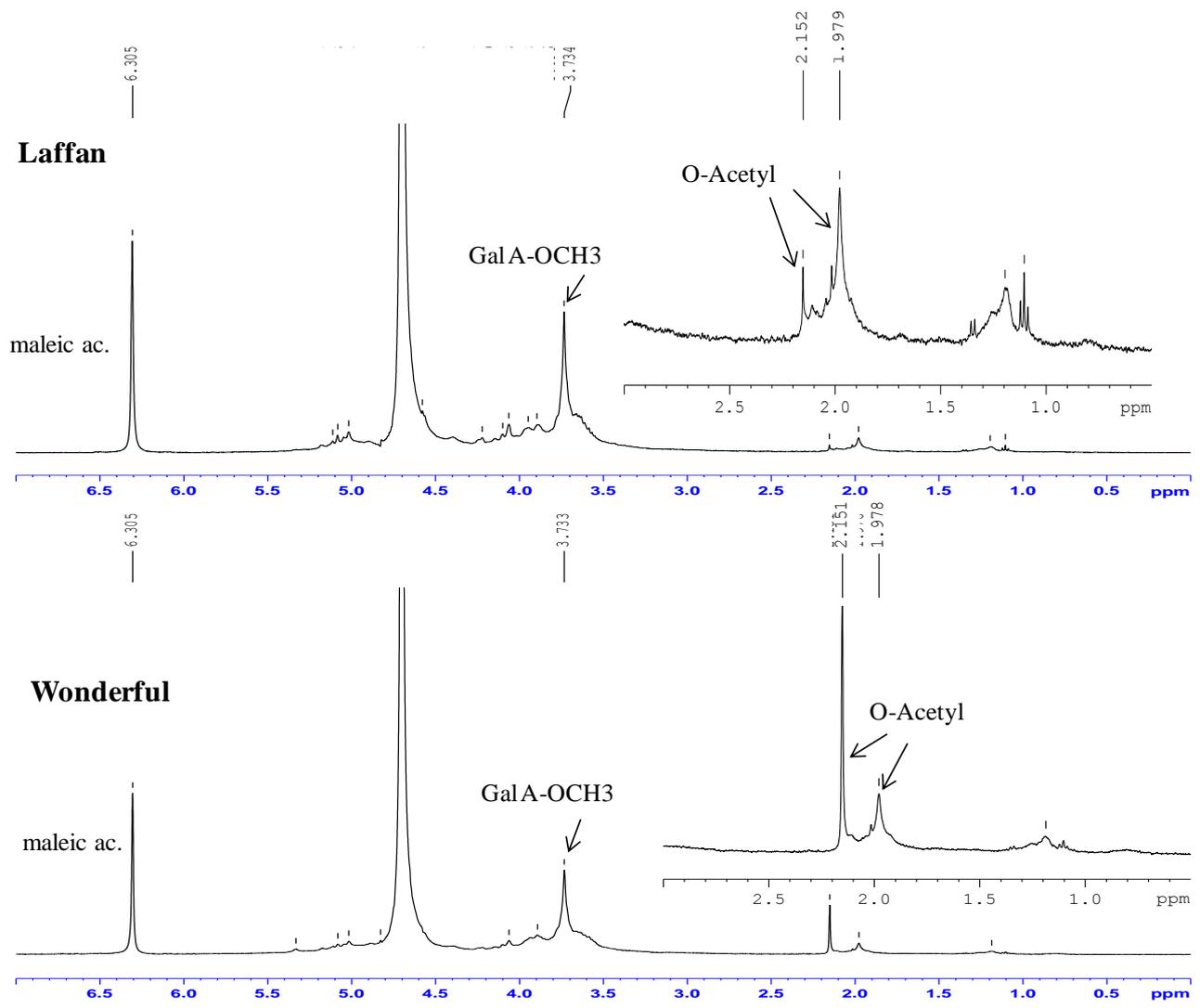


Figure 2

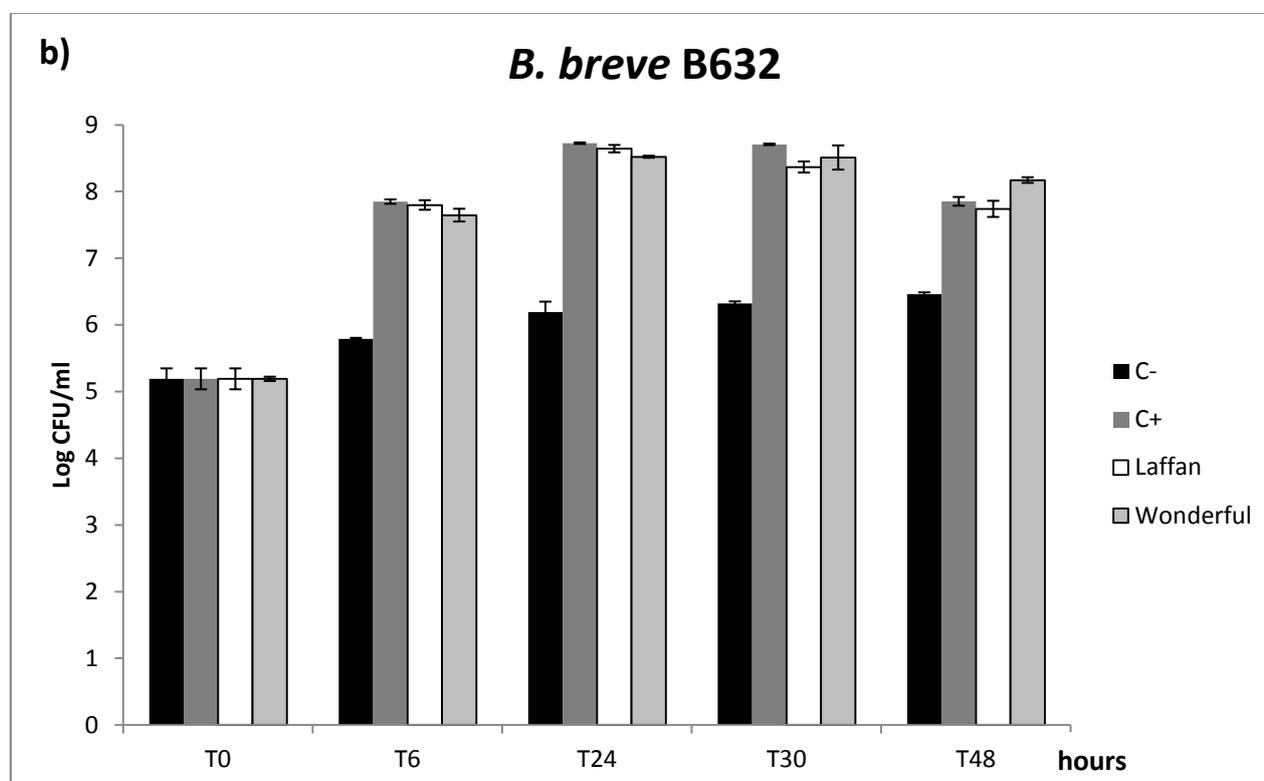
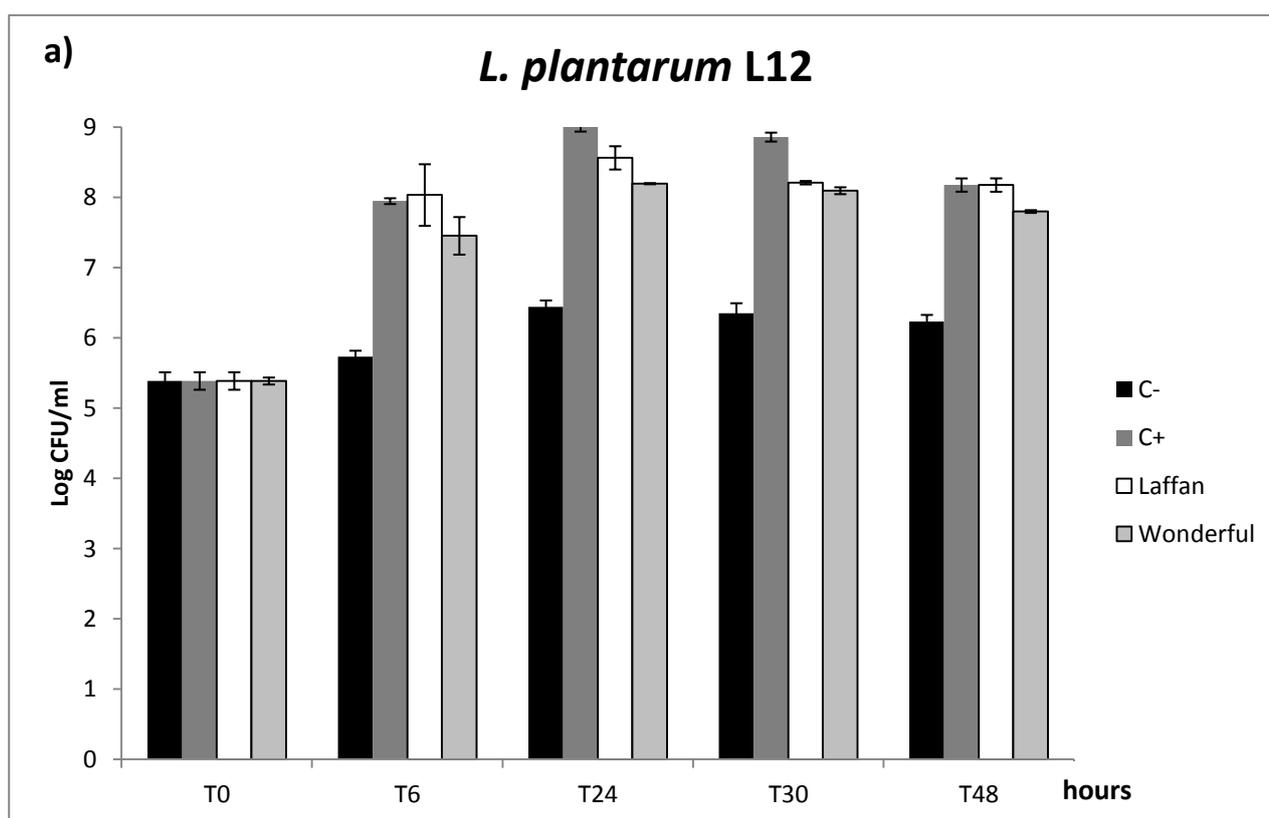


Figure 3