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1 Running title: Grape seed extract and intestinal epithelial health

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3 Grape Seed Extract Improves Epithelial Structure and Suppresses Inflammation in

4 Ileum of IL-10-Deficient Mice

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14

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17 **Abstract**

18 Defect in intestinal epithelial structure is a critical etiological factor of several
19 intestinal diseases, such as inflammatory bowel disease. The objective of this study
20 was to evaluate the effect of grape seed extract (GSE) which contains a mixture of
21 polyphenols on ileal mucosal structure and inflammation in interleukin (IL)-10-
22 deficient mice, a common model for studying inflammatory bowel disease. Wild-type
23 and IL-10-deficient mice were fed GSE at 0 or 1% (based on dry feed weight) for 16
24 weeks. The GSE supplementation decreased the crypt depth and increased ($P < 0.05$)
25 the ratio of villus/crypt length in the terminal ileum. Consistently, the dietary GSE
26 decreased ($P < 0.05$) proliferation and enhanced ($P < 0.05$) differentiation of
27 epithelial cells. These changes in gut epithelium were associated with the suppression
28 of nuclear factor kappa-light-chain-enhancer of activated B-cell (NF- κ B) signaling.
29 Furthermore, compared with WT mice, IL-10 deletion promoted beclin-1 and AMPK
30 expression, both of which were decreased to normal by GSE supplementation. These
31 changes were associated with alterations in epithelial barrier function as indicated by
32 reduced pore forming claudin-2 protein expression and increased barrier forming
33 claudin-1 protein expression in ileum of GSE supplemented mice. In summary, our
34 data indicates that GSE exerts protective effects to the ileal epithelial structure in IL-
35 10-deficient mice possibly through suppression of inflammatory response.

36 **Keywords:** grape seed extract, ileum, tight junction, proliferation, NF- κ B,
37 inflammation

38

39 **INTRODUCTION**

40 Gut epithelial integrity and barrier function are critical for health ¹⁻⁵. Because gut
41 epithelium is constantly renewing a balanced epithelial cell proliferation and
42 differentiation is inseparable for its barrier function ⁶. Epithelial cells are derived from
43 intestinal stem cells which are located at the bottom of the crypts. These stem cells
44 proliferate and migrate while undergoing differentiation into enterocytes, goblet cells,
45 enteroendocrine cells, and paneth cells ⁶. Changes in the rate of cell proliferation and
46 differentiation impair the renewal of intestinal epithelium and integrity ⁷. Aberrant
47 cellular proliferation ^{8,9} and damaged epithelial barrier integrity are associated with
48 inflammatory bowel diseases (IBD) ¹⁰⁻¹⁴. The identification of factors that prevent
49 mucosal injury and promote proper epithelial development may provide new
50 therapeutic strategies for maintaining intestinal integrity and preventing IBD.

51 Etiological factors leading to IBD include immunological risk factor, genetic pre-
52 disposition and environmental changes ^{15,16}. Though the exact etiology of IBD is far
53 from clear, accumulating evidence points to the importance of environmental factors
54 including dietary bioactive compounds in the incidence of IBD ¹⁷⁻²⁰. Grape skin and
55 seed extract (GSE) contains a high level of polyphenolic compounds, which are
56 known for their anti-oxidative and anti-inflammatory effects ²¹⁻²⁷, and have been
57 widely used as a dietary bioactive compound supplements. GSE supplementation
58 increases intestinal epithelial villus height in pigs ²⁸, reduces the severity of selected
59 disease markers in the proximal colon of DSS-induced colitis in rats ²⁹, and alleviates
60 inflammatory responses in TNBS-induced colitis in rats ³⁰. GSE has recently been
61 reported to increase occludin and ZO-1 expression in the gut epithelium of rats ^{31,32}.
62 In addition, GSE supplementation is recently reported to decrease the symptoms of
63 intestinal mucositis ^{33,34}.

64 IL-10-deficient mice (IL10KO) develop spontaneous enterocolitis similar to
65 human Crohn's disease³⁵, and this model has been widely used for studying gut
66 mucosal inflammation and associated diseases^{20, 36, 37}. Recently, our group reported
67 that GSE supplementation ameliorates IBD indices in IL10KO mice, which was
68 associated with decreased inflammatory responses in colonic tissue and alteration in
69 gut microbiota²⁰. However, effects of GSE on small intestinal morphology, and
70 epithelial structure and development of IL10KO mice are unknown. The ileum is the
71 most common site for Crohn's disease and its structure and physiology differ from
72 that of the colon. The objective of this study was to evaluate the effects of dietary
73 GSE supplementation on mucosal development in the ileum, and further investigate
74 its protective mechanisms in the ileum of IL10KO mice.

75

76 **MATERIALS AND METHODS**

77 **Grape Seed Extract**

78 GSE (Gravinol-S) was purchased from OptiPure Chemco Industries Inc. (Los
79 Angeles, CA). According to company product specification sheet, it contains a
80 minimum 95% flavonols, of which 82% are oligomeric proanthocyanidins (OPCs),
81 and 12% being the highly active monomeric OPCs. TOF-MS/MS analysis in our lab
82 further indicated that it had catechin monomer 7.3%, dimer 35.8%, trimer 38.6%,
83 tetramer 12.8%, pentamer 5.4%, and trace amount of hexamer.

84 **Animal Care and Experimental Design**

85 C57BL/6 (WT) and IL-10-deficient (IL-10^{-/-}, IL10KO) female mice (Jackson
86 Lab, Bar Harbor, Maine) were housed in temperature-controlled room with a 12 h
87 light and 12 h darkness cycle, with free access to food and water. At 6 weeks of age,

88 both WT and IL10KO were randomly separated into two groups, and fed either 0 or 1%
89 of GSE (g GSE/g dry food weight) supplemented standard rodent diet for 16 weeks.
90 This resulted in 4 dietary groups: WT-CON, WT-GSE, IL10KO-CON and IL10KO-
91 GSE. Mice were raised in a conventional environment per procedures approved by the
92 Institutional Animal Use and Care Committee of the University of Wyoming. Feed
93 was changed on a daily basis to minimize the oxidation of functional compounds in
94 GSE.

95 **Tissue Collection**

96 On the day of necropsy, mice were anesthetized intraperitoneally with
97 tribromoethanol (250 mg/kg body weight), then killed by cervical dislocation. The
98 ileum section was dissected. A 5 mm segment of terminal ileum was fixed in freshly
99 prepared 4% (w/v) paraformaldehyde (pH7.0), processed, and embedded in paraffin.
100 The remaining ileum tissues were cut open longitudinally, rinsed in PBS, frozen in
101 liquid nitrogen, and stored at -80 °C for further biochemical analyses.

102 **Crypt Depth and Villus Height Measurement**

103 Paraffin embedded ileum tissues were sectioned at 5 µm thickness,
104 deparaffinized and stained with hematoxylin and eosin (H&E) according to a routine
105 protocol. Histological examination and imaging were done under a Lecia DM2000
106 LED light microscope (200×, Leica Microsystems Inc, Chicago, IL). Villus height
107 and crypt depth were determined by measuring 10 complete villi per image using the
108 Image J 1.30v software (National Institute of Health, USA). At least one image was
109 obtained per section and 5 sections at constant interval (50 µm) were used for taking
110 images.

111 **Goblet Cell Staining**

112 Ileum tissue sections at 5 μm thickness were stained in alcian blue (pH2.5) as
113 previously described²⁰. At least one image was obtained per section and 5 sections at
114 constant interval (50 μm) were used for the quantification of goblet cell/total area
115 ratio using the Image J 1.30v software (National Institute of Health, USA).

116 **Epithelial Proliferation Analysis**

117 Proliferation was quantified using proliferation cell nuclear antigen (PCNA)
118 staining as previously reported³⁸, which labels cells in S- and G1-phases of the cell
119 cycle. Briefly, sections were deparaffinized and hydrated, antigen retrieved and
120 blocked for 30 min in 1.5% goat normal serum and incubated with anti-PCNA
121 antibody (Santa Cruz, 1:800) overnight at 4°C. These sections were then washed with
122 PBST, and signals were visualized with Vectastain ABC and diaminobenzidine kit
123 (Vector Laboratories, Inc., Burlingame, CA), followed by hematoxylin
124 counterstaining. Histological examination was done under a Lecia DM2000 LED light
125 microscope (200 \times). The total number of PCNA-positive cells per crypt was defined as
126 a mean of proliferating cells in 6-8 sections per sample^{38,39}.

127 **Western Blotting**

128 Western blotting analyses were conducted according to previously published
129 procedure²⁰. The protein extracts from ileum tissues were separated by 10% SDS-
130 PAGE gels and transferred to nitrocellulose membrane. Antibodies against claudin-1
131 and claudin-2 were purchased from Invitrogen (Camarillo, CA). Antibodies against
132 phospho-NF- κ B p65 (ser536), NF- κ B p65, phospho-AMPK, AMPK and Beclin-1
133 were purchased from Cell Signaling Technology (Beverly, MA). Anti-GAPDH
134 antibody was purchased from Affinity BioReagents (Golden, CO). Bands were
135 visualized using the ECL chemiluminescence method (GE Healthcare). Band density

136 was normalized according to the GAPDH content.

137 **Statistical Analysis**

138 Data were analyzed as a complete randomized design using GLM (General
139 Linear Model of Statistical Analysis System, SAS, 2000). Data are expressed as mean
140 \pm standard error of the mean (SEM). Mean difference was separated by LSD multiple
141 comparison. Statistical significance is considered as $P \leq 0.05$.

142

143 **RESULTS**

144 **Dietary GSE Altered Villus Height and Crypt Depth**

145 There were no difference in body weight and feed intake between genotypes and
146 dietary treatments (Data not shown). No difference was observed for the ileal villus
147 height between all treatment groups (Fig.1). Compared to WT mice, IL10KO mice
148 had numerical higher ileal mucosal length in both CON and GSE fed groups. The
149 GSE supplementation decreased the crypt depth in both WT mice and IL10KO mice,
150 which resulted in increased villus height: crypt depth ratio (Fig. 1).

151 **Dietary GSE Enhanced Goblet Cell Density and Reduced PCNA Staining**

152 Goblet cell is one of the four differentiated epithelial cells and has been used as a
153 marker of cell differentiation⁶. The expression of PCNA correlates with cell
154 proliferation⁴⁰. In the present study, the GSE supplementation increased the density
155 of goblet cells in ileal tissues of both WT and IL10KO mice (Fig. 2), while the PCNA
156 positively labeled cells per crypt were attenuated in IL10KO supplemented with GSE
157 (Fig. 3).

158 **Dietary GSE Suppressed Inflammation and Autophagy**

159 IBD is characterized by chronic inflammation, which is known to induce
160 excessive epithelial proliferation. Indeed, compared to WT mice, the phosphorylation
161 of p65 and total p65, the key mediator of inflammatory NF- κ B signaling, were
162 heightened in IL10KO mice (Fig. 4). GSE supplementation significantly decreased
163 NF- κ B p65 signaling in IL10KO mice, indicating anti-inflammatory effects of GSE
164 on ileal epithelium in IL10KO mice.

165 On the other hand, inflammation enhances autophagy, both of which are closely
166 associated with IBD pathogenesis. Consistently, compared to WT mice, the
167 expression of Beclin-1, a key regulator of autophagy, was elevated in IL10KO mice,
168 which was prevented by GSE supplement; no effect of GSE on Beclin-1 expression in
169 WT mice was detected (Fig. 5A). AMP-activated protein kinase (AMPK) is known to
170 induce autophagy. In agreement, AMPK phosphorylation, which is correlated with its
171 activity, was heightened in IL10KO mice compared to that in WT, but restored in
172 GSE supplemented IL10KO mice (Fig. 5B).

173 **Dietary GSE Improved the Expression of Tight Junction Proteins**

174 Epithelial barrier function is a key predisposing factor for IBD, which is affected
175 by inflammation and autophagy. IL10KO mice had numerically lower claudin-1
176 protein content compared to that in WT (Fig. 6). Claudin-1 protein content in the ileal
177 tissues of IL10KO mice was dramatically increased by GSE supplementation (Fig. 6).
178 On the other hand, the expression of pore forming claudin-2 was reduced in both WT
179 and IL10KO mice supplemented with GSE compared to their respective CON fed
180 mice (Fig. 6). These data suggested the likely improvement of epithelial barrier
181 function by the GSE supplementation.

182

183 **DISCUSSION**

184 GSE and its constituents have been demonstrated to exert protective roles in
185 various colitis models^{29, 41, 42}. Previously, we reported that GSE supplementation
186 exerted favorable effects on colonic tissues, which ameliorated IBD indices in
187 IL10KO mice²⁰. The ileum is the most common site for Crohn's disease, and its
188 epithelial structure differs from that of the colon, in this study, the beneficial effect of
189 GSE on the ileal tissues of IL10KO mice was further examined.

190 GSE supplementation decreased epithelial cell proliferation and increased cell
191 differentiation in the IL10KO mice. These results were in agreement with previous
192 studies showing that GSE decreased cell proliferation in the intestinal tract of APC
193 ^{min/+} mice³⁹ and azoxymethane (AOM)-induced Fischer 344 Rats⁴³. Compared to WT
194 mice, IL10KO mice had a numerically increased crypt depth and mucosal length in
195 the ileal tissue, while there was no change observed in villus height between dietary
196 groups within/among genotype. Previous studies showed an increase in crypt cell
197 proliferation and hyperplasia⁴⁴ or increased crypt depth in the ileum of mice with
198 DSS-induced colitis²⁹; the GSE supplementation reduced crypt depth and decreased
199 mucosal thickness in the terminal ileum of DSS-induced mice²⁹. These results are
200 consistent with our observation that GSE supplementation reduced crypt depth and
201 increased villus/crypt ratio in the ileum. The intestine has the ability to compensate
202 epithelial injury through increasing villus height and crypt depth⁴⁵. The observed
203 decrease in crypt depth in IL10KO mice supplemented with GSE might be a
204 beneficial action in response to increased inflammatory responses in the ileal tissues
205 of IL10KO mice.

206 IBD is characterized with chronic inflammation, which is known to induce
207 aberrant cellular proliferation^{8, 9} and damage the epithelial barrier integrity¹⁰⁻¹⁴. The
208 activation of p65, a key mediator of NF- κ B pathway, was elevated in ileum of

209 IL10CON mice, which was prevented by GSE supplementation. These data are
210 consistent with other reports showing that the GSE supplementation decreased the
211 NF- κ B level in rats with AOM-induced aberrant crypt foci ⁴³ and cells with H₂O₂
212 induced oxidative damage ⁴⁶, as well as our recent study showing that the GSE
213 supplementation reduced the NF- κ B level in the colon of IL10KO mice ²⁰. The down-
214 regulation of NF- κ B activity might partially explain the correction of proliferation,
215 improvement of the differentiation as well as the enhanced expression of tight
216 junction proteins in IL10KO mice supplemented with GSE.

217 Inflammation is frequently associated with enhanced autophagy. AMPK is
218 known to induce autophagy through direct phosphorylation of Unc-51 like autophagy
219 activating kinase 1 (ULK1) ⁴⁷. Consistently, our results showed that both total and
220 phosphorylated AMPK as well as beclin-1 levels were up-regulated in IL10KO mice
221 compared to that of WT mice, which were attenuated by dietary GSE supplementation.
222 An inappropriate activation of autophagy leads to severe mucosal injury and cell
223 death ^{48, 49}, which is known to cause barrier loss ⁵⁰. However, recent studies show the
224 beneficial effects of AMPK activation on gut epithelial barrier function. Butyrate ⁵¹
225 and forskolin ⁵² enhance the intestinal barrier function via AMPK activation *in vitro*,
226 by promoting the formation of tight junction complexes unrelated to cell proliferation
227 and differentiation. In IL10KO mice *in vivo*, enhanced AMPK activity is likely due to
228 the compromised cellular energetics associated with inflammation and aberrant cell
229 proliferation ⁵³. Thus, dietary GSE suppresses AMPK activity possibly through
230 enhancing cell differentiation and cellular energetics, similar to resveratrol ⁵⁴.

231 In summary, our data shows that dietary GSE exerts protective effects to the ileal
232 epithelium of IL10KO mice by restoring a balanced proliferation and differentiation

233 of epithelial cells, which is likely associated with down-regulation of NF- κ B and
 234 AMPK activity following GSE supplementation.

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339

340 **Figure legends**

341 Fig.1. Mucosal thickness, villus height and crypt depth in ileum of IL10KO or WT
342 mice fed a CON (□) or GSE supplemented (■) diet. Histogram bars with the same
343 letter do not differ significantly at $P = 0.05$ (Mean \pm SEM, n=8). IL10KO: IL-10-
344 deficient; WT: wild type; CON: control; GSE: grape seed extract.

345

346 Fig.2. Goblet cell density in ileum of IL10KO or WT mice fed a CON (□) or GSE
347 supplemented (■) diet. (A) Statistic data; (B) Representative images, original
348 magnification at 200 \times . Histogram bars with the same letter do not differ significantly
349 at $P = 0.05$ (Mean \pm SEM, n=8). The black arrows indicate blue stained goblet cell.
350 IL10KO: IL-10-deficient; WT: wild type; CON: control; GSE: grape seed extract.

351

352 Fig.3. PCNA positive cells in ileum of IL10KO mice fed a CON (□) or GSE
353 supplemented (■) diet. (A) Statistic data; (B) Representative image, original
354 magnification at 200 \times . *: $P < 0.05$ (Mean \pm SEM, n=8). The black arrows indicate
355 brown stained PCNA positive cells. IL10KO: IL-10-deficient; WT: wild type; CON:
356 control; GSE: grape seed extract.

357

358 Fig.4. p65 phosphorylation and protein content in ileum of IL10KO or WT mice fed a
359 CON (□) or GSE supplemented (■) diet. (A) Representative western blot images; (B)
360 Statistic data. Histogram bars with the same letter do not differ significantly at $P =$
361 0.05 (Mean \pm SEM, n=8). IL10KO: IL-10-deficient; WT: wild type; CON: control;
362 GSE: grape seed extract.

363

364 Fig.5. Beclin-1 and total AMPK and phosphorylated AMPK protein contents in ileum
365 of IL10KO or WT mice fed a CON (□) or GSE supplemented (■) diet. (A) beclin-1
366 protein content (Top: representative western blot images; bottom: statistic data); (B)
367 total and phosphorylated AMPK protein content (Top: representative western blot
368 images; bottom: statistic data). Histogram bars with the same letter do not differ
369 significantly at $P = 0.05$ (Mean \pm SEM, n=8). IL10KO: IL-10-deficient; WT: wild
370 type; CON: control; GSE: grape seed extract.

371

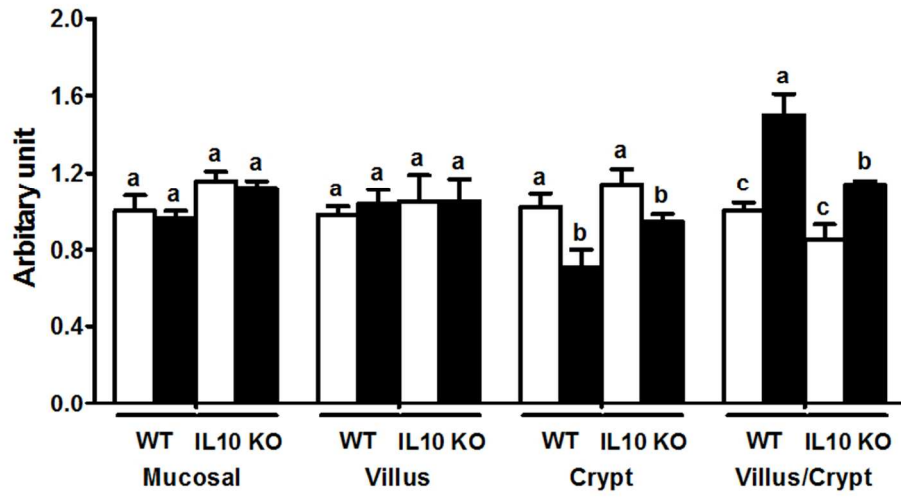
372 Fig.6. Tight junction protein content in ileum of IL10KO or WT mice fed a CON (□)
373 or GSE supplemented (■) diet. (A) Representative western blot image; (B) Statistic
374 data. Histogram bars with the same letter do not differ significantly at $P = 0.05$ (Mean
375 \pm SEM, n=8). IL10KO: IL-10-deficient; WT: wild type; CON: control; GSE: grape
376 seed extract.

377

378

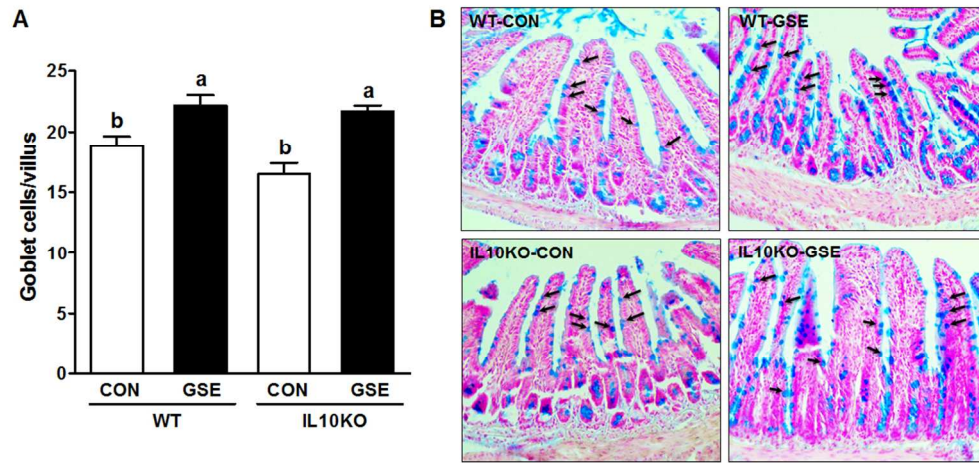
379

Figure 1



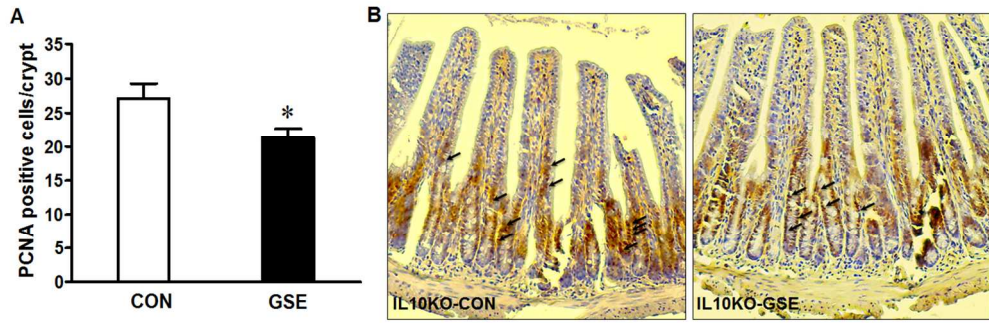
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Figure 2



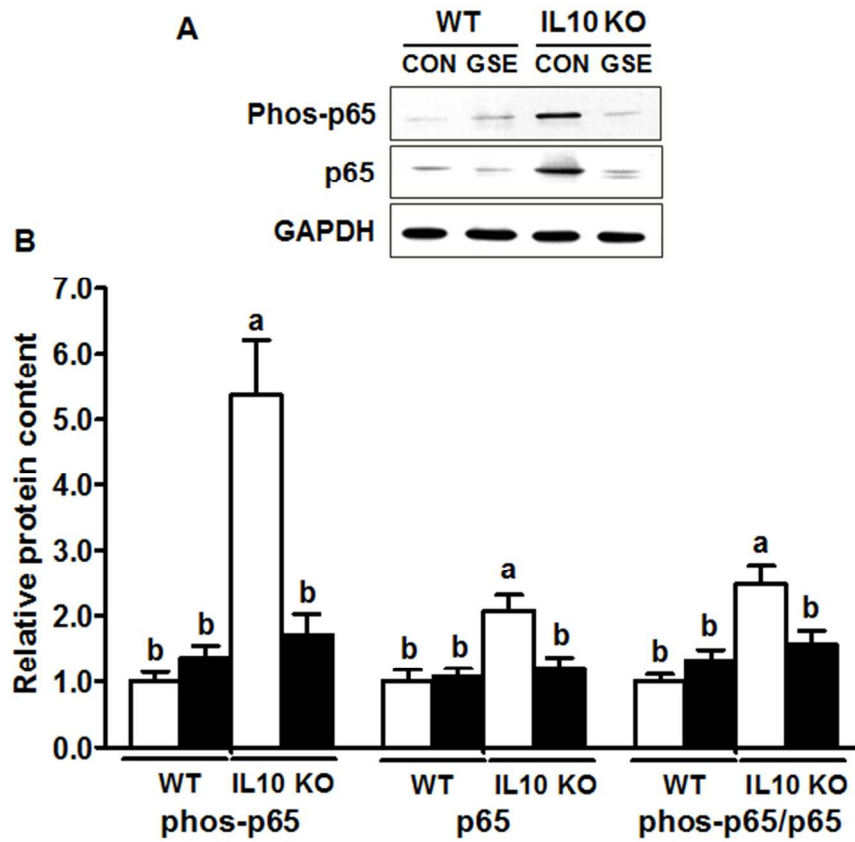
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Figure 3



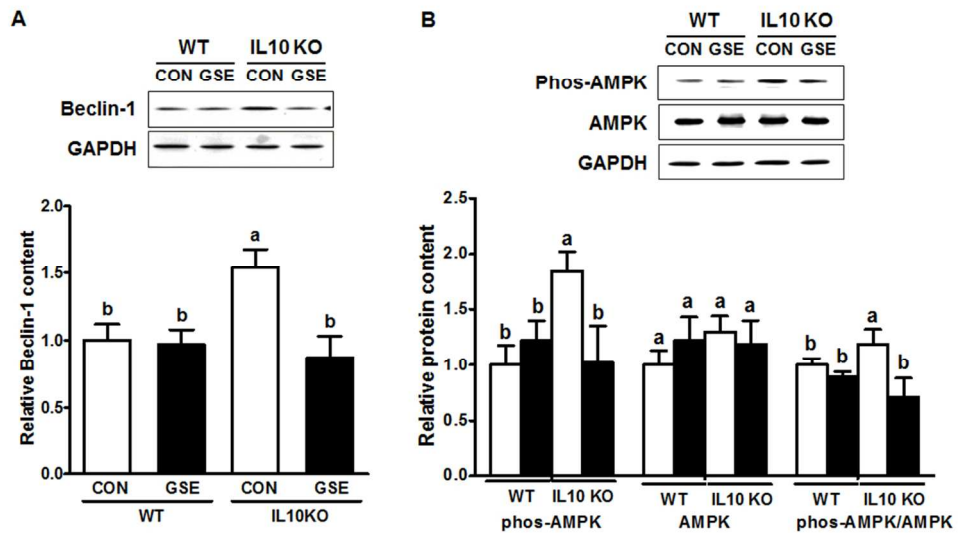
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Figure 4



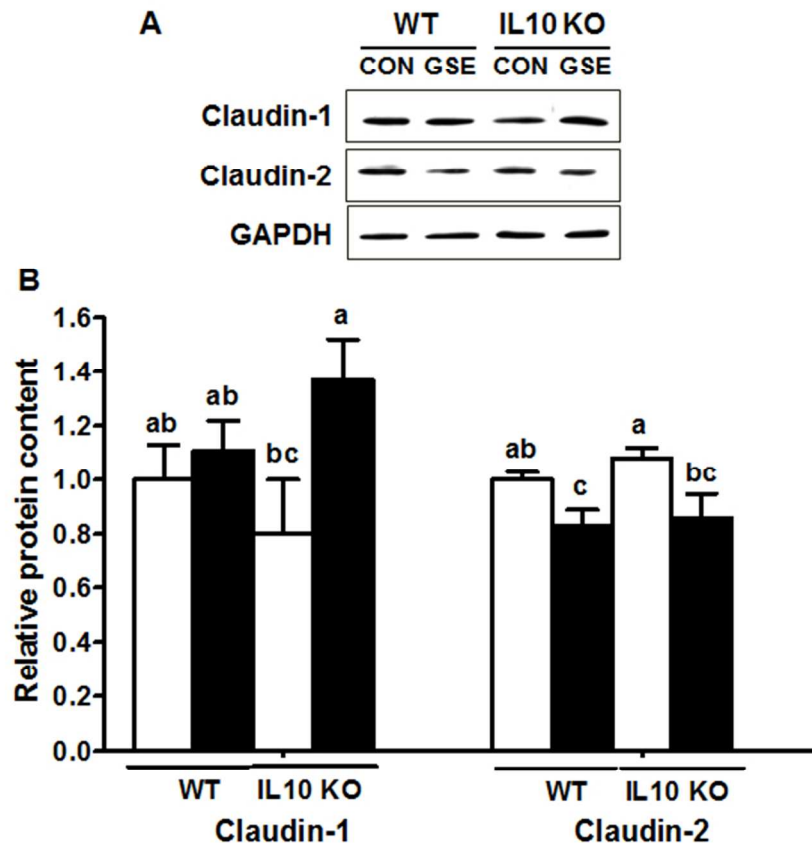
236x230mm (72 x 72 DPI)

Figure 5



346x226mm (72 x 72 DPI)

Figure 6



234x234mm (72 x 72 DPI)