Geroprotector monoterpens: « small molecules » from pro-drugs to metabolites

Patrizia A d'Alessio, MD PhD Rome 16-17 September 2023

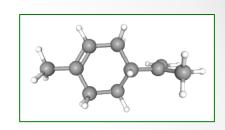






No conflict of interest

At the heart of plants' components are « small molecules »



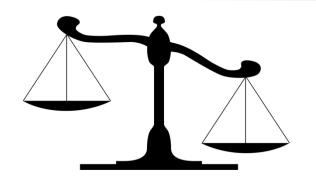
- ◆ Low molecular weight (≤ 1KDa) organic compounds involved in the regulation/modification of biological processes
- ◆ Natural (or artificial), many have a beneficial effect against diseases.
- ◆ They can be administered orally and some are excellent anti-inflammatory agents.
- They are considered different from biologics but may have similar effects.

The monoterpene *d*-Limonene and its metabolite Perillyl Alcohol (POH)

Potent « small molecules »!

Anti-inflammatory drugs are efficient but only on a fraction of the population





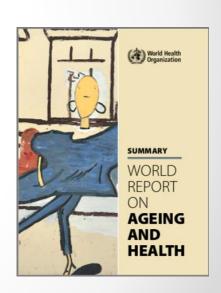


Only 25% responders!

AND SIDE EFFECTS

What will we be talking about?

- Inflammation at the edge of chronic diseases vs aging
- Requiring a drug devoid of adverse effects
- Bio-guided research aimed at non toxic antiinflammatory molecules
- « Small molecules » and terpenoids
- Lowering pro-inflammatory cytokines (pre-clinical)
- RISTOMED EU FP7 first-in-human study on « terpenoid geroprotectors » (clinical study)
- Enhanced RISTOMED project integrating NEW WHO criteria



Chronic « silent » inflammation has been identified as a mechanism of aging

Review

> Ann N Y Acad Sci. 2000 Jun;908:244-54. doi: 10.1111/j.1749-6632.2000.tb06651.x.

Inflamm-aging. An evolutionary perspective on immunosenescence

C Franceschi 1, M Bonafè, S Valensin, F Olivieri, M De Luca, E Ottaviani, G De Benedictis

Common Chronic Conditions for Adults 65+

Facts Quick

80% have have at least 1 chronic condition



68% have 2 or more chronic conditions







High Cholesterol



31%

Ischemic Heart

Disease

(or Coronary Heart

Disease) 29%



Diabetes 27%



58%

Chronic Kidney Disease 18%



14%



Depression 14%



and Dementia 11%



Pulmonary Disease 11%

Source: Centers for Medicare & Medicare Services. Chronic Conditions Provolence State/County Table: All Feeder-Service Renotesaries, 2016

nco

ncoa.org

Patrizia A d'Alessio explains why she believes inflammation is the root cause of ageing symptoms and how it can be addressed

ABSTRACT

stressful bound with the rease in longevity. The latter or obsessional thoughts. Once acknowledged, three should ideally be associated with healthy ageing, which is not always so easy to achieve. Trying to identify the complex immune and metabolic alterations that favour the appearance of ageing traits, researchers have pinpointed chronic (or silent) inflammation as a key factor. This

options can be chosen. The first is through medication.

status, which settles insidiously, is often not recognised also concerning the skin. A healthy gut depends on the In our modern world, there is a paradox between our as the source of odd pains, insomnia, mood changes action of microbiota, bacterial strains selected by healthy especially if they are derived from natural products. Finally, i.e. anti-inflammatory drugs that certainly relieve some a whole range of experiences, from mild exercise to social symptoms but also come with unwanted side-effects.
The second involves taking care of the gut. Numerous signals are generated by constant brain-gut exchanges.

smoothly with life's challenges.

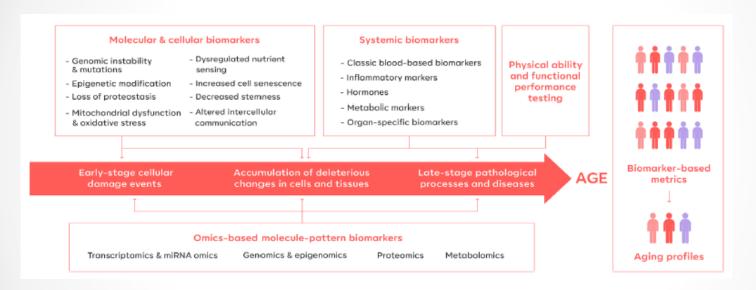
September/October 2022 prime-journal.com

REVIEW Proteomics
www.proteomics_injunction
www.proteomics_counting_countin

Aging Biomarkers: From Functional Tests to Multi-Omics Approaches

Ksenia S. Kudryashova, Ksenia Burka, Anton Y. Kulaga, Nataliya S. Vorobyeva,* and Brian K. Kennedy*

Biomarkers



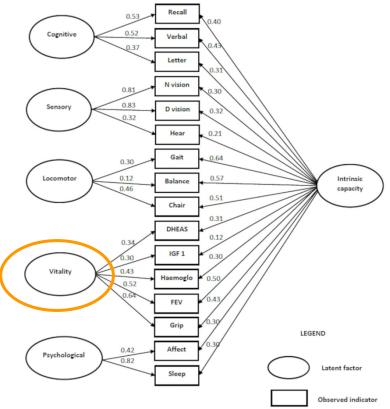
• « When it comes to switch from biomarker-based metrics to the characterisation of aging profiles », …

WHO 2015: «Vitality» as a component of «Intrinsic Capacity» (IC)

(IC) a multidimensional indicator of health, accounting for mental and physical capacities that are crucial to older people to continue doing what they value most.













> J Natl Cancer Inst. 2001 Dec 19;93(24):1843-51. doi: 10.1093/jnci/93.24.1843.

Selective activation of cervical microvascular endothelial cells by human papillomavirus 16-e7 oncoprotein

R D'Anna ¹, H Le Buanec, G Alessandri, A Caruso, A Burny, R Gallo, J F Zagury, D Zagury, P D'Alessio





Together with our academic partners, we started to look for native botanical ingredients contained in edible plants

BIO-GUIDED RESEARCH: identification of a **non toxic** anti-inflammatory molecule

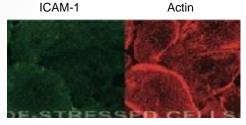




✓ The monoterpene d-Limonene best candidate discovered in the Halfordia kendack plant in Viet Nam / China rain forest

First step: reversibility of inflammatory markers relevant to **cell senescence**

Normal



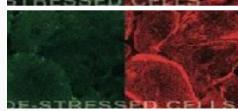
✓ Young cell's pre-stressed state with low adhesion molecule expression;

Activation by TNF-α

STRESSED CELLS

✓ Response to cytokine stimulation generates a senescent phenotype;

Reset by d-Limonene



√ 80% reversibility of the process is possible with d-Limonene

> REJUVENATION RESEARCI Volume 11, Number 2, 2008 © Mary Ann Liebert, Inc. DOI: 10.1089/rej.2008.0667

Anti-Inflammatory Senescence Actives 5203-L Molecule to Promote Healthy Aging and Prolongation of Lifespan

French National Innovative research award

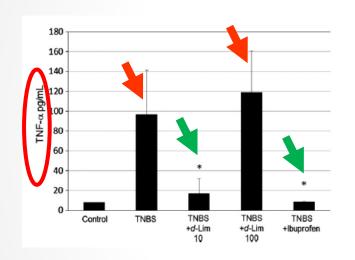
Patent on monoterpene's effect on senescent cells reversibility in vitro ...



Followed by pre-clinical work to elucidate PK & define therapeutic windows

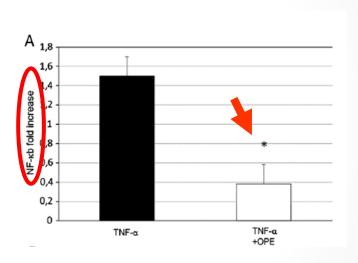


Preclinical validation and mechanism of action in a colitis model: inflammatory cytokines inhibition via transcription factor NF-κB inhibition



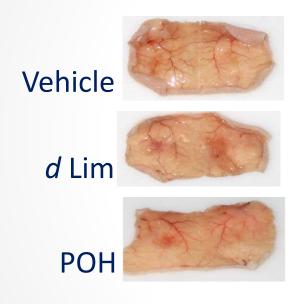
Effect comparable to ibuprofen for low-dose *d*-Limonene

Life Sciences. 2013;92:1151-1156



Anti TNF-a, IL-6, IL-1β, IFN-γ effect & Inhibition of NF-kB

AISA PRE-CLINICAL studies in skin: wound healing model and first distinction between **pro-drug and metabolite**



POH: neo-angiogenesis inhibition

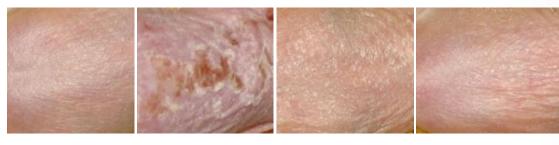
Anti-Inflammatory & Anti-Allergy Agents in Medicinal Chemistry, 2014, 13, 000-000

Skin Repair Properties of d-Limonene and Perillyl Alcohol in Murine Models

Patrizia A. d'Alessio^{1*}, Massoud Mirshahi², Jean-François Bisson³ and Marie C. Béné⁴

¹University Paris Sud-11 Biopark Campus Cancer, Villejuif, France; ²University Paris 6-Pierre et Marie Curie, Inserm E 9912, Paris, France; ³ETAP Research Centre, Vandoeuvre-lès-Nancy, France; ⁴Hematology, CHU & Nantes University, Nantes, France

Tissue repair in an auto-immune disease model







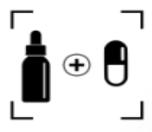
TPA 12-O-Tetradecanoylphorbol-13-Acetate POH Perillyl alcohol

Observational study in intermediate psoriasis

INTERMEDIATE PSORIASIS







Case study ATOPIC DERMATITIS

(eczema) worsened by repeated topic cortisol treatment

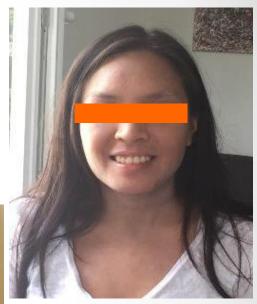
High levels of zonulin / anti-food IgG

Partial restoration after 10 days cure with **anti-inflammatory** terpenoids

Gut barrier repair, with restitution of skin quality

Visible **mood** amelioration **Rejuvenation** effect

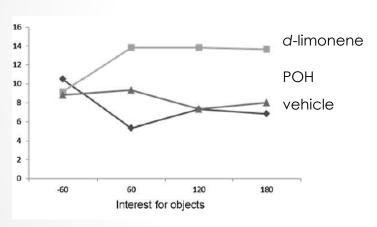




AISA PRE-CLINICAL studies on mood: FOB on **pro-drug and metabolite** effects

activation of the vagal tone

Motivational effect in rodents



Mood modulation effect in humans

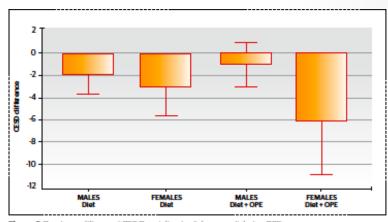


Figure 3 Gender partition and CES-D variation in diet versus diet plus OPE

Rejuvenation Res. **2014**;17:145-149

PRIME **2012**; 30-37

Endogenous enhancer effect valuable from 40 ys on



REJUVENATION RESEARCH Volume 17, Number 2, 2014 Mary Ann Liebert, Inc. DOI: 10.1089/rej.2013.1515

Anti-Stress Effects of *d*-Limonene and Its Metabolite Perillyl Alcohol

Patrizia A. d'Alessio. 1 Jean-François Bisson. 2 and Marie C Béné 3

Pointing to

◆ dopamine increase by d-Limonene

Fukumoto S, Sawasaki E, Okuyama S, et al. (2006) Flavor components of monoterpenes in citrus essential oils enhance the release of monoamines from rat brain slices. *Nutr Neurosci* 9: 73–80. https://doi.org/10.1080/10284150600573660

Anti-inflammatory effects offered by monoterpens administered orally or topically in animals



- ✓ were found back in Citrus Sinensis peel extract (OPE) of the same botanical Genus, as rich in d-Limonene;
- ✓ AISA standing for Anti-Inflammatory Senescence Actives was administered in human studies as soft gel capsules

Oral administration of a non toxic antiinflammatory active: first-in-human study « Healthy aging by Nutrition » FP7 Capacities

Clinical Nutrition 35 (2016) 812-818



Contents lists available at ScienceDirect

Clinical Nutrition

journal homepage: http://www.elsevier.com/locate/clnu



Randomized control trials

Impact of diet and nutraceutical supplementation on inflammation in elderly people. Results from the RISTOMED study, an open-label randomized control trial*



R. Ostan ^a, M.C. Béné ^b, L. Spazzafumo ^c, A. Pinto ^d, L.M. Donini ^d, F. Pryen ^e, Z. Charrouf ^f, L. Valentini ^g, H. Lochs ^h, I. Bourdel-Marchasson ^{i, j, k}, C. Blanc-Bisson ^{i, j, k}, F. Buccolini ^l, P. Brigidi ^m, C. Franceschi ^{a, n, o}, P.A. d'Alessio ^{p, *}



Prof. Claudio Franceschi



Diet vs Nutraceutical supplementation

collected early in the morning before (D0) and after the diet period (D56).

2.2. Diet

The RISTOMED diet was personalized by a dietician using the RISTOMED-Health dietary Services (www.ristomed.eu) [12]. Each participant received a personal login to the RISTOMED website, and was trained by a dietician to get the personalized diet from the web platform. Recipes and daily menus were formulated taking into account traditional and personal eating habits. The nutritional pattern was established in agreement with the current dietary recommendations for elderly people, specific attention being given to the intake of food compounds that can affect inflammation, oxidative stress and gut microbiota [i.e. Poly Unsaturated Fatty Acids — PUFA n-6/n-3 ratio — antioxidant vitamins (vitamin E, C and carotenoids) and minerals (zinc and selenium), polyphenols and soluble dietary fiber].

The RISTOMED diet provided ~15% of energy as proteins, 50–60% as carbohydrates and ~35% as lipids. The latter were 15–20% Mono-Unsaturated Fatty Acids (MUFA), provided by virgin olive oil, ~8% Saturated Fatty Acids (SFA) and ~7% PUFA with 0.5% α-linolenic acid and 2% linoleic acid. The daily recommended intake of uncooked Argan oil (25 mL), when required in the study arm, was given in partial replacement of an equal amount of extra-virgin olive oil. Dietary fiber intake was ~35 g/day with an insoluble/soluble fiber ratio of around 1:1, related to the prebiotic activity generally assigned to soluble fiber [16]. Polyphenols' intake was established at >400 mg/day (as phenolic acids plus flavonoids;

[17]). The intake of vitamins and minerals was referenced to the WHO program "Keep fit for life" [18]. The minimum water need for elderly people is 1–1.5 mL/kcal/day and it was recommended to use a calcium-rich water ($Ca \ge 150 \text{ mg/L}$).

On the website, participants recorded their weight weekly and described the compliance to the diet and to the nutraceutical supplementation daily. After 2 and 6 weeks (D14 and D42) from the beginning of the intervention, the nutritionist/dietician contacted by phone each participant to verify his/her compliance to the diet and to the nutraceutical supplementation.

2.3. Nutraceutical supplementation

VSL#3 probiotic blend (ACTIAL Farmaceutica Lda) is formulated as a granulated powder of 112 billion lyophilized bacteria per capsule in defined ratios of 4 strains of Lactobacillus (Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus acidophilus, and Lactobacillus delbrueckii subsp. bulgaricus), 3 strains of Bifidobacterium (Bifidobacterium longum, Bifidobacterium breve, and Bifidobacterium infantis) and Streptococcus thermophilus. The product was administered orally, 2 capsules daily on an empty stomach with a glass of water.

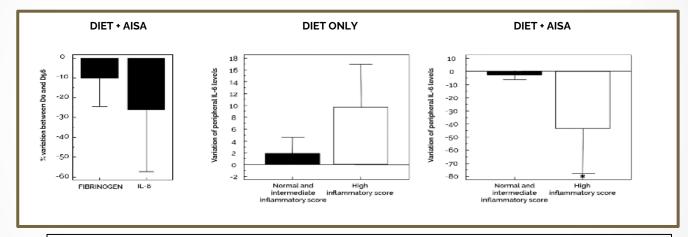
The monoterpene AISA 5203-L (d-Limonene and its metabolites) extracted from orange peel was administrated orally in soft gel capsules with a meal and a large glass of water. The daily number of soft gel capsules was established for each patient according to the recommended dose of 10 ± 1 mg/kg.

Argan oil, the extra-virgin oil obtained using a cold-pressed technique of kernels contained in the Argania spinosa fruit, was

Oral administration in the first-in-human study « Healthy aging by Nutrition »



Anti-IL-6 efficacy as food supplementation





Significant modifications of inflammation markers (**RISTOMED diet + d-Limonene**) between D0 and D56.

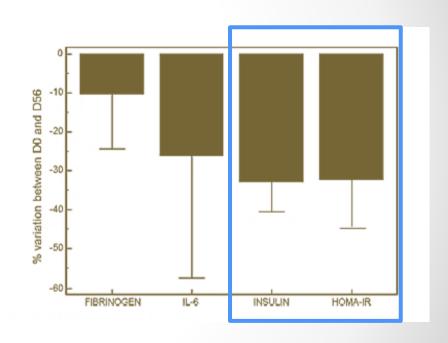


Bio-markers of cardio-metabolic syndrome, diabetes, thrombosis

Monoterpens target IL-6 and fibrinogen, but also insulin and **markers** of insulin resistance*

* Homeostasic model assessment of insulin resistance HOMA-IR



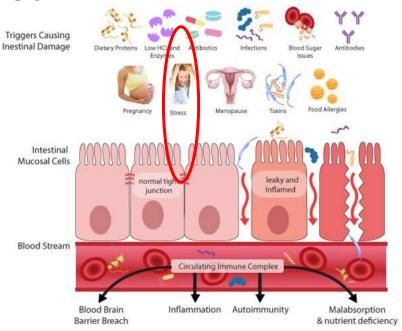


d-Limonene and **gut barrier repair** in vitro study on enterocytes



Table 1 OPE containing 95% of <i>d</i> -Limonene; effect on epithelia barrier function.					
	Control	OPE			
		75 μM	150 μΜ	750 µM	1500 μM
R ^t	107 ± 3%	106 ± 4%	112 ± 3%	132 ± 3%	153 ± 4%
n	9	6	6	6	6
p		n.s.	n.s.	< 0.001	< 0.001

Mesure of the electrical resistance (in $\Omega \cdot \text{cm}^2$) expressed as percentage of the initial restistance Rt.



Leaky Gut Syndrome

Life Sciences **2013**;92:1151-1156

Gut barrier repair effects on microbiota

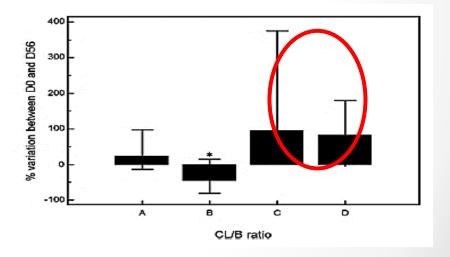
Modulation of microbiota ratios following administration of *d*-Limonene



The neuroactive potential of the human gut microbiota in quality of life and depression

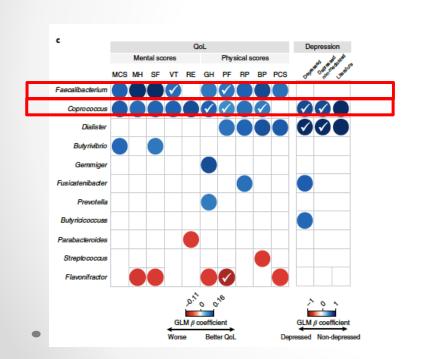
Mireia Valles-Colomer^{©1,2}, Gwen Falony^{1,2}, Youssef Darzi^{©1,2}, Ettje F. Tigchelaar³, Jun Wang^{©1,2}, Raul Y. Tito^{1,2,4}, Carmen Schiweck⁵, Alexander Kurilshikov^{©3}, Marie Joossens^{©1,2}, Cisca Wijmenga^{©3,6}, Stephan Claes^{5,7}, Lukas Van Oudenhove^{7,8}, Alexandra Zhernakova³, Sara Vieira-Silva^{©1,2,9} and Jeroen Raes^{©1,2,9*}

Clostridium cluster IV / Bifidobacteria ratio



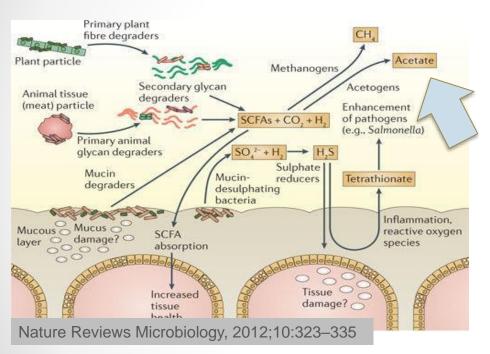
« VITALITY » a matter of bacterial metabolites

Faecalibacterium & **Coprococcus** for VITALITY, emotional well-being & Social functioning



- ◆ Faecalibacterium and Coprococcus, among the producers of propiobutyrate, are associated to good QoL
- ◆Coprococcus spp are decreased in case of depression even after correction for the effets of anti-depressants.

Monoterpens address the gut-brain axis acting as pre-biotics (fibers)



Hydro-Butyrate, Propiobutyrate, Folate, Propionate produced by Bifidobacteria Clostridii Enterobacterium Enterococcus Ruminococcus

Roseburia

«The Gut-brain axis is relevant to skin aging ». d'Alessio PA PRIME July 2020, Vol 10 Issue 4, 36-42

2020-2022 Terpenoid « geroprotectors »





Review

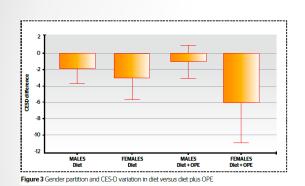
Terpenoids as Potential Geroprotectors

Ekaterina Proshkina ¹, Sergey Plyusnin ^{1,2}, Tatyana Babak ¹, Ekaterina Lashmanova ¹, Faniya Maganova ³, Liubov Koval ^{1,2}, Elena Platonova ^{1,2}, Mikhail Shaposhnikov ¹ and Alexey Moskalev ^{1,2},*

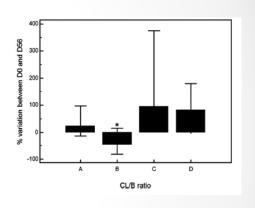




The « small molecule » monoterpene d-Limonene resets body multi-systems









Pro-drug effect

Anti-inflammatory effect enhances **dopamine**

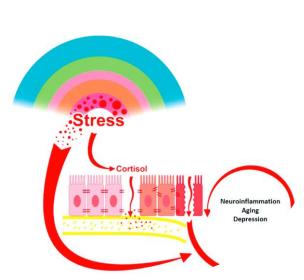


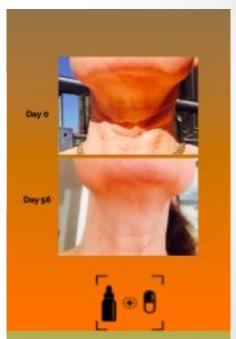
Restoration of the gut barrier fights **dysbiosis**

POH-metabolite effect

The treatment of chronic inflammtion involves repairing the **gut barrier** with amelioration of the skin







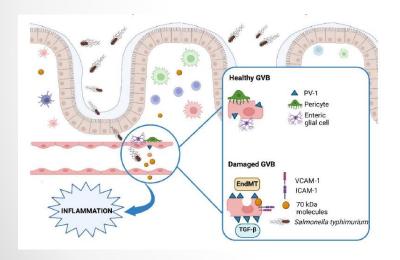
Anti-inflammatory effects offered by monoterpens administered orally or topically

- ✓ The molecular complex identified in Halfordia kendack also present in Citrus Sinensis peel extract (OPE) is highlighting the effects of d-Limonene and its metabolite POH:
- ✓ representing a valuable strategy in aging prevention - based on the control of the inflammatory reaction in the body



Redefining inflammatory markers relevant to aging

mucosal immunity compliance









Revie

The Gut-Vascular Barrier as a New Protagonist in Intestinal and Extraintestinal Diseases

Natalia Di Tommaso ¹, Francesco Santopaolo ¹, Antonio Gasbarrini ^{1,2} and Francesca Romana Ponziani ^{1,2,*}

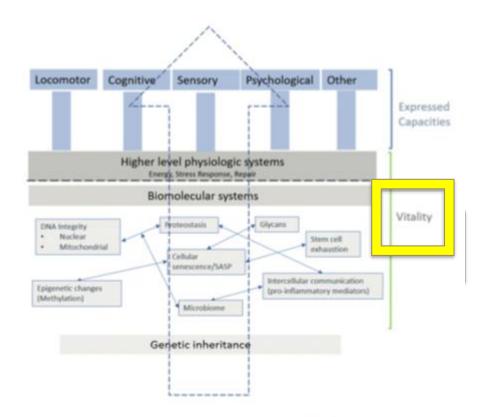


Figure 5. Schematic diagram of intrinsic capacity (16).

Vitality is the invisible biomarker,

yet measurable!

- ◆Positive grip test
- **♦**Stress resillence

The Centurion transmitting to young Asclepion the recipe for immortality:

was it a non-toxic anti-inflammatory brew?

Received: 6 August 2018 Revised: 14 October 2018 Accepted: 25 October 2018

DOI: 10.1111/dth.12783

WILEY DERMATOLOGIC



REVIEW ARTICLE

Salutogenesis and beyond

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Abstract

In the present hypothesis paper on paradoxes in preventive medicine, which also deals with the indocility of biological functions, the following issues will be addressed. First, a definition of salutogenesis will be given, providing the origin of this notion of health preservation and disease prevention. Then, four paradoxes of the biology of health will be discussed. The first deals with the



The First Ristomed Consensus meeting









Thank you for your attention Questions & Credits











Consiglio Nazionale delle Ricerche Institute of Genetics and Biophysics Adriano Buzzati-Traverso





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