Aronia-citrus juice intake (polyphenol rich juice) and elite triathlon training: A lipidomic approach using representative oxylipins in urine

Libia Alejandra García-Flores[1, ‡], Sonia Medina[1, ‡*], Cristina Gómez[2], Craig E. Wheelock[2], Roberto Cejuela[3], José Miguel Martínez-Sanz[3], Camille Oger[4], Jean-Marie Galano[4], Thierry Durand[4], Álvaro Hernández-Sáez[5], Federico Ferreres[1], and Ángel Gil- Izquierdo[1*].

[1] Department of Food Science and Technology. CEBAS-CSIC. Campus de Espinardo. P.O. Box 164, 30100 Espinardo, Murcia, Spain.

[2] Division of Physiological Chemistry II, Department of Medical Biochemistry and Biophysics, Stockholm; Karolinska Institutet, Stockholm

[3] Faculty of Education. University of Alicante. Campus de San Vicente del Raspeig, Alicante, Spain

[4] Institut des Biomolécules Max Mousseron (IBMM), UMR 5247, University Montpellier I and II, ENSCM, Faculty of Pharmacy, Montpellier, France

[5] Faculty of Chemistry. University of Murcia. Campus Espinardo, 30100 Espinardo, Murcia, Spain

[‡] These two authors have contributed equally to this work.

[*]Corresponding authors:

Angel Gil-Izquierdo
(accept correspondence and proofs)

And

Sonia Medina

Research Group on Quality, Safety, and Bioactivity of Plant Foods,
Department of Food Science and Technology, CEBAS (CSIC),
P.O. Box 164, 30100 Campus University Espinardo, Murcia, Spain
Tel: +34 968396363; fax: +34 968396213.

E-mail address: angelgil@cebas.csic.es

Abstract

In the present study, we examined whether particular urinary oxylipins (isoprostanes (IsoPs), leukotrienes (LTs), prostaglandins (PGs), and thromboxanes (TXs)) in 16 elite triathletes could alter during 145 days of training. Within this time span, 45 days were dedicated to examining the effects of the intake of a beverage rich in polyphenols (one serving: 200 mL per day) supplemented in their diet. The beverage was a mixture of *citrus* juice (95%) and *Aronia melanocarpa* juice (5%) (ACJ). Fifty-two oxylipins were analyzed in urine. The quantification was carried out using solid-phase extraction,liquid chromatography coupled to mass spectrometry . The physical activity decreased the excretion of some PGs, IsoPs, TXs, LTs metabolites from arachidonic acid, γ-dihomo-linolenic acid, and eicosapentaenoic acid. The ACJ also reduced the excretion of 2,3-dinor-11β-$PGF_{2\alpha}$ and 11-dh-TXB_2, although the levels of other metabolites increased after juice supplementation (PGE_2, 15-keto-15-F_{2t}-IsoP, 20-OH-PGE_2, LTE_4, and 15-*epi*-15-E_{2t}-IsoP), compared to the placebo. The metabolites that increased in abundance have been related to vascular homeostasis and smooth muscle function, suggesting a positive effect on the cardiovascular system. In conclusion, the exercise influences mainly the decrease in oxidative stress and the inflammation status in elite triathletes, while ACJ supplementation has a potential benefit regarding the cardiovascular system that is connected in a synergistic manner with elite physical activity.

Key Word: Urinary oxylipins; Polyphenols; Juice; Athletes; Training.

Introduction

Currently, it is not clear whether polyphenol supplementation exerts beneficial effects on oxidative stress (OS) and/or the inflammation status in the area of sport.[1, 2] Many studies analyzing the effects of dietary polyphenols on human health have been performed in the last decade, with increasing numbers of reports studying flavonoids and polyphenols in general. [3, 4] Polyphenol supplementation in exercise studies includes mainly extracts, juices, infusions, or increased intake of polyphenol-rich foods (including functional foods). [1] In athletes of different disciplines, polyphenols have shown an antioxidant potential that can be beneficial for the reduction of the effects of oxidative damage during intense exercise, apparently without an anti-inflammatory effect. [4] Furthermore, it is also necessary to take into account the effect of the physical exercise, since this external factor has shown a positive effect on lipid peroxidation and/or OS as a consequence of its chronic practice. [5-8] In 2005, Petersen [9] mentioned that regular exercise induces an anti-inflammatory response rather than a pro-inflammatory response. Regular exercise training promotes increases in enzymatic and non-enzymatic antioxidants in muscle fibers, resulting in improved endogenous protection against exercise-mediated oxidative damage. [10]

In the field of sports science and elite sports environment, biomarkers are used to make inferences about the athlete´s underlying physiology and health, particularly in the context of adaptation to training and the impact of enviromenmental stressors. [11] Metabolomics and lipidomics data indicate that intensive and prolonged exercise is associated with extensive lipid mobilization and oxidation, including many components in the pathway of linoleic acid conversion and related oxidized derivatives or oxylipins. [12] The lipid metabolism constitutes a network of pathways that are related at multiple biosynthetic hubs. [13] Oxygenated lipids are known collectively as oxylipins. [14] Eicosanoids, a subset of oxylipins, are signaling molecules that have been used as biomarkers for a global picture of changes in lipid peroxidation and vascular events as a consequence of chronic exercise and the supplementation of polyphenols. [5-8, 12-14] Eicosanoids are a family that includes prostaglandins (PGs), leukotrienes (LTs), thromboxanes (TXs), and isoprostane (IsoPs), which are lipid mediators involved in the physiopathology of all organs, tissues, and cells. [17] The PGs and TXs,

collectively termed prostanoids, are formed when arachidonic acid (AA), a 20-carbon unsaturated fatty acid, is released from the plasma membrane by phospholipases and metabolized by the sequential actions of prostaglandin G/H synthase, or cyclooxygenase (COX). TXA_2 is synthesized from prostaglandin H_2 (PGH_2) by thromboxane synthase, and it is non-enzymatically degraded into biologically inactive thromboxane B_2 (TXB_2). [18] On the other hand, there are four primary bioactive PGs generated *in vivo*: prostaglandin E_2 (PGE_2), prostacyclin (PGI_2), prostaglandin D_2 (PGD_2), and prostaglandin $F_{2\alpha}$ ($PGF_{2\alpha}$). [18] Besides AA, another polyunsaturated fatty acid (PUFA) is dihomo-γ-linolenic acid (DGLA), a 20-carbon n-6 (C20:3 n-6) derived *in vivo* from α-linolenic acid (c18:3 n-6). Through a series of free radical reactions, COX metabolizes DGLA and AA to form various bioactive metabolites: namely, the 1 and the 2 series of PGs (PG1 and PG2), respectively. [19] The LTs also contain 20 carbons, but lack the 5-carbon ring structure. [20] They are AA metabolites derived from the action of 5-LOX (5-lipoxygenase). The immediate product of 5-LOX is LTA_4 (leukotriene A_4), which is enzymatically converted into either LTB_4 (leukotriene B4), by LTA_4 hydrolase, or LTC_4 (leukotriene C_4), by LTC_4 synthase. [20] The glutathione conjugate forms are termed *cys*-LTs (cysteinyl leukotrienes) and include leukotriene C_4 (LTC_4), leukotriene D_4 (LTD_4), and leukotriene E_4 (LTE_4). The *Cys*-LTs are potent bronchoconstrictors and vasoconstrictors. [13] The biosynthesis of eoxins (EX), structural isomers of *cys*-LTs, is initiated via the 15-lipoxygenase (15-LOX) pathway. Also, there is another pathway that occurs *in vivo* through a free radical–mediated mechanism to yield a series of PG-like compounds termed IsoPs, independent of the catalytic activity of COX. [21, 22] The F_2-isoprostanes (F_2-IsoPs) are an *in vivo* index of OS. [16] Further, F_1-phytoprostanes (F_1-PhytoPs) and F_3-IsoPs are also generated from α-linolenic acid (ALA) and eicosapentaenoic acid (EPA). [23, 24] Finally, 3-series prostanoids, derived from COX oxidation of EPA, may mediate the anti-inflammatory effects of this fatty acid. [25]

Based on the preceding, the primary goal of this randomized, double-blind, placebo controlled, and crossover study was to ascertain the effects of a serving (200 mL) of *Aronia-citrus*

Juice (ACJ) on the generation and metabolism of oxylipins, using a lipidomic approach. Also, the study design allowed the assessment of the changes produced by elite training sessions. We screened biomarkers from AA via LOX (LTs, cysLTs, and EXs), as well as other IsoPs, PGs, and TXs that complement our schematic of oxylipins (52 lipid mediators (Figure1)).

Materials and methods

Physical characteristics of participants

The anthropometric measurements were made according to the International Society of Advancement of Kinanthropometry (ISAK), [26] and all tests were performed by the same, internationally certified anthropometrist (Level 2 ISAK) with the objective of decreasing technical errors of measurement. The body composition was determined by GREC Kinanthropometry consensus, [27] using a model consisting of total fat by Withers' formula, [28] lean weight by the procedure described by Leet et al., [29] and residual mass by the difference in the weight (Table 1)

Dietary intake

The calculation of the dietary parameters and caloric intake was accurately designed and overviewed during the experimental intervention by nutritionists, using specific software for the calculation (website: http://www.easydiet.es and with the additional assistance of the Spanish and USDA databases (http://www.bedca.net/ and http://www.nal.usda.gov/fnic/foodcomp/search/). The dietary assessment and planning were based on the sport nutrition guidelines. [30, 31]

Aronia-citrus juice and Placebo beverage

The polyphenol rich juice composition was based on a mixture of citrus juice (95%) with added *Aronia melanocarpa* juice (5%). This juice was developed on a industrial pilot scale (HERO Spain S.A., Alcantarilla, Murcia) with organoleptically-acceptable criteria to mimic the flavonoids composition of original beverage developed by Gonzales-Molina et al.[32] The nutrients content and

caloric supply of the ACJ that the triathletes consumed are summarized in Table 2, detailing the percentage contribution of the juice to the total diet.

The placebo beverage composition was based on a mixture of water, authorized red dye, flavoring, and sweetener, giving sensory characteristics close to those of ACJ (see Garcia-Flores et al.,[33, 34] for further information about ACJ composition and nutritional planning).

Training load

The training load quantification was performed using the Objective Load Scale (ECOs) developed by Cejuela-Anta and Esteve-Lanao. [35] The training loads designed by the triathletes in the present work were similar to those found in other studies. [5,30,33] This method used in the current work allowed the quantification of the training loads in triathlon (swim, bike, run, and transitions). [37] The values of daily and weekly training were determined and summarized to assess the ECOs of each volunteer, depending on their physical characteristics and the intensity of the training program (the ECOs data presented in this work are the average of the individual ECOs of the triathletes). The variations of the ECOs are displayed in Figure 2 for better orientation.

Study design

Sixteen triathletes (6 training women and 10 training men) from the University of Alicante (Spain) agreed to participate in the project. An elite athlete in the context of sports medicine is an athlete with potential for competing in the Olympics or as a professional athlete. [38] The volunteers were non-smokers, had stable food habits, and did not receive any medication (the specific absence of acute administration of anti-inflammatory drugs) during the experimental procedure. The study was approved by the Bioethics Committee of the University Hospital of Murcia and was in accordance with the Declaration of Helsinki. All participants provided written informed consent to a protocol approved by the institution. [39] The recruitment started on 28th-29th October 2010 and was completed on 24th-25th March 2011. This study was a randomized, double-blind, placebo controlled,

and crossover design (Figure 2) and was previously approved by nutritional experts. We assumed an equal allocation of volunteers to each beverage using computer-generated simple randomization with consecutive codes linked to the preparation of the placebo or ACJ. An impartial outsider, without the knowledge of the study, helped us to select the randomization code and indicated the assignment order. The volunteers remained blinded throughout study as well as the researchers responsible for the outcome measurements and the data analysis (see Garcia-Flores *et al*., [33, 34] for further information).

Urine sample collection and preparation

Twenty-four-hour urine samples were collected at the end of each stage (C-B, control baseline, C-T, control training, placebo intake stage, ACJ: *Aronia-citrus* juice intake stage, and CP-T, control post-training). All samples collected were immediately frozen (-80 ºC) to preserve the sample integrity until the time of analysis.

Chemicals and analytes

Seven IsoPs derived from AA: 15-F_{2t}-IsoP; 15-keto-15-F_{2t}-IsoP; 15-*epi*-15-F_{2t}-IsoP; 2,3-dinor-15-F_{2t}-IsoP; *ent*-15-*epi*-15-F_{2t}-IsoP; 9-*epi*-15-F_{2t}-IsoP; 15-keto-15-E_{2t}-IsoP, 31 enzymatic metabolites of AA: PGD_2; PGDM (PGD metabolite); tetranor-PGDM lactone (tetranor-PGD metabolite lactone); 11-β-$PGF_{2\alpha}$; 2,3-dinor-11-β-$PGF_{2\alpha}$; tetranor-PGJM (tetranor-PGJ metabolite); tetranor-PGDM (tetranor-PGD metabolite); 6-*keto*-$PGF_{1\alpha}$; PGE_2; 20-OH-PGE_2; tetranor-PGEM (tetranor-PGE metabolite); tetranor-PGAM (tetranor-PGA metabolite); 13,14-dihydro-15-keto-PGE_1; 13,14-dihydro-15-keto-PGE_2; 13,14-dihydro-15-keto-$PGF_{2\alpha}$; $PGF_{2\alpha,}$ tetranor-PGFM (tetranor-PGF metabolite); 20-OH-$PGF_{2\alpha}$; 19(R)-OH-$PGF_{2\alpha}$; 15-*keto*-$PGF_{2\alpha}$, thromboxane B_2 (TXB_2); 2,3-dinor-TXB_2; 11-dehydro-thromboxane $B_{2,}$ (11-dh-TXB_2); leukotriene (LT) B_4, 20-carboxy-LTB_4, 20-hydroxy-LTB_4, 6-*trans*-LTB_4; LTC_4; LTE_4; EXC_4; and EXE_4, four metabolites of DGLA (PGE_1; $PGF_{1\alpha}$; 15-F_{1t}-IsoP; 15-E_{1t}-IsoP), and one metabolite of EPA (17-*trans*-$PGF_{3\alpha}$) were

purchased from Cayman Chemicals (Ann Arbor, MI , USA). The authentic markers [$^2H_4$]-13,14-dihydro-15-keto-$PGE_{1,}$ [$^2H_4$]-13,14-dihydro-15-keto-PGE_2, [$^2H_4$]-13,14-dihydro-15-keto-$PGF_{2\alpha}$, [$^2H_4$]-6-keto $PGF_{1\alpha}$, [$^2H_4$]-TXB_2, [$^2H_4$]-20-carboxy-LTB_4, [$^2H_4$]-LTB_4, and [$^2H_4$]-8,12-iso-$iPF_{2\alpha}$-VI were also purchased from Cayman Chemicals.

Four IsoPs derived from AA (15-*epi*-15-E_{2t}-IsoP; 2, 3-dinor-15-*epi*-15-F_{2t}-IsoP; 5-F_{2t}-IsoP; 5-*epi*-5-F_{2t}-IsoP) and two metabolites of EPA (8-F_{3t}-IsoPs and 8-*epi*-8-F_{3t}-IsoPs) were synthesized according to our published procedures, [40-44] while 2, 3-dinor-6-keto-$PGF_{1\alpha}$, [$^2H_3$]-2, 3-dinor-6-keto-$PGF_{1\alpha}$, EXD_4, 15-F_{2c}-IsoPs, and [$^2H_4$]- 15-F_{2c}-IsoPs were provided as described by Balgoma, *et al*., 2013 [45]. The enzyme β-glucuronidase, type H2 from *Helix pomatia*, and BIS-TRIS (Bis-(2-hydroxyethyl)-amino-tris(hydroxymethyl)-methane) were from Sigma-Aldrich (St. Louis, MO, USA). All LC-MS grade solvents were from J.T. Baker (Phillipsburg, NJ, USA). The Strata X-AW, 100 mg 3 mL^{-1} SPE cartridges were purchased from Phenomenex (Torrance, CA, USA). Ammonium acetate, methoxyamine hydrochloride, and isopropanol were purchased from Sigma-Aldrich. Milli-Q ultrapure deionized water was used (Millipore Corporation, Billerica, MA). Methanol and acetonitrile were from Rathburn (Walkerburn, Scotland, UK). Acetone, acetic acid, and formic acid were from Fisher. Aqueous ammonia (25%, *w/v*) was from Merck (Darmstadt, Germany).

UHPLC- MS/MS analyses

The samples were analyzed according to two methods described previously by Medina, *et al*. [46] and Balgoma, *et al*. [45], for the purpose of a deeper analysis of the generation and metabolism of oxylipins by our volunteers.

UHPLC-QqQ-MS/MS for thirty-seven metabolites

The separation of the metabolites present in the urine was performed using a UHPLC coupled with a 6460 QqQ-MS/MS (Agilent Technologies, Waldbronn, Germany), using the set-up described by Medina, *et al*. [46]. The main changes are as follows: after being clarified with MeOH/HCl (200

mM), the urine samples were centrifuged at 10000 rpm for 5 min. The solid phase extraction was as follows: 1) preconditioning of cartridge with MeOH (2 mL) and then MilliQ water (2 mL); 2) loading of urine sample; 3) washing of cartridge with MilliQ water (4 mL); 4) elution of cartridge with MeOH (1 mL). Subsequently, the MeOH was evaporated from the extract by speed Vac concentrator and the extract was reconstituted in 200 µL of mobile phase (A:B) (90:10). The changes in the identification and quantification of metabolites were as follows: chromatographic separation was carried out on an ACQUITY UPLC BEH C_{18} column (2.1 × 150 mm, 1.7 µm; Waters), the column temperatures being 6 ºC (left) and 6 ºC (right). The flow rate was 0.15 mL min^{-1}, using the linear gradient scheme (t, %B): (0.00; 60), (7.00; 60), (7.01; 73), (10.00; 73), (10.01; 80), (18.00; 100), (19.00; 100), and (19.01; 60). The operating conditions for the MS parameters were as follows: gas flow: 8 L min^{-1}, nebulizer: 30 psi, capillary voltage: 4000 V, nozzle voltage: 2750 V, gas temperature: 325 ºC, and jet stream gas flow: 8 L min^{-1}. The MS parameters were in the range of 50 to 160 V and the collision energy was in the range of 0 to 24 V. The acquisition time was 19.01 min for each sample, with a post-run of 3.0 min for the column equilibration. The quantification of the oxylipins was carried out by daily preparation of calibration curves (concentration range 3.9 nM to 1 µM) using standard solutions. The matrix effect, recovery of extraction, and overall process efficiency for each analyte were assessed using post-extraction addition, established by Matuszewski, *et al*. [47]. The values were within the requested range for all the metabolites.

The sensitivity, precision, and accuracy were established with the same parameters by the Guidance for Industry-Bioanalytic Method Validation (the intraday and interday values were in the range of 80-120% for all the metabolites). [48] By this method, the metabolites determined were: PGDM, PGD_2, tetranor-PGDM lactone, 11-β-$PGF_{2\alpha}$, 2,3-dinor-11β-$PGF_{2\alpha}$, tetranor-PGDM, tetranor-PGJM, PGE_2, 20-OH-PGE_2, tetranor-PGEM, tetranor-PGFM, 15-keto- $PGF_{2\alpha}$, 20-OH-$PGF_{2\alpha}$, 19 (R)-OH-$PGF_{2\alpha}$, 2,3-dinor-6-keto PGF_{1a}, 6-keto PGF_{1a}, 15-F_{2t}-IsoP, 15-keto-15-F_{2t}-IsoP, 15-*epi*-15F_{2t}-IsoP, 2, 3-dinor-15-F_{2t}-IsoP, *ent*-15-*epi*-15F_{2t}-IsoP, 9-*epi*-15-F_{2t}-IsoP, 2, 3-dinor-15-*epi*-15F_{2t}, 5-F_{2t}-

IsoP, 5-*epi*-5F_{2t}-IsoP, 15-keto-15E_{2t}-IsoP, 15-*epi*-15E_{2t}-IsoP, 11-dh-TXB_2, 17-*trans*-$PGF_{3\alpha}$, 8-F_{3t}-IsoP, 8-*epi*-8-F_{3t}-IsoP, PGE_1, $PGF_{1\alpha}$, 15-E_{1t}-IsoP, and 15-F_{1t}-IsoP. The quantification of the IsoPs, PGs, and TXs detected was performed using authentic markers. Data acquisition and processing were performed using Mass Hunter software version B.04.00 (Agilent Technologies).

UHPLC-TQ-MS/MS for sixteen metabolites

For the remaining 16 lipid metabolites (LTs, PGs, TXs, and IsoPs), two different analytical methods based on Balgoma *et al.* [45], using the same analytical platform: UPLC Acquity- coupled to a Xevo TQS mass spectrometry system (Waters, Milford, MA) (LC-MS/MS).

Statistical analysis

The metabolites were analyzed individually as well as by series or family, using the excretion values (µg 24 h^{-1}) obtained throughout the study (C-B, C-T, placebo stage, ACJ stage, and CP-T). The 24-h urine was used for the absolute calculation of the amount of the LTs, EXs, IsoPs, PGs, and TXs excreted; the volume of urine excreted by the volunteers was 1212.42 ± 716.50 mL 24 h^{-1}, on average, over the assay. The data shown are the mean ± SD (Table 3), as well as the quartiles (upper values 75%, median 50%, and lower values 25%) (Figure 3). We employed non-parametric statistical tests since the data did not satisfy the assumption of normality. The Friedman test was used; if the *P*-value was significant, the *post hoc* Wilcoxon signed-rank test was used to decide which groups were significantly different from each other. The Bonferroni correction was applied, this correction was calculated by dividing the *P*-value (P=0.05) by the number of tests, namely 10 (if the metabolite was detected in all the stages). Thus, our results were adjusted to $P \leq 0.005$. The statistical analyses were made using the SPSS 23.0 software package (LEAD Technologies, Inc. Chicago, USA). The graphs were plotted using the Sigma Plot 12.0 software package (Systat Software, Inc., SigmaPlot for Windows).

Results and Discussion

Currently, the evidence is insufficient to make recommendations for the use of polyphenol supplementation by elite athletes. [1, 4, 49, 50] So, we wanted to make an in-depth examination of the primary lipid peroxidation biomarkers using a study design which allows observation of the effects of physical exercise and polyphenolic-rich beverage intake. A total of 52 oxylipins were screened in the triathletes' urine (Table 3). The mass spectral information of the oxylipins identified was based on Medina *et al.* [46] and Balgoma *et al.* [45] In total, 37 metabolites - 17 PGs, 14 IsoPs, two LTs, one EX, and three TXs - were detected in the urine samples of the triathletes. Therefore, 15 metabolites (PGD_2, tetranor-PGJM, 6-keto-$PGF_{1\alpha}$, 20-OH-$PGF_{2\alpha}$, 19(R)-OH- $PGF_{2\alpha}$, 15-*keto*-$PGF_{2\alpha}$, 15-F_{1t}-IsoP, 8-*epi*-8-F_{3t}-Isop, LTC4, EXC_4, EXE_4, 6-*trans*-LTB_4, 20-carboxy-LTB_4, 20-hydroxy-LTB_4, and 13, 14-dihydro-15-*keto* PGE_1) were not detected.

Prostaglandin and thromboxane metabolites derived from arachidonic acid

Recent publications have demonstrated changes in lipid peroxidation as a consequence of chronic exercise. [5-8] A prior study by our group showed a decrease in the values of urinary PGs (tetranor-PGEM and 11-β-$PGF_{2\alpha}$) after a chronic training program. [5] Our current results are similar, showing a decline in these biomarkers due to the elite training program. In our urine samples, 17 PGs from different families were quantified. Our data show means in the range from 0.04 ± 0.08 µg 24 h^{-1} (PGE_2) to 41.2 ± 24.4 µg 24 h^{-1} (PGDM). The PGs are potent oxylipins involved in numerous homeostatic biological functions and inflammation. [18] The literature mentions that regular exercise induces an anti-inflammatory response rather than a pro-inflammatory response. [4, 9] In this context, the results for the concentrations of metabolites from the PGD_2 pathway are notable since they have been implicated in both the development and resolution of inflammation. For the PGD_2 pathway, the Friedman test revealed statistically significant differences (χ^2 (4)=42.143, P<0.001). The CP-T value was significantly lower, compared to all other stages (Figure 3, A). Moreover, without the Bonferroni correction, the ACJ stage was different from C-T (Z=-2.155, P=0.031). Individually and concerning

the PGD_2 metabolites, PGDM was the metabolite that showed the highest excretion levels. Prostaglandin D_2 is a COX product of AA that activates D prostanoid receptors to modulate vascular, platelet, and leukocyte function *in vitro*. [51] The Friedman test revealed statistically significant changes (Table 3) in this metabolite; the Wilcoxon test showed that the CP-T value was lower than for C-T (Z=-3.237, $P<0.001$). The 11-β-$PGF_{2\alpha}$ content in the CP-T stage was significantly lower than in all other stages (CB, Z=-3.124, $P=0.002$; C-T, Z=-3.124, $P<0.001$; placebo, Z=-3.237, $P=0.001$; and ACJ, Z=-3.067, $P=0.002$). The 2, 3-dinor-11-β-$PGF_{2\alpha}$ excretion in the ACJ stage was lower than for C-B (Z=-2.953, $P=0.003$) and C-T (Z=-3.124, $P=0.002$). The ACJ stage also showed a lower value of this compound compared to the placebo stage, though this was not statistically significant when applying the correction ($P=0.009$). In the last control stage, the excretion of tetranor-PGDM was decreased when compared to C-T (Z=-3.010, $P=0.003$), placebo (Z=-3.233, $P=0.001$), and ACJ (Z=-2.856, $P=0.004$) (Table 3). According to research carried out by Morrow *et al*., [52] PGDM is a major urinary metabolite of PGD_2 with a unique lower side-chain that readily undergoes reversible cyclization. In our study, the urinary excretion of PGDM was highest under basal conditions, but showed a decreased about 70% by the end of the experiment. This suggests that in our triathletes there was a reduction in the inflammation status since the hallmark of inflammation is the enhanced secretion of pro-inflammatory immune mediators such as PGs. [49, 53] A study in humans using liquid chromatography-tandem mass spectrometry mentioned that tetranor-PGDM was much more abundant than the PGD_2 metabolites 11β-$PGF_{2\alpha}$ and 2, 3-dinor-11β-$PGF_{2\alpha}$ in the urine of healthy volunteers. [51] In our elite triathletes, 11_{β}-$PGF_{2\alpha}$ and 2, 3-dinor-11_{β}-$PGF_{2\alpha}$ (F-ring metabolites) were much more abundant than tetranor-PGDM (D-ring metabolite). This leads us to believe that physical exercise affects quantitatively the excretion of metabolites of this PGD pathway, when compared to non-athletes volunteers. Concerning the effect of ACJ intake on the excretion of PGD_2 metabolites, we observed a positive influence, since 2, 3-dinor-11β-$PGF_{2\alpha}$ showed a significant decrease when compared to the first controls; also, the excretion of PGDM showed a significant reduction (in the placebo stage it remained constant). Previous studies, both *in vivo* and *in vitro*, have also reported

some influence on the cardiovascular system due to supplementation in the diet of polyphenols. [1,13,47] In addition, a study by our group analyzed the biomarker implicated in iron metabolism, hepcidin, and revealed that long-term training using ECOs reduces inflammation and, hence, could be responsible for the decrease in hepcidin in triathletes found in this study. [54]

Metabolites from the PGE pathway showed a significant decrease after increased training, suggesting that physical exercise also played a role in the decline in excretion of these metabolites. The metabolites of the PGE_2 pathway in C-B and C-T was higher, but subsequently fell (χ^2 (4)=21.962, *P*=0.001) (Figure 3, A). As well, we cannot rule out an effect of ACJ intake on inflammation since the excretion of PGE_2 (detected in all periods) increased in comparison to the placebo stage (0.04 ± 0.08 *vs.* 0.19 ± 0.30). The placebo period showed lower values than C-B (Z=-2.98, *P*=0.003) and C-T (Z=-3.180, *P*=0.001), although the excretion values did not decrease significantly between C-B and C-T (Z=-2.669, *P*=0.008). The other three metabolites of the E pathway (20-OH-PGE_2, tetranor-PGEM, and tetranor-PGAM) were mainly detected in the two control periods (C-B and C-T), but in the beverage intake stages and the CP-T stage the number of volunteers that excreted these biomarkers decreased. The 20-OH-PGE_2 was excreted by the majority of the volunteers after the juice intake, compared to the placebo. PGE_2 is involved in all processes leading to the classic signs of inflammation (redness, swelling, and pain), but also shows anti-inflammatory properties. [18] For example, according to recent *in vivo* studies, this lipid mediator is related to numerous physiological and pathophysiological processes in the kidney, [55] involving a significant role in modulating the effect of vasopressin on the osmotic water reabsorption in the renal collecting duct cells - where it attenuates antidiuretic action. [56] In addition, it has been mentioned that the induction of prostanoids during exercise alters clotting factors, increases vascular tone, and helps adapt muscle cells to contractile activity. [57] Based on the above, our results suggest a potential effect of ACJ intake on the inflammatory process and vascular system.

Regarding the F and I pathways, the metabolites were scarcely detected in the urine samples or did not differ significantly during the study. Concerning the TXs, the primary enzymatic metabolite of TXA_2 is 11-dh-TXB_2, which has been validated as a reliable and noninvasive biomarker-integrated index of *in vivo* platelet activation [58]. A previous report observed that 22 sedentary subjected to standardized, aerobic, high-amount–high-intensity training for eight weeks showed significant decreases in the urinary excretion of 11-dh-TXB_2. [59] The authors related this result to platelet activation and hence it may be relevant to explain why long-term physical exercise is beneficial for the cardiovascular system. According to our results, the excretion of 11-dh-TxB_2 showed a significant decrease in the ACJ (Z=-2.953, *P*=0.003) and CP-T (Z=-3.069, *P*=0.002) stages, compared to C-T (Table 3). The 11-dh-TXB_2 decreased significantly in the last period when the training load was lower; ACJ also had a considerable influence, reducing the values, suggesting a cardiovascular benefit.

Leukotrienes

Two metabolites (LTB_4 and LTE_4) were detected in all stages and in the majority of the volunteers. The Friedman test showed significant changes in LTB_4 and the subsequent Wilcoxon signed-rank test revealed higher values in the ACJ stage compared with the placebo (Z=-2.166, *P*=0.03), C-T (Z=-2.668, *P*=0.008), and CP-T (Z=-2.166, *P*=0.03) stages. However, no *P*-value was below 0.005. Contrarily, LTE_4 showed a significant decrease in the placebo stage, relative to the baseline values (Z=-2.784, *P*=0.005). Also, the placebo stage differed from the ACJ stage (Z=-1.960, *P*=0.05), but not significantly so after Bonferroni correction. The excretion values of the CP-T stage were lower than for C-B (Z=-2.668, *P*=0.008) and C-T (Z=-1.931, *P*=0.053), but not statistically so (Table 3). In summary, the urinary metabolites LTB_4 and LTE_4 showed significant changes; in particular, the ACJ stage presented higher values than the placebo phase. These findings are the opposite of those mentioned in the current literature, since most polyphenols-intake studies have

shown decreased excretion in healthy people. [50, 60] It has been demonstrated that flavonoids can modulate the activity of enzymes that are involved in the metabolism of AA in macrophages - such as phospholipase A_2, COXs, and LOXs; inhibition of these enzymes by flavonoids lowers the production of the mediators of inflammatory reactions. [60] Yoon and Baek, 2005 [61] mentioned also that polyphenols are inhibitors of both COX and LOX and that a general rule is "more COX inhibitions and less LOX inhibitions with polyphenols that contain few hydroxyl substituents (with none in ring B)". This suggests that polyphenols, including those in our juice rich in polyphenols, have more effect on an inflammatory cascade of COX-2, which allows the LOX branch to accelerate the formation of LTs. This explanation seems to describe to a certain extent the change produced in the excretion values in our study. On the other hand, due to the decline in the ECOs load, a decrease in the excretion of LTE_4 was detected. Other reports have mentioned that elite athletes show an increased risk of respiratory symptoms related to asthma, especially those that participate in endurance sports - such as swimming, running, and cycling - and in winter sports. This risk to the respiratory system arises because, during physical activity, the elite athletes increase their water and heat loss through respiration. [62] This has strong ties with the LTs results since they play a key role in perpetuating airway inflammation - leading directly to airflow obstruction through the effects on vascular permeability, mucus production, and smooth muscle constriction. [63] A training program can result in a depletion of LTs and/or a slow *cys*-LTs response to exercise, which may be responsible for the protective effect of training programs on respiratory symptoms. [64] Our study shows that post-training could change the excretion of *cys*-LTs, and therefore might have an effect on the airway pathway.

Isoprostanes derived from arachidonic acid

The measurement of F_2-IsoPs is known to be an index of OS *in vivo*. [14] Regarding the level of total IsoPs derived from AA in urine, a significant reduction was observed; reflecting mainly the OS

386 decrease in the CP-T stage (Figure 3, C). When the sum of all the IsoPs was submitted to the Friedman
387 test, a significant *P*-value (χ^2 (4)=91.035, $P \leq 0.001$) was obtained. The total IsoPs ranged from 6.10 ±
388 6.47 µg 24 h^{-1} (C-B) to 3.42 ± 5.9 µg 24 h^{-1} (CP-T). The Wilcoxon signed-rank test showed a tendency
389 of the excretion to fall over the study (Figure 3, C). The IsoPs showed significant variation in their
390 urinary excretion when the values were analyzed by series: 15-F_{2t}-IsoPs (χ^2 (4)=33.360, $P \leq 0.001$), 5-
391 F_{2t}-IsoPs (χ^2 (4)=12.893, P=0.012), and 15-E_2-IsoPs (χ^2 (4)=14.484, P=0.006) (Figure 3, B).

392 These data suggest that chronic exercise decreased OS levels in our elite athletes. According
393 to the review by Nikolaidis *et al*., [65] in most of the cases in which they analyzed this behavior the
394 levels of urinary F_2-IsoP were decreased by chronic exercise. In other studies, [5, 62-64] physical activity
395 also was the primary factor that decreased the urinary OS biomarker (IsoPs). The literature mentions
396 that regular exercise training increases the levels of enzymatic and non-enzymatic antioxidants in
397 muscle fibers, resulting in improved endogenous protection against exercise-mediated oxidative
398 damage. [10] Furthermore, in athletes of different disciplines, polyphenols have shown an antioxidant
399 potential that can be beneficial in the reduction of oxidative damage effects during intense exercise.
400 [4] In our study, considering the metabolites individually, we observed an increase in 15-*epi*-15-E_{2t}-
401 IsoP and 15-keto-15-F_{2t}-IsoP, but this change was not linked to physical exercise directly since the
402 increase was in the ACJ stage, when compared to the placebo. This result suggests a potential role
403 for the compounds from ACJ intake in these IsoP pathways. Recent reports have shown that the E-
404 type IsoPs are potent vasoconstrictors at low nanomolar concentrations. [41] 15-E_{2t}-IsoP (also referred
405 to as 8-iso-PGE_2 or iPE2-III) was found to be a powerful and efficient constrictor in the ductus
406 arteriosus of chicken, acting through the thromboxane receptor. [68] Also, other studies with animals
407 have shown both vasoconstrictive and vasodilatory effects of 15-E_{2t}-IsoP, suggesting biological
408 activity of this molecule in the cardiovascular system. [69] On the other hand, 15-keto-15-F_{2t}-IsoP is a
409 metabolite derived from 15-F_{2t}-IsoP. In an animal study, it was demonstrated that this IsoP probably
410 acted as a partial agonist at the TP-receptor, mediating contraction and inducing a weak endothelium-
411 independent relaxation at high concentrations. [70] Therefore, the increase in abundance of these

412 metabolites could reflect participation of the compounds from ACJ - for example, the flavonoids
413 (polyphenols) [71] - or of proline betaine, ferulic acid, or other metabolic derivatives (nutritional
414 biomarkers) [72] in the stimulation of some IsoPs related to the effects on vascular smooth muscle. Also,
415 it should not be forgotten that, as well as phytochemicals, ACJ contains a variety of vitamins,
416 minerals, and fiber that could have influenced this result. [73, 74]
417
418 *Metabolites derived from eicosapentaenoic acid and dihomo-γ-linolenic acid*
419
420 Regarding metabolites derived from DGLA, $PGE_{1\alpha}$ was detected and the Friedman test
421 revealed significant changes among the experimental periods (χ^2 (3)=29.624, $P \leq 0.001$). The
422 Wilcoxon test showed that the CP-T value was significantly lower (C-T, Z=-3.408; placebo, Z=3.294;
423 ACJ, Z=-3.324, P=0.001 in all cases) compared to most of the other stages (Table 3). According to
424 the literature, through a series of free radical reactions, COX metabolizes DGLA and AA to form
425 various bioactive metabolites - namely, the 1 and the 2 series of prostaglandins (PG1 and PG2),
426 respectively. Unlike the PG2s, which are viewed as pro-inflammatory, the PG1s possess anti-
427 inflammatory and anticancer activity. [19] During our study, PGE_1 was detected in all stages, showing
428 statistically significant differences (Table 3). These results suggest a decrease in this metabolite in
429 urine when there is a decline in ECOs, although the values during C-T were higher than in C-B, since
430 the acute physical exercise could have stimulated this pathway. PGE_1 has been shown to possess anti-
431 inflammatory properties and to modulate vascular reactivity. [75] On the other hand, 15-E_{1t}-IsoP was
432 mainly detected in C-B (0.5 ± 0.1 µg 24 h^{-1}), suggesting that physical exercise is an external factor
433 that could have influenced the diminution of its values.
434
435 Regarding the metabolites derived from EPA, 8-*epi*-8-F_{3t}-IsoP was not detected and 8-F_{3t}-
436 IsoP was detected only during C-B (3.4 ± 2.3 µg 24 h^{-1}). The elite training decreased the values of 8-
437 F_{3t}-IsoP, suggesting again that physical exercise is an external factor that could influence the

reduction of biomarkers concomitantly with the decline in the training loads of the athletes (CP-T). These IsoPs are formed by the free radical-induced peroxidation of EPA *in vivo* and *in vitro*. The F_3-IsoPs are spontaneously generated in abundance *in situ* in response to OS and both are useful as biomarkers of OS. [23, 76]

Conclusions

This study contributes to a better comprehension of the behavior of urinary biomarkers related to OS and inflammation status (IsoPs, LTs, PGs, and TXs) in athletes after an elite training period and supplementation of 200 mL of ACJ (a functional beverage rich in polyphenols). The findings indicate that physical exercise is an external factor that influenced mainly the OS biomarkers (F_2-IsoPs) and inflammation biomarkers (11-dh-TxB_2, PGE_2, PGDM, tetranor-PGFM, $PGF_{1\alpha}$, PGE_1, and LTE_4) in triathletes. Furthermore, our collective results regarding ACJ intake show that supplementation stimulated the excretion of some metabolites related to vascular homeostasis and smooth muscle (15-*epi*-15-E_{2t}-IsoPs, 15-keto-F_{2t}-IsoP, 20-OH-PGE_2, PGE_2, LTE_4, and LTB_4), indicating a potential role in the cardiovascular system. This work could help to increase our knowledge about the effect of chronic exercise and sports drinks on human lipid metabolism. Moreover, it could aid the design of new beverages for athletes.

Acknowledgments and declaration of interest sections

This study was supported by the Project AGL2011-23690 (CICYT) (Spanish Ministry of Economy and Competitiveness). This work was partially funded by the “Fundación Séneca de la Región de Murcia” Grupo de Excelencia 19900/GERM/15. This work is included in the framework of the collaboration between the Spanish Research Council (CEBAS-CSIC) and CNRS-University of

Montpellier as “Projets Internationaux de Cooperation Scientifique (PICS-2015-261141). LAGF was granted a pre-doctoral FPI fellowship by the Spanish government as well as a scholarship that allowed the collaboration with Dr. Craig Wheelock's group (Department of Medical Biochemistry and Biophysics (MBB)) at the Karolinska Institute. The authors are also grateful to the University of Alicante for its collaboration. Sonia Medina was appointed under a research contract from the Project AGL2011-23690 (CICYT).

The authors declare that they have no conflict of interest.

Author Contribution

LA García-Flores carried out the analytical processes and wrote and discussed the present paper. S Medina, C Gómez, and C Wheelock supervised the analytical processes and developed the discussion of the paper. R Cejuela (coach) monitored the physical exercise training of the triathletes. J M Martínez-Sanz was nutritionist of the triathletes and monitored the nutritional plan. C Oger, Jean-Marie Galano, and Thierry Durand provided the markers for the study and helped with the review of the manuscript. A Hernández-Sáez helped to the analytical processes. Federico Ferreres helped with the experimental procedures linked to UHPLC-QqQ-MS/MS. Ángel Gil-Izquierdo and Sonia Medina designed, supervised, and discussed this research work.

Figure captions

Figure 1 Flow chart: pathway of the oxylipins analyzed in this study. The metabolites nomenclature is described in the text.

Figure 2 Study design: this crossover study was randomized, double-blind, and placebo-controlled. Sixteen athletes, randomly divided into two groups, were assigned to supplementation of either 200 mL of ACJ or 200 mL of placebo. After 45 days of supplementation and a 10-day washout period, the beverages were reversed. Three controls were used: baseline control, control training, and control

post-training with duration of 15 days. Urine samples were collected at the end of each stage. The training load quantification was by the Objective Load Scale (ECOs). [5, 33, 36]

Figure 3 Box plots with quartiles (upper values 75%, median 50%, and lower values 25%) of the urinary oxylipins throughout the study (μg 24 h^{-1}). The level of statistical significance was set at P<0.005 with Bonferroni correction (** = P<0.005 and *** = P<0.001). A) Prostaglandins by family, B) Isoprostanes by serie, and C) Total isoprostanes, both F_2-isoprostanes and E_2-isoprostanes.

References

1. K. H. Myburgh, Polyphenol supplementation: benefits for exercise performance or oxidative stress?, *Sports Med (Auckland, N.Z.)*, 2014, **44 Suppl 1**, S57-70.
2. T. T. Peternelj and J. S. Coombes, Antioxidant supplementation during exercise training: beneficial or detrimental?, *Sports Med(Auckland, N.Z.)*, 2011, **41**, 1043-1069.
3. J. M. Morillas-Ruiz, J. A. Villegas Garcia, F. J. Lopez, M. L. Vidal-Guevara and P. Zafrilla, Effects of polyphenolic antioxidants on exercise-induced oxidative stress, *Clinical Nut (Edinburgh, Scotland)*, 2006, **25**, 444-453.
4. A. Sureda, S. Tejada, M. Bibiloni Mdel, J. A. Tur and A. Pons, Polyphenols: well beyond the antioxidant capacity: polyphenol supplementation and exercise-induced oxidative stress and inflammation, *Current Pharma Biotech*, 2014, **15**, 373-379.
5. S. Medina, R. Dominguez-Perles, R. Cejuela-Anta, D. Villano, J. M. Martinez-Sanz, P. Gil, C. Garcia-Viguera, F. Ferreres, J. I. Gil and A. Gil-Izquierdo, Assessment of oxidative stress markers and prostaglandins after chronic training of triathletes, *Prostaglandins Other Lipid Mediat*, 2012, **99**, 79-86.

6. S. Lafay, C. Jan, K. Nardon, B. Lemaire, A. Ibarra, M. Roller, M. Houvenaeghel, C. Juhel and L. Cara, Grape extract improves antioxidant status and physical performance in elite male athletes, *J Sports Sci Med*, 2009, **8**, 468-480.
7. E. I. Varamenti, A. Kyparos, A. S. Veskoukis, M. Bakou, S. Kalaboka, A. Z. Jamurtas, Y. Koutedakis and D. Kouretas, Oxidative stress, inflammation and angiogenesis markers in elite female water polo athletes throughout a season, *Food Chem Toxicol*, 2013, **61**, 3-8.
8. A. J. Braakhuis, W. G. Hopkins and T. E. Lowe, Effects of dietary antioxidants on training and performance in female runners, *Eur J Sport Sci*, 2014, **14**, 160-168.
9. A. M. Petersen and B. K. Pedersen, The anti-inflammatory effect of exercise, *J Appl Physiol (1985)*, 2005, **98**, 1154-1162.
10. S. J. Stear, L. M. Burke and L. M. Castell, BJSM reviews: A–Z of nutritional supplements: dietary supplements, sports nutrition foods and Ergogenic aids for health and performance Part 3, *British J Sport Med* , 2009, **43**, 890-892.
11. N. A. Lewis, G. Howatson, K. Morton, J. Hill and C. R. Pedlar, Alterations in redox homeostasis in the elite endurance athlete, *Sport Med (Auckland, N.Z.)*, 2015, **45**, 379-409.
12. D. C. Nieman and S. H. Mitmesser, Potential Impact of Nutrition on Immune System Recovery from Heavy Exertion: A Metabolomics Perspective, *Nutrients*, 2017, **9**, 513.
13. D. Balgoma, A. Checa, D. G. Sar, S. Snowden and C. E. Wheelock, Quantitative metabolic profiling of lipid mediators, *Molecular Nut& Food Res*, 2013, **57**, 1359-1377.
14. M. C. Noverr, J. R. Erb-Downward and G. B. Huffnagle, Production of Eicosanoids and Other Oxylipins by Pathogenic Eukaryotic Microbes, *Clin Microbio Rev*, 2003, **16**, 517-533.
15. M. Malaguti, C. Angeloni and S. Hrelia, Polyphenols in Exercise Performance and Prevention of Exercise-Induced Muscle Damage, *Oxi Medi Cell Longev*, 2013, **2013**, 9.
16. L. J. Roberts and J. D. Morrow, Measurement of F(2)-isoprostanes as an index of oxidative stress in vivo, *Free Radical Biol Med*, 2000, **28**, 505-513.
17. C. D. Funk, Prostaglandins and leukotrienes: advances in eicosanoid biology, *Science (New York, N.Y.)*, 2001, **294**, 1871-1875.
18. E. Ricciotti and G. A. FitzGerald, Prostaglandins and inflammation, *Arterioscler Thromb Vasc Biol*, 2011, **31**, 986-1000.
19. X. Wang, Y. Lin H Fau - Gu and Y. Gu, Multiple roles of dihomo-gamma-linolenic acid against proliferation diseases, *Lipid Health Dis* 2012, **11: 25**.
20. R. C. Murphy and M. A. Gijon, Biosynthesis and metabolism of leukotrienes, *Biochem J*, 2007, **405**, 379-395.
21. G. L. Milne, H. Yin, K. D. Hardy, S. S. Davies and L. J. Roberts, 2nd, Isoprostane generation and function, *Chem Rev*, 2011, **111**, 5973-5996.
22. K. Svanborg, M. Bygdeman and P. Eneroth, The F and 19-hydroxy F prostaglandins and their 8β-isomers in human seminal plasma: Data on chromatography and mass spectrometry, *Biol Mass Spectro*, 1983, **10**, 495-498.
23. L. Gao, H. Yin, G. L. Milne, N. A. Porter and J. D. Morrow, Formation of F-ring isoprostane-like compounds (F3-isoprostanes) in vivo from eicosapentaenoic acid, *J Biol Chem*, 2006, **281**, 14092-14099.
24. R. Imbusch and M. J. Mueller, Formation of isoprostane F2-like compounds (phytoprostanes F1) from α-linolenic acid in plants, *Free Radical Biol Med*, 2000, **28**, 720-726.
25. W. L. Smith, Cyclooxygenases, peroxide tone and the allure of fish oil, *Current O Cell Biol*, 2005, **17**, 174-182.
26. M. L. M. Cabañas-Armesilla MD, Herrero de Lucas A., in *Introducción de la técnica antropométrica. Método.*, ed. C. d. Cineantropometría., Editores. CTO, Madrid, 2009.
27. J. R. Alvero Ramón, M.D. Cabañas-Armesilla; A. Herrero de Lucas; L. Martínez Riaza,; C. Moreno Pascua; J. Porta Manzañido; M. Sillero Quintana; J.E Sirvent Belando, Protocolo de valoración de la composición corporal para el reconocimiento médico-deportivo. Documento

de Consenso del Grupo Español de Cineantropometría (GREC) de la Federación Española de Medicina del Deporte (FEMEDF), *Archiv Med Dep* 2010, **27**, 330-334.
28. R. T. Withers, N. P. Craig, P. C. Bourdon and K. I. Norton, Relative body fat and anthropometric prediction of body density of male athletes, *Europ J Appl Physio.*, 1987, **56**, 191-200.
29. R. C. Lee, Z. Wang, M. Heo, R. Ross, I. Janssen and S. B. Heymsfield, Total-body skeletal muscle mass: development and cross-validation of anthropometric prediction models, *The Ame J Clin Nut*, 2000, **72**, 796-803.
30. B. E. Ainsworth, W. L. Haskell, M. C. Whitt, M. L. Irwin, A. M. Swartz, S. J. Strath, W. L. O'Brien, D. R. Bassett, Jr., K. H. Schmitz, P. O. Emplaincourt, D. R. Jacobs, Jr. and A. S. Leon, Compendium of physical activities: an update of activity codes and MET intensities, *Med Sci Sport Exer*, 2000, **32**, S498-504.
31. A. E. Jeukendrup, R. L. Jentjens and L. Moseley, Nutritional considerations in triathlon, *Sport Med (Auckland, N.Z.)*, 2005, **35**, 163-181.
32. E. Gonzalez-Molina, D. A. Moreno and C. Garcia-Viguera, Aronia-enriched lemon juice: a new highly antioxidant beverage, *J Agri Food Chem*, 2008, **56**, 11327-11333.
33. L. A. Garcia-Flores, S. Medina, R. Cejuela-Anta, J. M. Martinez-Sanz, A. Abellan, H.-G. Genieser, F. Ferreres and A. Gil-Izquierdo, DNA catabolites in triathletes: effects of supplementation with an aronia-citrus juice (polyphenols-rich juice), *Food Funct*, 2016, **7**, 2084-2093.
34. L. A. Garcia-Flores, S. Medina, C. Oger, J.-M. Galano, T. Durand, R. Cejuela, J. M. Martinez-Sanz, F. Ferreres and A. Gil-Izquierdo, Lipidomic approach in young adult triathletes: effect of supplementation with a polyphenols-rich juice on neuroprostane and F2-dihomo-isoprostane markers, *Food Funct*, 2016, **7**, 4343-4355.
35. R. Cejuela-Anta and J. Esteve-Lanao, Training load quantification in triathlon, *J Human Sport Exer* 2011, **6**, 218-232.
36. S. Medina, R. Domínguez-Perles, C. García-Viguera, R. Cejuela-Anta, J. M. Martínez-Sanz, F. Ferreres and A. Gil-Izquierdo, Physical activity increases the bioavailability of flavanones after dietary aronia-citrus juice intake in triathletes, *Food Chem*, 2012, **135**, 2133-2137.
37. J. Borresen and M. I. Lambert, The quantification of training load, the training response and the effect on performance, *Sports Med (Auckland, N.Z.)*, 2009, **39**, 779-795.
38. McGraw-Hill, Concise Dictionary of Modern Medicine, 2002.
39. S. Lorna, *Clinical Trials: What Patients and Volunteers Need to Know* USA . Oxford University Press, 1st ed. edn., 2010.
40. T. Durand, J.-L. Cracowski, A. Guy and J.-C. Rossi, Syntheses and preliminary pharmacological evaluation of the two epimers of the 5-F2t-isoprostane, *Bioorg Med Chem Lett*, 2001, **11**, 2495-2498.
41. Y. Brinkmann, C. Oger, A. Guy, T. Durand and J.-M. Galano, Total Synthesis of 15-D2t- and 15-epi-15-E2t-Isoprostanes,*J Org Chem*, 2010, **75**, 2411-2414.
42. T. Durand, A. Guy, J.-P. Vidal and J.-C. Rossi, Total Synthesis of (15R)- and (15S)-F2t-Isoprostanes by a Biomimetic Process Using the Cyclization of Acyclic Dihydroxylated Octa-5,7-dienyl Radicals, *J Org Chem*, 2002, **67**, 3615-3624.
43. A. Guy, T. Durand, A. Roland, E. Cormenier and J.-C. Rossi, Total synthesis of ent-15(RS)-2,3-dinor-5,6-dihydro-8-epi-PGF2α, *Tetrahedron Lett*, 1998, **39**, 6181-6184.
44. A. Guy, C. Oger, J. Heppekausen, C. Signorini, C. De Felice, A. Fürstner, T. Durand and J.-M. Galano, Oxygenated Metabolites of n-3 Polyunsaturated Fatty Acids as Potential Oxidative Stress Biomarkers: Total Synthesis of 8-F3t-IsoP, 10-F4t-NeuroP and [D4]-10-F4t-NeuroP, *Chem – Euro J*, 2014, **20**, 6374-6380.
45. D. Balgoma, J. Larsson, J. Rokach, J. A. Lawson, K. Daham, B. Dahlen, S. E. Dahlen and C. E. Wheelock, Quantification of lipid mediator metabolites in human urine from asthma

patients by electrospray ionization mass spectrometry: controlling matrix effects, *Anal Chem*, 2013, **85**, 7866-7874.
46. S. Medina, R. Dominguez-Perles, J. I. Gil, F. Ferreres, C. Garcia-Viguera, J. M. Martinez-Sanz and A. Gil-Izquierdo, A ultra-pressure liquid chromatography/triple quadrupole tandem mass spectrometry method for the analysis of 13 eicosanoids in human urine and quantitative 24 hour values in healthy volunteers in a controlled constant diet, *Rapid Commun Mass Spectrom*, 2012, **26**, 1249-1257.
47. B. K. Matuszewski, M. L. Constanzer and C. M. Chavez-Eng, Strategies for the Assessment of Matrix Effect in Quantitative Bioanalytical Methods Based on HPLC−MS/MS, *Analytical Chem*, 2003, **75**, 3019-3030.
48. FDA, U.S. Department of Health and Human Services Food and Drug Administration (2001) Guiadance for Industry: bioanalytical method validation, http://www.fda.gov/downloads/Drugs/Guidances).
49. K. Appel, P. Meiser, E. Millan, J. A. Collado, T. Rose, C. C. Gras, R. Carle and E. Munoz, Chokeberry (Aronia melanocarpa (Michx.) Elliot) concentrate inhibits NF-kappaB and synergizes with selenium to inhibit the release of pro-inflammatory mediators in macrophages, *Fitoterapia*, 2015, **105**, 73-82.
50. J. F. Reis, V. V. S. Monteiro, R. de Souza Gomes, M. M. do Carmo, G. V. da Costa, P. C. Ribera and M. C. Monteiro, Action mechanism and cardiovascular effect of anthocyanins: a systematic review of animal and human studies, *J TransMed*, 2016, **14**, 315.
51. W. L. Song, M. Wang, E. Ricciotti, S. Fries, Y. Yu, T. Grosser, M. Reilly, J. A. Lawson and G. A. FitzGerald, Tetranor PGDM, an abundant urinary metabolite reflects biosynthesis of prostaglandin D2 in mice and humans, *J Biol Chem*, 2008, **283**, 1179-1188.
52. J. D. Morrow, C. Prakash, J. A. Awad, T. A. Duckworth, W. E. Zackert, I. A. Blair, J. A. Oates and L. J. Roberts, 2nd, Quantification of the major urinary metabolite of prostaglandin D2 by a stable isotope dilution mass spectrometric assay, *Anal Biochem*, 1991, **193**, 142-148.
53. G. Astarita, A. C. Kendall, E. A. Dennis and A. Nicolaou, Targeted lipidomic strategies for oxygenated metabolites of polyunsaturated fatty acids, *Biochimica et biophysica acta*, 2015, **1851**, 456-468.
54. D. Villaño, C. Vilaplana, S. Medina, F. Algaba-Chueca, R. Cejuela-Anta, J. Martínez-Sanz, F. Ferreres and A. Gil-Izquierdo, Relationship between the Ingestion of a Polyphenol-Rich Drink, Hepcidin Hormone, and Long-Term Training, *Molecules*, 2016, **21**, 1333.
55. E. T. Olesen and R. A. Fenton, Is there a role for PGE2 in urinary concentration?, *J Ame Soc Nephro : JASN*, 2013, **24**, 169-178.
56. R. Nørregaard, T.-H. Kwon and J. Frøkiær, Physiology and pathophysiology of cyclooxygenase-2 and prostaglandin E2 in the kidney, *Kidney Res Clin Pract*, 2015, **34**, 194-200.
57. M. Blatnik and R. C. Steenwyk, Quantification of urinary PGEm, 6-keto PGF(1alpha) and 2,3-dinor-6-keto PGF(1alpha) by UFLC-MS/MS before and after exercise, *Prostaglandins Other Lipid Mediat*, 2010, **93**, 8-13.
58. G. Davi and C. Patrono, Platelet activation and atherothrombosis, *New Eng J Med*, 2007, **357**, 2482-2494.
59. F. Santilli, N. Vazzana, P. Iodice, S. Lattanzio, R. Liani, R. G. Bellomo, G. Lessiani, F. Perego, R. Saggini and G. Davi, Effects of high-amount-high-intensity exercise on in vivo platelet activation: modulation by lipid peroxidation and AGE/RAGE axis, *Thrombo Haemo*, 2013, **110**, 1232-1240.
60. P. C. Hollman, A. Cassidy, B. Comte, M. Heinonen, M. Richelle, E. Richling, M. Serafini, A. Scalbert, H. Sies and S. Vidry, The biological relevance of direct antioxidant effects of polyphenols for cardiovascular health in humans is not established, *J Nut*, 2011, **141**, 989S-1009S.

61. J.-H. Yoon and S. J. Baek, Molecular Targets of Dietary Polyphenols with Anti-inflammatory Properties, *Yonsei Med J*, 2005, **46**, 585-596.
62. S. R. D. Giacco, D. Firinu, L. Bjermer and K.-H. Carlsen, Exercise and asthma: an overview, *Europ Clini Resp J*, 2015, **2**, 10.3402/ecrj.v3402.27984.
63. T. S. Hallstrand and W. R. Henderson, Jr., Role of leukotrienes in exercise-induced bronchoconstriction, *Currt Allerg Asth Rep*, 2009, **9**, 18-25.
64. I. M. El-Akkary, Z. E.-K. Abdel-Fatah, M. E.-S. El-Seweify, G. A. El-Batouti, E. A. Aziz and A. I. Adam, Role of leukotrienes in exercise-induced bronchoconstriction before and after a pilot rehabilitation training program, *Intern J Gen Med*, 2013, **6**, 631-636.
65. M. G. Nikolaidis, A. Kyparos and I. S. Vrabas, F2-isoprostane formation, measurement and interpretation: The role of exercise, *Progress Lipid Res*, 2011, **50**, 89-103.
66. M. J. Jackson, Free radicals in skin and muscle: damaging agents or signals for adaptation?, *Procee Nut Soc*, 1999, **58**, 673-676.
67. Z. Radak, Z. Zhao, E. Koltai, H. Ohno and M. Atalay, Oxygen consumption and usage during physical exercise: the balance between oxidative stress and ROS-dependent adaptive signaling, *Antiox Redox Sig*, 2013, **18**, 1208-1246.
68. S. van der Sterren and E. Villamor, Contractile effects of 15-E2t-isoprostane and 15-F2t-isoprostane on chicken embryo ductus arteriosus, *Comp Biochem Physiol. Part A, Mol Integ Physiol*, 2011, **159**, 436-444.
69. G. L. Milne, Q. Dai and L. J. Roberts Ii, The isoprostanes—25 years later, *Biochim Biophy Acta (BBA) - Mol Cell Biol Lipid*, 2015, **1851**, 433-445.
70. J.-L. Cracowski, L. Camus, T. Durand, P. Devillier, A. Guy, G. Hardy, F. Stanke-Labesque, J.-C. Rossi and G. Bessard, Response of Rat Thoracic Aorta to F2-Isoprostane Metabolites, *J CardioPharma*, 2002, **39**, 396-403.
71. S. Medina, R. Dominguez-Perles, C. Garcia-Viguera, R. Cejuela-Anta, J. M. Martinez-Sanz, F. Ferreres and A. Gil-Izquierdo, Physical activity increases the bioavailability of flavanones after dietary aronia-citrus juice intake in triathletes, *Food Chem*, 2012, **135**, 2133-2137.
72. R. Llorach, S. Medina, C. Garcia-Viguera, P. Zafrilla, J. Abellan, O. Jauregui, F. A. Tomas-Barberan, A. Gil-Izquierdo and C. Andres-Lacueva, Discovery of human urinary biomarkers of aronia-citrus juice intake by HPLC-q-TOF-based metabolomic approach, *Electrophoresis*, 2014, **35**, 1599-1606.
73. A. Rahal, A. Kumar, V. Singh, B. Yadav, R. Tiwari, S. Chakraborty and K. Dhama, Oxidative Stress, Prooxidants, and Antioxidants: The Interplay, *BioMed Res Intern*, 2014, **2014**, 19.
74. T. Turner and B. Burri, Potential Nutritional Benefits of Current Citrus Consumption, *Agriculture*, 2013, **3**, 170-187.
75. G. Levin, M. G. Duffin Kl Fau - Obukowicz, S. L. Obukowicz Mg Fau - Hummert, H. Hummert Sl Fau - Fujiwara, P. Fujiwara H Fau - Needleman, A. Needleman P Fau - Raz and A. Raz, Differential metabolism of dihomo-gamma-linolenic acid and arachidonic acid by cyclo-oxygenase-1 and cyclo-oxygenase-2: implications for cellular synthesis of prostaglandin E1 and prostaglandin E2, *Biochem J*, 2002, DOI: D - NLM: PMC1222686 EDAT- 2002/04/10 10:00 MHDA- 2002/09/06 10:01 CRDT- 2002/04/10 10:00 PHST- 2002/04/08 [accepted] PHST- 2002/03/22 [revised] PHST- 2001/12/10 [received] AID - 10.1042/BJ20011798 [doi] AID - BJ20011798 [pii] PST - ppublish.
76. J. Jamil, P. Bankhele, A. Salvi, J. E. Mannix, C. Oger, A. Guy, J.-M. Galano, T. Durand, Y. F. Njie-Mbye, S. E. Ohia and C. A. Opere, Role of the Non-enzymatic Metabolite of Eicosapentaenoic Acid, 5-epi-5-F3t-Isoprostane in the Regulation of [3H]d-Aspartate Release in Isolated Bovine Retina, *Neurochem Res*, 2014, **39**, 2360-2369.

Table 1. Physical and metabolic parameters and training loads of the triathletes

	C-B		*C-T*		*Placebo*		*ACJ*		*CP-T*	
Physical characteristics	**Female**	**Male**	**Female**	**Male**	**Female**	**Male**	**Female**	**Male**	**Female**	**Male**
Years	**21.08 ± 3.0**	19.0 ± 1.7	**21.08 ± 3.0**	19.0 ± 1.7	**21.08 ± 3.0**	19.0 ± 1.7	**21.08 ± 3.0**	19.4 ± 1.3	**21.08 ± 3.0**	19.6 ± 1.3
Weight (kg)	**54.8 ± 12.2**	69 ± 6.2	**54.8 ± 11.6**	69 ± 6.4	**56.2 ± 4.8**	70.7 ± 6.9	**54.4 ± 5.0**	71.2 ± 4.6	**53.1 ± 2.9**	72.2 ± 6.8
Height (m)	**1.6 ± 0.1**	1.8 ± 0.1	**1.6 ± 0.1**	1.8 ± 0.1	**1.6 ± 0.1**	1.8 ± 0.1	**1.6 ± 0.1**	1.8 ± 0.1	**1.6 ± 0.1**	1.8 ± 0.1
BMI[a] (kg m^{-2})	**21.2 ± 4.1**	22.2 ± 1.0	**21.2 ± 4.1**	22.2 ± 1.0	**20.7 ± 1.3**	21.7 ± 1.4	**21.6 ± 2.4**	21.6 ± 1.3	**20.5 ± 1.6**	21.8 ± 1.7
Total fat (kg)	**8.7 ± 4.1**	9.2 ± 2.8	**8.9 ± 4.7**	8.8 ± 2.6	**9.2 ± 0.9**	8.0 ± 1.7	**7.5 ± 1.2**	6.4 ± 2.8	**7.3 ± 1.4**	6.8 ± 1.2
Lean weight (kg)	**20.8 ± 3.6**	31.4 ± 2.1	**20.6 ± 2.7**	30.5 ± 2.7	**20.8 ± 2.4**	31.6 ± 3.0	**19.4 ± 2.8**	33.8 ± 3.2	**20.9 ± 2.0**	32.4 ± 2.4
SS (mm)	**12.7 ± 6.7**	9.6 ± 3.0	**13.4 ± 8.2**	9.5 ± 2.1	**11.7 ± 2.5**	9.1 ± 1.7	**10.7 ± 1.9**	8.6 ±2.0	**9.9 ± 2.8**	8.6 ± 1.8
TS (mm)	**16.3 ± 2.3**	8.9 ± 3.0	**18.4 ± 3.8**	9.7 ± 2.6	**19.3 ± 5.4**	8.7 ± 2.1	**16.1 ± 4.6**	7.4 ± 2.4	**17.4 ± 4.6**	7.3 ± 1.5
BS (mm)	**10.3 ± 2.8**	5.4 ± 2.4	**9.8 ± 3.2**	4.7 ± 1.5	**7.2 ± 0.4**	4.1 ± 0.6	**5.7 ± 1.0**	4.5 ± 1.5	**5.7 ± 1.3**	3.7 ± 0.4
ICS (mm)	**19.7 ± 4.5**	12.0 ± 2.6	**17.1 ± 6.9**	13.1 ± 4.1	**20.9 ± 4.5**	12.5 ± 4.2	**17.3 ± 3.7**	11.2 ± 3.4	**13.7 ± 4.3**	9.6 ±2.5
SES (mm)	**14.3 ± 6.5**	9.0 ± 2.6	**14.4 ± 6.9**	8.9 ± 2.8	**15.0 ± 1.0**	8.7 ± 2.5	**12.8 ± 2.1**	7.6 ± 1.9	**11.6 ± 2.5**	6.7 ± 1.4
AS (mm)	**23.1 ± 5.9**	16.4 ± 8.0	**23.6 ± 6.9**	15.5 ± 6.8	**24.5 ± 4.7**	14.5 ± 5.9	**21.3 ± 4.1**	11.8 ± 5.2	**17.9 ± 4.6**	10.0 ± 3.7
FTS (mm)	**27.2 ± 5.2**	14.9 ± 4.4	**26.4 ± 5.0**	14.0 ± 4.4	**25.8 ± 3.6**	11.5 ± 2.3	**23.8 ± 12.5**	10.1 ± 2.9	**26.0 ± 5.4**	10.0 ± 2.5
MCS (mm)	**14.8 ± 3.8**	9.0 ± 3.0	**13.9 ± 3.0**	9.5 ± 3.1	**15.7 ± 2.1**	8.2 ± 2.1	**12.5 ± 1.8**	7.2 ± 2.3	**14.4 ± 2.9**	7.3 ± 1.8

a Body Mass Index. Abbreviation: ACJ; *Aronia-citrus* Juice; AS, Abdominal skinfold; BS, Biceps skinfold; CB; Control Baseline; CP-T; Control Post-Treatment; CT; Control Training; FTS, Front Thigh skinfold; ICS, Iliac Crest skinfold; Medial Calf skinfold; SES, Supra espinale skinfold; SS, Subscapular skinfold; TS, Triceps skinfold;

Table 2. Dietary parameters: caloric intake of the triathletes during the study and nutritional composition of the *Aronia-citrus* Juice (ACJ)

A)	Male triathletes	Female triathletes
Energy intake (kcal d $^{-1}$)	2820.0 ± 241.2	2072.6 ± 223.4
Carbohydrate (g d $^{-1}$)	326.1 ± 63.5	211.3 ± 43.9
Dietary fiber (g d^{-1})	27.3 ± 7.4	15.5 ± 4.4
Sugar (g d $^{-1}$)	121.3 ± 33.9	80.5 ± 18.3
Proteins (g d $^{-1}$)	133.7 ± 12.9	83.5 ± 9.0
Total lipids (g d^{-1})	113.7 ± 13.3	107.1 ± 14.4
SFA[a] (g d^{-1})	33.5 ± 6.5	29.6 ± 4.4
MUFA[b] (g d^{-1})	56.5 ± 5.5	56.6 ± 7.5
PUFA[c] (g d^{-1})	16.9 ± 2.7	15.9 ± 6.7
Vitamin C (mg d^{-1})	178.9 ± 71.9	135.0 ± 60.4
Vitamin A (µg d^{-1})	2970.0 ± 913.9	1427.4 ± 573.1
Vitamin E (mg d^{-1})	21.0 ± 5.6	13.9 ± 3.4
Vitamin D (mg d^{-1})	988. ± 47.5	751.6 ± 163.0
Iron (mg d^{-1})	20.9 ± 2.4	14.9 ± 2.6
Selenium (mg d^{-1})	149.8 ± 21.5	103.0 ± 17.4
Water ingestion (mL d^{-1})	1500*	1500*
B) ACJ	**200 mL**	**%**
Energy intake (kcal)	76.0	2.6
Proteins (g)	0.9	0.6
Carbohydrate (g)	18.0	2,6
Sugar (g)	6.6	5.2
Fat (g)	0.1	0.1
Flavanones (mg)		
Eriocitrin	22.9 ± 0.16	
Hesperidin	27.08 ± 0.28	
Flavones (mg)		
Vicenin-2	1.18 ± 0.04	
Diosmetin-6,8-di-*O*-glucoside	15.5 ± 0.38	
Diosmin	<0.5	
Anthocyanins (mg)		
Cyanidin 3-*O*-galactoside	30.16 ± 0.20	
Cyanidin 3-*O*-glucoside	2.62 ± 0.04	
Cyanidin 3-*O*-arabinoside	18.36 ± 0.40	
Cyanidin 3-*O*-xyloside	2.22 ± 0.03	
Total anthocyanins	53.4 ± 0.70	
Hydroxycinnamic acids (mg)		
Neochlorogenic acid	39.44 ± 0.34	
Chlorogenic acid	29.38 ± 0.26	
∑Quercetin derivativesa (mg)	8.62 ± 0.26	

A) Dietary parameters and caloric intake of the triathletes during the study. [a] Saturated fatty acids, [b] Monounsaturated fatty acids, [c] Polyunsaturated fatty acids.*This daily water intake, more the 200 mL /day of ACJ or Placebo during the nutritional intervention, as well as the water intake during the sessions of training (since 400 mL to 600 mL /hour). B) The nutritional composition of ACJ; %, contribution of the juice to the diet. The values of the phenolic content are mean ± standard deviation (n = 3), expressed as mg per 200 mL, and the phytochemical study of the juice was performed according to the procedure of Gonzalez-Molina (2008).[32]

Table 3. Urinary isoprostanes and prostaglandins (μg 24 h^{-1}) from arachidonic acid, dihomo-γ-linoleic acid, and eicosapentaenoic acid detected in the urine samples of triathletes

		Stage of study												
	Analyte (μg 24 h^{-1})	**C-B**		**C-T**		**P**		**ACJ**		**CP-T**		**Friedman Test**		
Arachidonic Acid PGs		**Mean**	SD	**Mean**	SD	**Mean**	SD	**Mean**	SD	Mean	SD	χ^2	*df*	*Sig*
D pathway	PGDM	**31.1**	24.6	**41.2**	24.4	**16.1**	14.0	**19.3**	14.3	**10.0**	13.9	*19.7*	*4*	***0.001***
	Tetranor-PGDM lactone	**2.4**	2.4	**1.1**	1.2	**1.2**	0.6	**0.9**	1.1	**1.4**	1.7	*3.8*	*4*	*0.430*
	11-*β*-$PGF_{2\alpha}$	**4.3**	2.1	**7.5**	4.1	**7.1**	3.9	**7.4**	5.2	**1.7**	4.1	*18.8*	*4*	***0.001***
	2,3-dinor-11β-$PGF_{2\alpha}$	**8.9**	5.5	**6.2**	2.0	**6.8**	7.3	**2.8**	2.0	**4.3**	5.2	*20.9*	*4*	***< 0.001***
	Tetranor-PGDM	**3.2**	2.5	**3.8**	2.7	**2.7**	1.6	**2.0**	1.2	**0.6**	0.7	*21.3*	*4*	***< 0.001***
E pathway	PGE_2	**0.51**	0.50	**0.15**	0.14	**0.04**	0.08	**0.19**	0.30	**0.44**	0.08	*13.5*	*4*	***0.009***
	20-OH-PGE_2	**3.8**	4.6	**2.0**	2.1	**2.1**[b]	0.6	**0.9**	1.0	**4.3**[c]	3.1	*4.2*	*2*	*0.122*
	Tetranor-PGEM	**2.6**	2.2	**1.2**	1.7	**0.9**[c]	0.9	**2.4**[d]	1.6	**3.0**[c]	2.6	-	-	-
	Tetranor-PGAM	**2.9**	3.3	**2.4**	4.5	**2.3**[d]	1.9	**1.3**[e]	0.8	**2.1**[d]	1.7	-	-	-
	13,14-dihydro-15-keto $PGF_{2\alpha}$	**-**	-	**2.9**	-	**6.1**	-	**-**	-	**-**	-	-	-	-
	13,14-dihydro-15-keto $PGE_{2\alpha}$	**-**	-	**-**	-	**-**	-	**-**	-	**0.2**[a]	0.2	-	-	-
F pathway	Tetranor-PGFM	**0.9**	0.4	**1.8**	-	**1.6**	-	**-**	-	**-**	-	-	-	
	$PGF_{2\alpha}$	**3.5**[b]	1.6	**2.7**	-	**2.7**	-	**5.1**[b]	2.5	**3.7**	-	-	-	-
I pathway	2,3-dinor-6-keto PGF_{1a}	**2.1**	2.7	**2.2**	2.4	**2.0**	1.9	**2.2**	3.0	**1.9**	2.3	*2.3*	*4*	*0.680*
F_2-Isoprostane														
15 -series	15-F_{2t}-IsoP	**3.2**	0.7	**2.7**	0.5	**2.5**	0.5	**2.1**	0.6	**1.6**	0.4	*16.1*	*4*	***0.002***
	15-keto-15-F_{2t}-IsoP	**1.4**	1.4	**0.4**	1.0	**1.0**	-	**0.2**	0.4	**3.02**[d]	1.9	*6.1*	*2*	***0.046***
	15-*epi*-15F_{2t}-IsoP	**4.3**	4.3	**2.8**	2.7	**1.5**	1.3	**3.1**	6.2	**1.0**	0.8	*4.8*	*4*	*0.298*
	2,3-dinor-15-F_{2t}-IsoP	**16.5**	9.4	**14.8**	6.5	**11.4**	7.4	**9.5**	5.6	**10.2**	12.7	*8.3*	*4*	*0.081*
	ent-15-*epi*-15F_{2t}-IsoP	**0.7**	1.0	**0.4**	0.5	**0.1**	0.1	**0.3**	0.5	**0.1**	0.1	*4.9*	*4*	*0.297*
	9-*epi*-15-F_{2t}-IsoP	**2.7**	1.6	**1.4**	0.8	**1.0**	0.4	**1.3**	0.9	**1.2**	0.8	*15.1*	*4*	***0.004***
	2,3-dinor-15-*epi*-15F_{2t}	**3.0**	2.2	**1.4**	0.5	**1.3**	1.4	**1.2**	0.5	**1.5**	1.4	*9.1*	*4*	*0.057*
5 -series	5-F_{2t}-IsoP	**11.2**	5.6	**10.7**	5.8	**9.0**	4.3	**11.9**	6.8	**7.5**	4.7	*4.5*	*4*	*0.332*
	5-*epi*-5F_{2t}-IsoP	**7.2**	4.6	**5.5**	4.5	**2.9**	2.0	**4.7**	3.4	**4.9**	2.5	*13.3*	*4*	***0.010***
	15-F_{2c}-IsoPs	**8.4**	4.3	**8.2**	4.9	**6.4**	2.9	**7.0**	3.7	**5.3**	3.3	*5.4*	*4*	*0.250*
E_2-Isoprostane														
15 -series	15-keto-15E_{2t} -IsoP	**3.3**	0.5	**2.3**	0.4	**1.7**	0.3	**1.9**	0.2	**2.1**	0.6	*8.5*	*4*	*0.073*
	15-*epi*-15E_{2t}-IsoP	**2.7**	4.1	**2.1**	3.8	**2.0**[b]	1.6	**1.3**	1.5	**3.5**	6.1	*1.0*	*3*	*0.785*
LT	LTB_4	**0.03**	0.02	**0.02**	0.02	**0.03**	0.02	**0.06**	0.04	**0.03**	0.02	*9.7*	*4*	***0.040***
***Cys*-LT**	LTE_4	**0.13**	0.07	**0.11**	0.09	**0.06**	0.03	**0.12**	0.11	**0.05**	0.05	*9.9*	*4*	***0.040***
EX	EXD_4	**-**	-	**2.1**[b]	2.6	**0.1**	-	**0.2**	-	**-**	-	-	-	-

Continuation of Table 3.

		Stage of study												
		CB		CT		P		ACJ		CP-T		Friedman Test		
	Analyte (µg 24 h^{-1})	**Mean**	SD	**Mean**	SD	**Mean**	SD	**Mean**	SD	**Mean**	SD	χ^2	*df*	*Sig*
TXs	TXB_2	**-**	-	**-**	-		-	**0.1**	-	**0.1**	-		-	-
	11-dh-TXB_2	**0.3**	0.2	**0.5**	0.2	**0.3**	0.2	**0.2**	0.1	**0.2**	0.1	*21.8*	*4*	***< 0.001***
	2,3-dinor-TXB_2	**3.3^{f}**	0.7	**3.1^{e}**	0.5	**2.9^{f}**	0.4	**2.1^{e}**	0.5	**2.4^{d}**	1.0	-	-	-
Eicosapentaenoic acid														
PG	17-*trans*-$PGF_{3\alpha}$	**1.1**	1.7	**1.2**	1.7	**0.7**	1.0	**0.2**	0.4	**2.9^{b}**	2.8	*1.52*	*3*	*0.676*
IsoP	8-F_{3t}-IsoP	**3.2**	2.3	**0.6^{a}**	0.1	**1.0^{b}**	0.4	**1.6^{d}**	1.0	**-**	**-**			
Dihomo-γlinolenic Acid														
PGs	PGE_1	**0.3**	0.2	**0.6**	0.3	**0.5**	0.3	**0.4**	0.2	**0.1**	0.1	*29.6*	*4*	***< 0.00***
	$PGF_{1\alpha}$	**2.1^{f}**	0.4	**0.05**	-	**3.8^{b}**	2.6	-	-	**1.1**	-	-	-	-
IsoP	15-E_{1t}-IsoP	**0.5**	0.1	**-**	-	**-**	-	**0.3^{a}**	0.3	-	-	-	-	-

The data are shown as means ± standard deviations (SD) in µg 24 h^{-1}. The volume of urine excreted by the volunteers was 1212.42 ± 716.50 ml 24 h^{-1}, on average, in all the periods. The average of the two plasma samples in the crossover period (placebo/ACJ). The statistical P-value from the Friedman test is indicated in italics and bold letters show the significant *P*-values. The mean values with letters in superscript were found in a reduced number of volunteers within the experimental groups, thus the number of volunteers was a=2, b=3, c=4, d=5, e=6, and f=7. Abbreviations: C-B: control baseline, C-T: control training, ACJ: *Aronia–citrus* juice, CP-T: control post-treatment.

Figure 1.

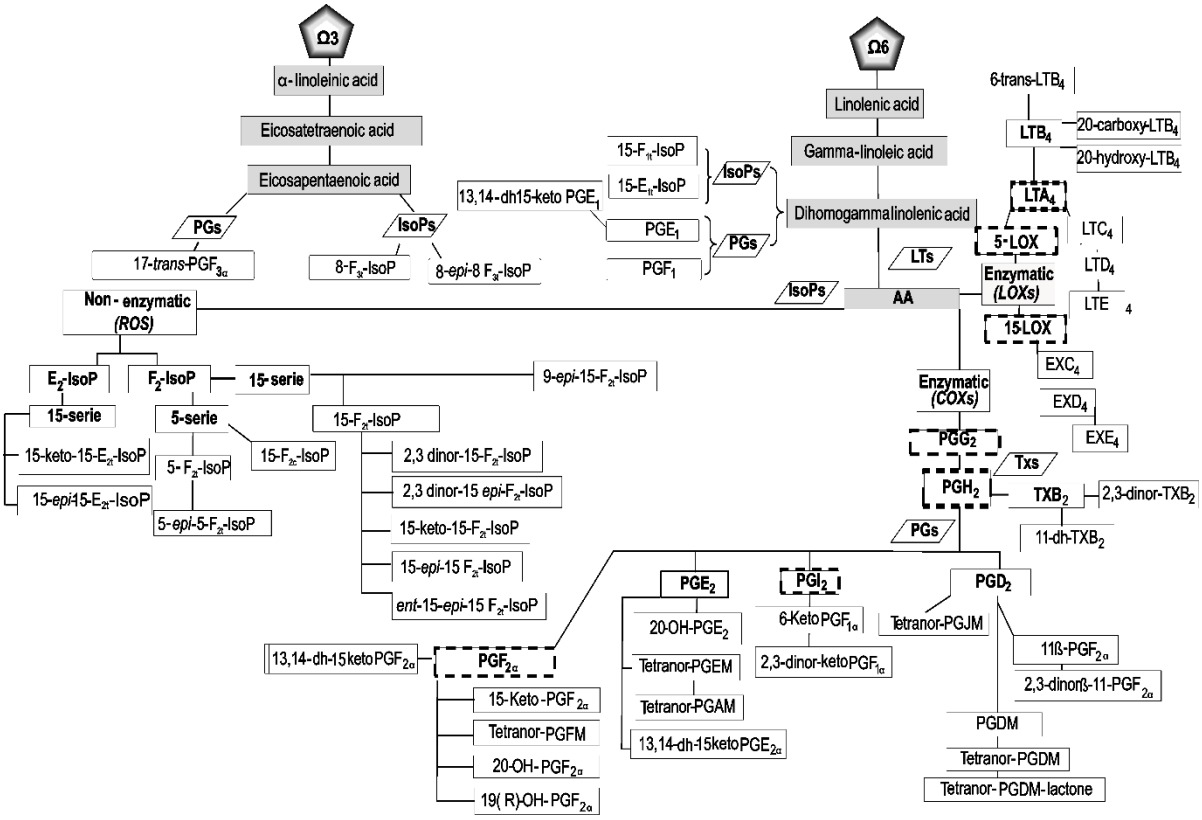

Ω3
α-linoleinic acid
Eicosatetraenoic acid
Eicosapentaenoic acid
PGs
17-trans-PGF3α
IsoPs
8-F3α-IsoP
8-epi-8 F3α-IsoP
13,14-dh15-keto PGE1
15-F1t-IsoP
15-E1t-IsoP
PGE1
PGF1
IsoPs
PGs
Ω6
Linolenic acid
Gamma-linoleic acid
Dihomogammalinolenic acid
AA
LTs
IsoPs
Non - enzymatic (ROS)
E2-IsoP
F2-IsoP
15-serie
9-epi-15-F2t-IsoP
15-serie
5-serie
15-F2t-IsoP
15-keto-15-E2t-IsoP
5-F2t-IsoP
15-epi15-E2t-IsoP
5-epi-5-F2t-IsoP
15-F2t-IsoP
2,3 dinor-15-F2t-IsoP
2,3 dinor-15 epi-F2t-IsoP
15-keto-15-F2t-IsoP
15-epi-15 F2t-IsoP
ent-15-epi-15 F2t-IsoP
6-trans-LTB4
LTB4
20-carboxy-LTB4
20-hydroxy-LTB4
LTA4
5-LOX
LTC4
LTD4
LTE4
Enzymatic (LOXs)
15-LOX
EXC4
EXD4
EXE4
Enzymatic (COXs)
PGG2
Txs
PGH2
TXB2
2,3-dinor-TXB2
11-dh-TXB2
PGs
PGE2
20-OH-PGE2
Tetranor-PGEM
Tetranor-PGAM
13,14-dh-15keto PGE2α
PGI2
6-Keto PGF1α
2,3-dinor-keto PGF1α
PGD2
Tetranor-PGJM
11ß-PGF2α
2,3-dinorß-11-PGF2α
PGDM
Tetranor-PGDM
Tetranor-PGDM-lactone
13,14-dh-15keto PGF2α
PGF2α
15-Keto-PGF2α
Tetranor-PGFM
20-OH-PGF2α
19(R)-OH-PGF2α

Figure 2.

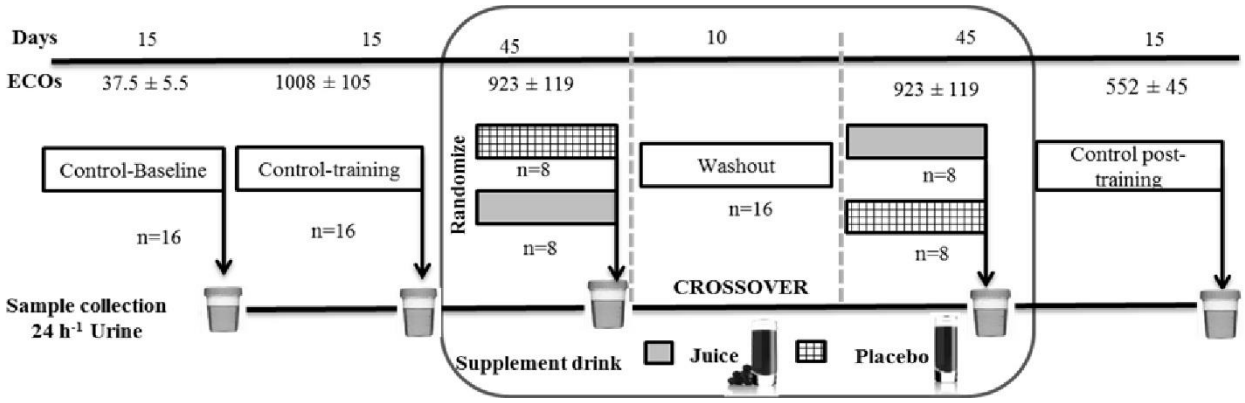
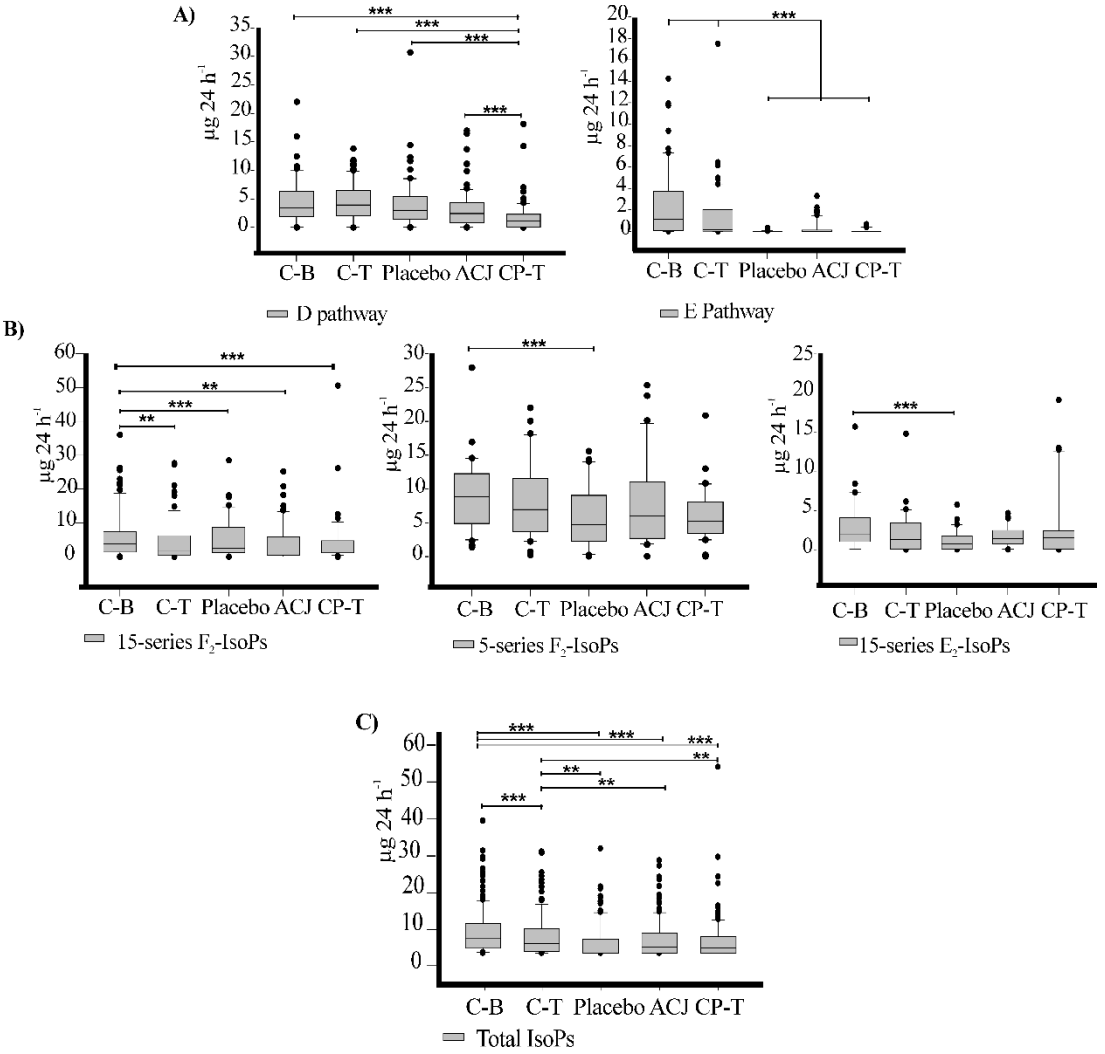

Days
15
15
45
10
45
15
ECOs
37.5 ± 5.5
1008 ± 105
923 ± 119
923 ± 119
552 ± 45
Control-Baseline
Control-training
Randomize
n=8
n=8
Washout
n=16
n=8
n=8
Control post-training
n=16
n=16
CROSSOVER
Sample collection
24 h-1 Urine
Supplement drink
Juice
Placebo

Figure 3.


A)
μg 24 h-1
C-B C-T Placebo ACJ CP-T
D pathway
E Pathway
B)
15-series F2-IsoPs
5-series F2-IsoPs
15-series E2-IsoPs
C)
Total IsoPs