Effect of Storage Time and Concentration of Aflatoxin M$_{1}$ on Toxin Binding Capacity of \textit{L. acidophilus} in Fermented milk Product

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ABSTRACT

Aflatoxins are potent carcinogenic and immunosuppressive agents. Acute exposure to high level of aflatoxins leads to aflatoxicosis, which cause rapid death due to liver failure. Immune modulating effects of probiotic bacteria have good prospects to detoxification of natural foods. This study was aimed to investigate the ability of \textit{Lactobacillus acidophilus} strain LA-5 in the presence and absence of yoghurt starter culture for removing Aflatoxin M$_{1}$ (AFM$_{1}$) in comparison with yoghurt starter cultures ($10^{8}$ CFU ml$^{-1}$). AFM$_{1}$ detoxification was evaluated for 21 days of yoghurt storage at 4°C at different concentrations of Aflatoxin (0.1, 0.5 and 0.75 µg L$^{-1}$). The amounts of unbound AFM$_{1}$ were determined using competitive Enzyme-Linked Immunosorbent Assay (ELISA). \textit{L. acidophilus} combined with yoghurt starter culture and alone could significantly ($P \leq 0.05$) remove AFM$_{1}$ compared to control group. The results indicated that increasing initial AFM$_{1}$ concentration in the yoghurt samples and storage time affected the capacity of AFM$_{1}$ binding.

Keywords: Aflatoxin M$_{1}$, Biological detoxification, Enzyme-linked immunosorbent assay, Lactic acid bacteria, Yoghurt.

INTRODUCTION

Mycotoxins are secondary metabolites produced by mycelia or spores of filamentous fungi (Gonçalez \textit{et al.}, 2001). Aflatoxins are one of the most carcinogenic substances known until now (Nierman \textit{et al.}, 2008). Various food resources may be contaminated by aflatoxins such as corn, peanuts, cotton seeds, rice, pistachio, almonds, chestnuts, pumpkin seeds, as well as other oily seeds and sorghum (Chu, 1991; Tajkarimi \textit{et al.}, 2007). The changing rate of ingested Aflatoxin B$_{1}$ (AFB$_{1}$) to AFM$_{1}$ is highly variable, ranging from 0.3 to 6.2%. There is a linear relationship between the AFM$_{1}$ concentration in milk and of AFB$_{1}$ in contaminated feeds consumed by the livestock (Bakirci, 2001; Creppy, 2002; Mohamadi and Alizadeh, 2010). Chronic exposure to low levels of aflatoxins may threaten the public health followed by serious economic burdens (Oliveira and Germano, 1997). The International Agency for Research on Cancer (IARC, 2002) classifies AFM$_{1}$ as Group 1 that leads to human cancer; however, AFM$_{1}$ is about 10

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times less carcinogenic than AFB₁. Since AFM₁ is detected frequently in milk and other dairy products that are commonly consumed (especially in countries that advanced ranching industry does not exist), a wide variety of methods were in order to control and decrease AFM₁ contamination of foods and feeds. Elimination of aflatoxin with chemical and physical methods have some disadvantages which limit their use. For example, insufficiency of toxin elimination, high costs and losing the nutritional value of the product (Line and Brackett, 1995; El-Nezami et al., 1998). Biodegradation of aflatoxins by microorganisms offers an attractive alternative for the control, reduction or elimination of aflatoxins to maintain their quality and safety (Alberts et al., 2009).

Among all types of available microorganisms that may be utilized to remove aflatoxins from a contaminated medium, Lactic Acid Bacteria (LAB) would be a suitable choice for reducing the bioavailability of aflatoxins because of their unique characteristics. They are Generally Recognized As Safe (GRAS) by USFDA, also some of them confer beneficial effects on health which are called probiotics (El-Nezami et al., 2002; Fuchs et al., 2008). This study was carried out to investigate the ability of yoghurt starter culture and Lactobacillus acidophilus LA-5 for removing AFM₁ from contaminated probiotic yoghurt.

MATERIALS AND METHODS

Culture Preparation

The Direct Vat Set (DVS) lyophilized pouches of yoghurt starter culture (YoFlex) which contain Streptococcus thermophilus and Lactobacillus delbrueckii ssp. bulgaricus, also, L. acidophilus LA-5® as a probiotic strain were originally obtained from Chr. Hansen’s Lab (Denmark). The lyophilized cultures were maintained at -20°C until use. Both bacterial cultures (1 g per 100 ml) were inoculated directly into MRS broth (Merck™, Germany) and incubated at 37°C for 24 hours. After centrifuging (3,400xg at 4°C for 10 minutes), the bacterial pellets were collected and washed three times with 20 ml Phosphate Buffer Saline (PBS) (pH= 7.4). To achieve cell count of $10^8$ CFU ml⁻¹, the Optical Density (OD₆₀₀ nm) of bacterial suspension in PBS was adjusted to a McFarland standard (No. 1) by a spectrophotometer (Martin and Palomino, 2009). After centrifugation, 20 ml of PBS was drained gently from each bacterial suspension and 30 ml of contaminated milk was replaced.

Growth of Starter Culture and Probiotic Bacteria

The bacterial cell count was determined using traditional plate counting at MRS agar (Merck™, Germany) for the starter culture alone (Y), a combination of starter culture and L. acidophilus LA-5 (AY), also L. acidophilus alone (A). To assess the viability of L. acidophilus in the presence of starter culture (AY), according to Ashraf and Shah (2011), Ox-bile (0.15% v/v) (Fluka, Sigma-Aldrich™, Germany) was added into the MRS medium. All samples were incubated at 37°C for 72 hours, aerobically.

Milk Contamination with AFM₁ and Yoghurt Manufacturing

Aflatoxin M₁ (from Aspergillus flavus, 10 µg) was purchased from Sigma-Aldrich™ (Germany). AFM₁ stock solution (10 µg ml⁻¹) was prepared by dissolving the entire powder in 1 ml of high-performance liquid chromatography grade acetonitrile (Sigma™ Chemical Co. Ltd., USA). The concentration was verified by HPLC method according to the Institute of Standards and Industrial Research of Iran (ISIRI-7133, 2011). Working solution (100 µg L⁻¹) was prepared accurately by pure acetonitrile solution as a
diluent and samples were stored at -20°C until use. Reconstituted milk was prepared by diluting skimmed milk powder (Code-15363; Merck™, Germany) in distilled water. Before adding AFM₁ to reconstituted milk, a portion of that was set apart as negative control. For yoghurt preparation, reconstituted milk was heated at 90-95°C for 5 minutes then cooled to 42°C. The pasteurized milk was contaminated with AFM₁ working solution at three different levels (0.1, 0.5 and 0.75 µg L⁻¹). The bacterial pellets were then inoculated into the contaminated milk and incubated at 42-45°C for 4 hours in order for the yoghurt to be set by the starter cultures (control group), also, 6-7 hours for yoghurt made by L. acidophilus La-5 alone. The prepared yoghurts were stored at 4°C for 21 days and samples were taken at 7 days intervals to determine unbound AFM₁.

**Measurement of pH**

The pH value of yoghurt samples were measured throughout the experiment by pH meter (Jenway™, UK) during a 21 day period (at 1, 7, 14 and 21 days).

**Analysis of AFM₁ in Samples by Competitive ELISA**

The yoghurt samples were centrifuged (3,400×g at 4°C for 5 minutes) at the end of each storage period (at days 1, 7, 14 and 21) and unbound AFM₁ content of the supernatants were determined by ELISA method. ELISA procedure was performed according to instructions provided by EuroProxima. One-hundred microliters of standard solutions and prepared samples were added into separate microtiter wells (pre-coated with anti-aflatoxin M₁) and incubated at room temperature (25°C) for 60 minutes in a dark environment. Next, the liquid was poured out and the wells were washed three times with washing buffer (300 µl) by microplate strip washer (ELx50; Bio-Tek Instruments, USA). Then, 100 µl of the diluted enzyme conjugate was added to the wells, mixed gently by shaking the plate manually and incubated at room temperature for 30 minutes. Again, the wells were washed three times with washing buffer. After that, 100 µl of substrate/chromogen was added, mixed gently by hand and incubated in a dark place at room temperature for 30 minutes. Finally, 100 µl of the stop reagent was mixed by the wells contents and the absorbance was measured at λmax= 450 nm using ELISA plate reader (ELX808: Bio-Tek Instruments, USA). According to 5121AFM guidelines, the limit of detection (LOD) for the milk is < 0.006 ng ml⁻¹ and < 10 pg ml⁻¹ for cheese.

**Quantification of Residual AFM₁ in Supernatant Samples by High-Performance Liquid Chromatography (HPLC)**

In this study, the number of each toxin concentration of all the samples tested by ELISA kit, were randomly selected to confirm by High Performance Liquid Chromatography method according to ISIRI (2011). The linearity was evaluated by linear regression analysis using the least squares method and expressed as correlation coefficient (R²).

The method is based on the immunoaffinity clean-up of the milk samples followed by the determination of the AFM₁ content by HPLC as follows:

At first, the fat of yoghurt samples were separated by centrifugation. Then immunoaffinity column that contains monoclonal antibodies to aflatoxin M₁ bound to a solid support, was applied for purification of defatted samples. The maximum volume of the affinity column shouldn’t be less than 10 ng AFM₁ and the recovery rate shouldn’t be lower than 70%. 50 µl of the reconstituted samples were injected in the HPLC using Waters 474 fluorescence detector at 360 and 440 nm for excitation and emission, respectively.
The chromatography was carried out with Water HPLC system with Waters Alliance 2695 HPLC pump. The column and guard column used were 4.6×200 mm reverse phase ODS-5 µm C18 column (Phenomenex, USA) and Onyx™ Monolithic C18 with 10×4.6 mm LC guard cartridge, respectively. The mobile phase was composed of methanol and water (40:60 v/v). The flow rate of the injected sample was 2.0 ml per minute to achieve the optimum resolution of aflatoxin. Based on aflatoxin standards injected into the device, the retention time of aflatoxin M₁ in samples was 3.69 minutes. The Limit Of Detection (LOD) is defined as the lowest amount reproducibly detected with at least 3:1 (signal to noise ratio) and in this method LOD was 0.01 ng ml⁻¹ and the limit of quantitation was 0.03 ng ml⁻¹.

Statistical Analysis

All experiments were performed quadruplicate and the presented data are their means. Statistical analysis was carried out with IBM SPSS Statistics™ 20 software. Significant differences between the means were estimated by ANOVA and Duncan’s tests at \( P \leq 0.05 \). All graphs were generated using Microsoft Excel™ software.

RESULTS AND DISCUSSION

Survival of Yoghurt Bacteria and L. Acidophilus La-5

Enumeration of L. acidophilus was done during 21 days by 7-day intervals during the refrigerated storage by standard plate counting on MRS-bile medium, when a combination of starter culture and probiotic strain were cultivated, and on MRS agar when probiotic strain grew alone. The number of lactic acid bacteria and yoghurt starter culture were showed in Figure 1. The initial viable cell counts of starter cultures and L. acidophilus La-5 both were \( 3 \times 10^8 \) CFU g⁻¹ immediately after yoghurt manufacturing before keeping in refrigerator. Survival of L. acidophilus La-5 in yoghurt in the absence of starter cultures remained stable throughout the storage period until day 14. From day 14 to 21, just 1 log cycle of cell count reduction was observed (\( P \leq 0.05 \)). Survival of La-5 in the

![Figure 1](image-url)
Detoxification of Aflatoxin M1 by Probiotic Strain

The aflatoxin-binding capacity of different strains tested at 4°C during 21 days of storage are displayed in Figure 2. Yoghurt starter culture and L. acidophilus tested in this study were able to bind AFM₁. The significant difference (P ≤ 0.05) between AFM₁ binding ability of L. acidophilus LA-5 and starter culture in yoghurt was demonstrated.

Preliminary investigations have expressed that yoghurt starter culture and probiotic bacteria could be used to remove AFM₁ from food and feed. Sarimehmetoğlu and Küplülü (2004) reported that S. thermophiles ST-36 (29.42–36.16%) has a great potential to bind a high percentage of AFM₁ in comparison with L. delbrueckii ssp. bulgaricus CH-2 (18.7–27.56%) in PBS and milk, respectively (P< 0.01). Elgerbi et al. (2006) assessed the ability of strains of Lactobacillus spp., Lactococcus spp. and Bifidobacterium spp. to bind the AFM₁ in buffered aqueous solution. They found that the percentage of AFM₁ bound by these strains ranged from 4.5–73.1% after 96 hours. El-Khoury et al. (2011) found that the yogurt bacteria, L. bulgaricus, Str. thermophilus and a combination of these two bacterium reduced AFM₁ content of milk to 58.5, 37.7 and 46.7% respectively, after incubation at 37°C for 6 hours. Bovo et al. (2012) evaluated the ability of some
probiotic strains to remove AFM₁ in skimmed milk and reported that the tested strains bound AFM₁ within a range from 13.51 to 37.75% for 15 minutes at 37°C. Serrano-Niño et al. (2013) assessed the ability of some spices of probiotic bacteria and reported that the bioaccessibility of AFM₁ reduced in range of 22.72 to 45.17% in the presence of the tested strains.

Decrease of AFM₁ levels in yoghurt might be assigned to some factors such as low pH, formation of organic acids or other fermentation by-products (Govaris et al., 2002). Reduction of pH during the fermentation alters the structure of caseins in milk proteins. These changes lead to the formation of a network like yoghurt gel which hold the aflatoxin inside the precipitate (Montazeri et al., 2014).

The results of this research showed a significant reduction in unbound AFM₁ content through the storage time. Analysis of the data in Figure 2 indicated that the binding of AFM₁ is a strain specific characteristic. At the first day of storage, L. acidophilus La-5 removed over 90% of the AFM₁ from the yoghurt samples. Then, until the end of the storage time a significant reduction (P ≤ 0.01) in the amount of unbound aflatoxin was observed.

These results were in good agreement with previous reports (Elgerbi et al., 2006; Biernasiak et al., 2006). Motawee and El-Ghany (2011) evaluated the ability of eight dairy strain of lactic acid bacteria to remove aflatoxin M₁ and B₁ in yoghurt and noted that for all examined starters, the percentage of aflatoxins AFM₁ and AFB₁ reduction in yoghurt after 5 hours was considerably less than that at the end of storage period. Contrary to our observations, other authors found no reduction of AFM₁ in yoghurt during the cooled storage period Blanco et al., 1993; Iha et al., 2013). Factors such as toxin concentration, temperature of storage, time

Figure 2. AFM₁ removal at three different levels of toxin in yoghurt during 21 days of storage in refrigerator with starter culture and L. acidophilus. Data shown are representatives of quadruplicate experiments. Means with the same letter for each types of yoghurt do not differ significantly at P ≤ 0.05. Yoghurt made with starter culture (Y); probiotic yoghurt made with a combination of L. acidophilus LA-5 and starter culture (AY), and Fermented milk made with L. acidophilus La-5 alone (A).
Figure 3. Effect of AFM₁ levels on toxin-binding capacity of yoghurt starter culture and *L. acidophilus* La-5. (Y) Yoghurt made with starter culture; (AY) Probiotic yoghurt made with a combination of *L. acidophilus* LA-5 and starter culture, and (A) Fermented milk made with *L. acidophilus* La-5 alone.

Figure 4. The correlation between HPLC and ELISA data for AFM₁ determination. Axes x and y show level of AFM₁ bounded which have been determined independently by ELISA and HPLC method, respectively.

Elapsed before sample analysis, the difference in type of starter cultures used to make dairy product, variability in milk composition and milk contamination method may cause differences in results (Ismail *et al.*, 1989; Mohammadi *et al.*, 2009). The reduction of AFM₁ in yoghurt during storage period might be due to the oxidation of glucose that produces gluconolactone and hydrogen peroxide which will be distributed in yoghurt. H₂O₂ can form single reactive oxygen which may react with the double bond in the terminal of dihydrofuran moiety of the aflatoxin molecule (Elsanhoty *et al.*, 2014). Some authors showed that non-viable cells could also remove higher amounts of aflatoxin from different media (Pierides *et al.*, 2000; Shahin, 2007; Kabak and Var, 2008; Bovo *et al.*, 2014). Therefore, increasing non-viable cell contents during the yoghurt storage as a result of pH value reduction or increase of bacterial second metabolite in a fatal overdose case, may help to remove more aflatoxin from media.

Analysis of our data indicated that *L. acidophilus* La-5 removed over 90% of the
This observation confirmed that La-5 could bind the AFM<sub>1</sub> quickly which was in agreement with El-Nezami et al. (1998a) for L. rhamnosus strains GG and LC705. At the time of adding LAB, both strains removed 80% of the AFB<sub>1</sub> approximately. Some authors suggested that the significant differences existing among aflatoxin binding ability of lactic acid bacteria depends on distinctive cell-wall structure (El-Nezami et al., 1998b; Pierides et al., 2000; Peltonen et al., 2001; Lahtinen et al., 2004; Zinedine et al., 2005; Hernandez-Mendoza et al., 2009). Strength of mycotoxin–LAB is a fast physicochemical interaction between the toxin and the functional groups of the cell surface (Bovo et al., 2014; Zoghi et al., 2014), and it is based on physical adsorption, ion exchange, and complexation, regardless of the bacterial metabolism. It was proposed that carbohydrate components of the bacteria cell walls particularly peptidoglycans were probably the compounds which were in charge of binding aflatoxin to the bacterial surface. Hernandez-Mendoza et al. (2009) indicated that except the peptidoglycans, teichoic acids were also an important part of the cell wall which could bind aflatoxin. Binding to macromolecules are functions of fibril network of teichoic acids and polysaccharides; and the stability and strength of binding of microorganism to toxins depends on strain, amino acid composition of peptidoglycan structure and environmental conditions (Zoghi et al., 2014).

By increasing AFM<sub>1</sub> concentration, AFM<sub>1</sub> binding ability of yoghurt starter culture was increased (Figure 3). However, L. acidophilus La-5 in presence and also in the absence of yoghurt starter culture significantly showed further reduction in AFM<sub>1</sub> content at all concentrations tested compared to the control group (P ≤ 0.05).

In this study, accuracy of the ELISA method for detecting AFM<sub>1</sub> in samples was verified by HPLC and the correlation between ELISA and HPLC methods were evaluated and are shown in Figure 4. The correlation coefficient (R<sup>2</sup>) between these two methods was 0.9965. Therefore, the ELISA method can be used as a reliable and cheaper method to evaluate the level of aflatoxin in milk and even in animal husbandry.

In our research, the AFM<sub>1</sub> binding ability of yoghurt starter culture and L. acidophilus La-5 were increased, by increasing initial AFM<sub>1</sub> concentration. Our results were supported by some studies showing that the amount of bound AFM<sub>1</sub> by bacteria in milk and PBS is raised with the increase of AFM<sub>1</sub> concentration (Rašić et al., 1991; Kabak and Var, 2008).

**CONCLUSIONS**

Since milk and dairy products are an important part of people’s daily food basket of the world, aflatoxin contamination of these products and human body’s inability to reduce or eliminate these toxins, can endanger the health of a large number of people in the world. This study was an attempt to show the capability of L. acidophilus La-5 as a biological and safe method to reduce aflatoxin in dairy products. Also the assessment of storage time and increasing initial toxin level in products showed significant increase in toxin binding to bacterial cell wall and eliminating it from products. Favorable survival of Lactobacillus acidophilus La-5 in the product during storage indicated that this bacterium as a probiotic strain can not only reduce the level of aflatoxin contamination but also incorporate to the production of a probiotic product at the same time.

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the Arab World in the Light of Knowledge Era Requirements.


چکیده

آفلاتوکسین‌ها عوامل بالقوه سرطان‌زا و سرکوب کننده سیستم ایمنی بدن هستند. مواجهه شدید با سطح بالایی از آفلاتوکسین‌ها منجر به بروز آفلاتوکسیکوزیز شده، که مرگ سریع به دنبال نارسایی کبد را در جهت خواهد داشت. اثرات تغییرات سیستم ایمنی مرتبط با باکتری‌های پروتئین‌فیکس کبدی نشان دهنده آن است به‌طور کلی. هدف این مطالعه آزمایش اثر آفلاتوکسین La-5 در حضور و عدم حضور آغازگرهای ماست جهت کاهش و یا حذف CFU/ml 

10^6 CFU/ml در مقایسه با آغازگرهای ماست به عنوان شاهد بوده است (10). آفلاتوکسین M1 در مقایسه با آغازگرهای ماست در دمای 4 درجه سانتی‌گراد در غلظت‌های AFM1 مساوی 175 μg/L (P<0/05/0/005) ارزیابی شده. مقدار آفلاتوکسین اتصال خاص به سطح باکتری با استفاده از روش الایزای رقابتی اندازه‌گیری شد. با توجه به نتایج به دست آمده، لاکتونابیستولوس اسید‌فلوئوس در ترکیب با آغازگرهای ماست و همچنین به تنهایی توانست به حد معنی‌داری (P<0/05) در مقایسه با نمایی شاهد آفلاتوکسین را حذف کند. نتایج حاکی از آن بود که افزایش در مقدار اولیه غلظت آفلاتوکسین و مدت زمان ایمنی بر ظرفیت اتصال به آفلاتوکسین مؤثر است.