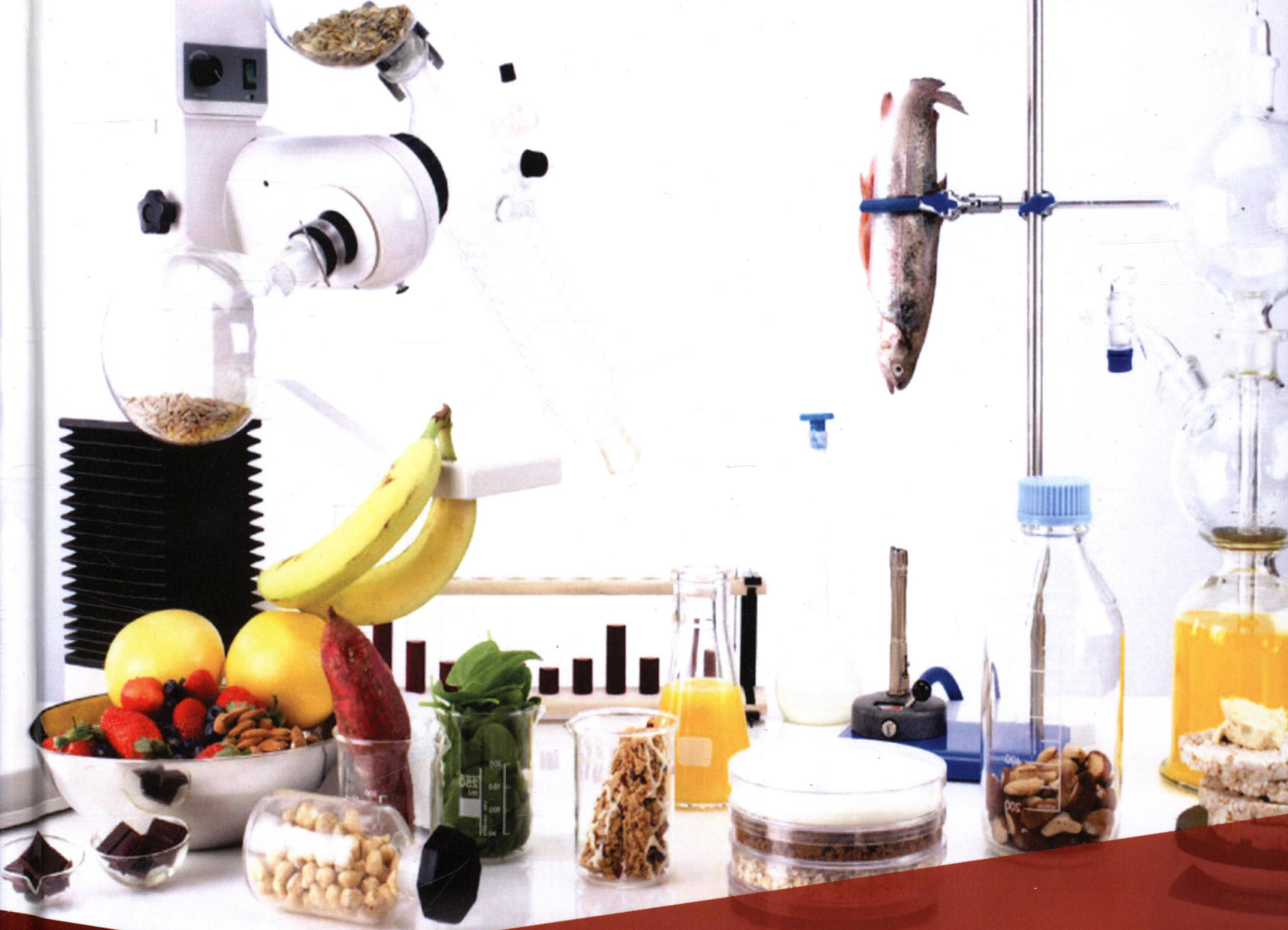




Dorothy Green

Food Science

Health and Nutritional Impacts

Food Science: Health and Nutritional Impacts

About the Book

This book is a compilation of various topics relating to food sciences and its impact on health and nutrition. It aims to provide its reader a wide variety of topics relating to the field and its sub disciplines like food chemistry and food chemical chemistry to name a few. A number of latest researches have been included to keep the readers up-to-date with the global concepts in this area of study. Coherent flow of topics, student-friendly language and extensive use of examples make this book an invaluable source of knowledge. It attempts to assist those with a goal of delving into the field of food science.

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Dorothy Green holds an MSc in food science from the University of Guelph in Ontario, Canada. She is a research professor of food science and technology in Canada; and also teaches courses on food, nutrition and wellness. Her academic and research interests lie in the analysis of food safety, quality and nutrition in food industry. Green has authored and/or edited numerous articles, journal papers and books in the field of food science and technology.



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Edited by Dorothy Green

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Edited by Dorothy Green

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PREFACE

This book is a compilation of various topics relating to food sciences and its impact on health and nutrition. It aims to provide its reader a wide variety of topics relating to the field and its sub disciplines like food chemistry and food chemical chemistry to name a few. A number of latest researches have been included to keep the readers up-to-date with the global concepts in this area of study. Coherent flow of topics, student-friendly language and extensive use of examples make this book an invaluable source of knowledge. It attempts to assist those with a goal of delving into the field of food science.

Over the recent decade, advancements and applications have progressed exponentially. This has led to the increased interest in this field and projects are being conducted to enhance knowledge. The main objective of this book is to present some of the critical challenges and provide insights into possible solutions. This book will answer the varied questions that arise in the field and also provide an increased scope for furthering studies.

I hope that this book, with its visionary approach, will be a valuable addition and will promote interest among readers. Each of the authors has provided their extraordinary competence in their specific fields by providing different perspectives as they come from diverse nations and regions. I thank them for their contributions.

Editor

TABLE OF CONTENTS

Preface.....	IX
Chapter 1 Combination of Procyanidins Extracted from Lotus Seedpod and N-acetyl Cysteine Ameliorates Scopolamine-induced Memory Impairment in Mice.....	1
Yong Sui, Juan Xiao, Shuyi Li, Xiaopeng Li, Bijun Xie, Zhida Sun	
Chapter 2 Protease Treatment, Glucose Addition and Saccharification of Adzuki Beans Effects on the Radical-scavenging Properties of Soymilk.....	8
Shuo Feng, Shan W, Michiyuki Kojima	
Chapter 3 Hypoglycemic Effect of Modified Water Yam Flour (<i>Dioscorea alata</i>) on Diabetic Wistar Rats (<i>Rattus norvegicus</i>).....	15
Rosida, Harijono, Estiasih Teti, Sriwahyuni Endang	
Chapter 4 Quinoa and Rice Co-products Gluten Free-cereals: Physical, Chemical, Microbiological and Sensory Qualities.....	21
Roberta Godoy, Márcio Caliari, Manoel Soares Soares Júnior, Vera Sônia Nunes da Silva, Marta de Toledo Benassi, Marina Costa Garcia	
Chapter 5 Polyphenol Extracted from <i>Ecklonia cava</i> Increases Insulin-mediated Glucose Uptake in 3T3-L1 Cells and Reduces Fasting Blood Glucose Levels in C57BL/KsJ db/db Mice.....	29
Yeon-Joo Lee, Kye-Yoon Yoon, Ok-Hwan Lee, Kui-Jin Kim, Boo-Yong Lee	
Chapter 6 Retention of Pro-vitamin A Carotenoids in Ogi Powder as Affected by Packaging Materials and Storage Conditions.....	34
Wasiu Awoyale, Busie Maziya-dixon, Abebe Menkir	
Chapter 7 Irradiation to Ensure Safety and Quality of Fruit Salads Consumed in Bangladesh.....	40
Md. Moniruzzaman, Md. Khorshed Alam, Shudhangshu Kumar Biswas, Md. Kamruzzaman Pramanik, Md. Monirul Islam, G.M. Sala Uddin	
Chapter 8 Impact of Vitamin D on Mast Cell Activity, Immunity and Inflammation.....	46
Pio Conti, Duraisamy Kempuraj	
Chapter 9 Effect of Zinc Enrichment on Growth and Nutritional Quality in Pea Sprouts.....	53
Yuan Lingyun, Wu Jian, Wang Chenggang, Liu Shan, Zhu Shidong	
Chapter 10 Screen Time Associated to Unhealthy Diets in Low-Income Children.....	61
Stacey C. Lee, Maria Koleilat, Ladia M. Hernandez, Shannon E. Whaley, Jaimie N. Davis	

Chapter 11	Comparison of Antifatigue Activity of Five Sea Cucumber Species in a Mouse Model of Intense Exercise.....	67
	Jitima Suwanmala, Shangyun Lu, Qingjuan Tang, Charuay Sukhsangchan, Rong Zheng, Suriyan Tunkijjanukij, Changhu Xue	
Chapter 12	Effects of Rice Flour on Emulsion Stability, Organoleptic Characteristics and Thermal Rheology of Emulsified Sausage.....	75
	Jailson Pereira, Guang-hong Zhou, Wan-gang Zhang	
Chapter 13	Habitual Dietary Intake among Recreational Ultra-Marathon Runners: Role of Macronutrients on Performance.....	82
	Sara E. Mahoney, Andrew D. Carnes, Thomas R. Wójcicki, Emily Frith, Kaitlin Ferry	
Chapter 14	Nutrition among Adolescent Spaniards: Healthy and Non-healthy Motives of Food Choice.....	87
	Pedro Canales, Asunción Hernández	
Chapter 15	Reduction of Adipogenesis by Chokeberry (<i>Aronia melanocarpa</i>) Extract in 3T3-L1 Preadipocytes	94
	Jung-Hee Shin, Ji-Hye Jung	
Chapter 16	Preparation of Skipjack Tuna (<i>Katsuwonus pelamis</i>) Protein Hydrolysate using Combined Controlled Enzymatic Hydrolysis and Glycation for Improved Solubility and Emulsifying Properties.....	100
	Jianhua Liu, Fei Lyu, Xuxia Zhou, Bin Wang, Xinping Wang, Yuting Ding	
Chapter 17	Antioxidant Properties and Color Stability of Anthocyanin Purified Extracts from Thai Waxy Purple Corn Cob.....	107
	Benjaruk Vayuphar, Varaporn Laksanalamai	
Chapter 18	The Effect of Elimination Diet on Weight and Metabolic Parameters of Overweight or Obese Patients who have Food Intolerance.....	115
	Meltem Yaman Onmus, Elif Cakirca Avcu, Ali Saklamaz	
Chapter 19	Artichoke (<i>Cynara scolymus</i> L.) Leaves and Heads Extracts as Hypoglycemic and Hypcholesterolemic in Rats.....	120
	Mona Mohamed Abdel Magied, Salah EL Din Hussien, Sahar Mohamed Zaki, Rania Mohamed EL Said	
Chapter 20	Protective Effect of Linseed Oil and Walnuts against Hypercholesterolemia Induced by Atherogenic Diet in Rats	129
	Karima Said Mohamed Hammad, Saad Ahmed Hallabo, Samy Mohamed Galal	
Chapter 21	Effects of Crabapple (<i>Malus sylvestris</i>) on Blood Glucose and Lipid Levels in Diabetic Rats.....	137
	Coşkun Usta, Aslı Bedel, Ayşegül Uğur Kurtoğlu, Erdal Kurtoğlu	
Chapter 22	Cholesterol Supplement can Alleviate the Severity of Pulmonary Infection of Patients with Hypcholesterolemia	141
	Jia Wang, Zhong-xin Hong	

Chapter 23	Preparation of Gluten-free Noodles Incorporated of Jabuticaba Peel Flour	147
	Lismaíra Gonçalves Caixeta Garcia, Anna Hiria Souza e Silva, Paola de Castro Cunha, Clarissa Damiani	
Chapter 24	Potentiality of Litchi-Fodder Based Agroforestry System in Bangladesh.....	153
	M. R. Zaman, M. S. Bari, Md. Kajal, H. M. Firoz	
Chapter 25	Testicular Function of Rats Treated with Water Extract of Red Ginger (<i>Zingiber officinale</i> var. <i>rubrum</i>) Combined with Zinc.....	159
	Sutyarso, Muhartono, Susianti, Hendri Busman, Mohammad Kanedi	
Chapter 26	Fucoanthin-Rich Brown Algae Extract Decreases Inflammation and Attenuates Colitis-associated Colon Cancer in Mice.....	165
	Zwe-Ling Kong, Ning-Jo Kao, Jia-Yuan Hu, Chien-Sheng Wu	
Chapter 27	Improving Productivity of Unoccupied Land Through Wetland Cultivation at the Former Shifting Cultivation Areas at the Forest Regions of Kapuas District, Central Kalimantan, Indonesia.....	176
	Wahyudi, INyoman Sudyana, Johanna Maria R., Renhart Jemi, Hendra Toni	
Chapter 28	Development and Assessment of the Reliability and Validity of a Diet Quality Index in a Sample of Malaysian University Students.....	181
	Waqia B. Fokeena, Rosita Jamaluddin, Huzwah Khaza'ai	
Chapter 29	Screening Different Zambian Market Classes of Common Beans (<i>Phaseolus vulgaris</i>) for Antioxidant Properties and Total Phenolic Profiles	188
	Nyau V., Prakash S., Rodrigues J., Farrant J.	
Chapter 30	Nutritional Status of School Children in Tripoli City, Libya 2012.....	195
	Enayat Mahmoud Hassan, Laila Ashour Khalifa Hashad, Magda Ibrahim Hassan	
Chapter 31	Quantification of Functional Actinidin in Whole Kiwifruit Extract using the Selective Cysteine Proteinase Inhibitor E-64	202
	Harry Martin	
Chapter 32	Optimization of Cultural Conditions for Vinegar of Litchi (<i>Litchi chinensis</i> Sonn.) in Liquid State Fermentation.....	210
	Songshan Qiu, Yanan Wang, Rujin Zhou, Aiguo Yin, Tian Zhou	
Chapter 33	Detection of Waxed Rice using Visible-near Infrared Hyperspectral Imaging.....	217
	Baicheng Li, Mantong Zhao, Yao Zhou, Baolu Hou, Dawei Zhang	
Chapter 34	Anti-diabetic Effect of <i>Cichorium intybus</i> Leaves and <i>Plantago ovate</i> Seeds in High Fat Diet-streptozotocin Induced Diabetic Rats.....	226
	Emam A. Abdel-Rahim, Mohamed M. Rashed, Zeinab M. El-Hawary, Madiha M. Abdelkader, Seham S. Kassem, Rasha S. Mohamed	

Chapter 35 Erosion of the Mediterranean Diet in Apulia Region, South-eastern Italy: Exploring
Socio-cultural and Economic Dynamics..... 232
Francesco Bottalico, Xavier Medina, Roberto Capone, Hamid El Bilali, Philipp Debs

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List of Contributors

Index

Combination of Procyanidins Extracted from Lotus Seedpod and *N*-acetyl Cysteine Ameliorates Scopolamine-induced Memory Impairment in Mice

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Abstract The main purpose of this study is to determine the effect of combined procyanidins extracted from the lotus seedpod (LSPC) and *N*-acetyl cysteine (NAC) on the memory impairment induced by scopolamine (3 mg/kg, i.p.) in mice. The capacities of memory and learning were evaluated by Y-maze test after 20-day administration of NAC (90 mg/kg BW), LSPC (60 mg/kg BW), and combined LSPC and NAC (60 mg/kg BW + 90 mg/kg BW), respectively. It was indicated that LSPC and combined LSPC and NAC significantly reduced the number of incorrect responses compared with that of scopolamine in Y-maze test. In addition, combination of LSPC and NAC was also found to enhance total antioxidant capacity (T-AOC) level, superoxide dismutase (SOD) and glutathione peroxidase (GPx) activities in brain and serum, and inhibit acetyl cholinesterase (AChE) activity in brain and neural nitric oxide synthase (nNOS) activities as well as nNOS relative mRNA level. To be mentioned, the T-AOC level in brain of LSPC+NAC group increased by 32.46% and 36.04% relative to those of NAC group and LSPC group, respectively, and the GPx activity increased by 45.79% and 16.17%, while the nNOS activity decreased by 38.24% and 36.36%. These results demonstrate that combination of LSPC and NAC exhibited better ameliorative effects in scopolamine-induced memory impairment mice than treated by NAC and LSPC alone, which suggest LSPC and NAC combination may provide a viable therapy in the treatment for Alzheimer's disease and other forms of cognitive impairment diseases.

Keywords: *procyanidins extracted from lotus seedpod (LSPC), N-acetyl cysteine (NAC), scopolamine, memory impairment, antioxidant activity*

1. Introduction

Alzheimer's disease (AD) is a typical neurodegenerative disorder characterized by progressive cognitive and memory deficit, and affects more and more people due to the increase in life expectancy these days [1,2,3]. Although the mechanisms of AD is complex and still remain to be clearly illuminated, many studies have indicated that oxidative stress and overexpressing nitric oxide synthase are closely associated to learning and memory impairment in aged persons as well as AD patients [4,5,6,7]. A great deal of evidence demonstrated the importance of oxidative stress and amyloid- β (A β) protein formation and accumulation in AD pathogenesis, and therefore might play a key role [4,8]. Oxidative stress was evident in AD brain by markedly increased levels of protein [8,9], lipid, DNA, and RNA oxidation, which

established oxidative stress as an early event in AD pathogenesis that could be treated as a therapeutic target [10,11]. The increased oxidative damage in the aging process might be resulted from the deficiency of antioxidants. Valko et al. [4] and Lee et al. [12] show clearly that administration with antioxidants can noticeably reverse these alterations. Currently, tacrine and rivastigmine are the only ones available by prescription for the treatment of AD, but they are not the ideal drugs because of those common side effects such as hepatotoxicity and nausea and vomiting [13]. Therefore, it is well worth seeking effective antioxidants with low or none toxicity for the therapy of AD with no damage to the body.

Increasing researches demonstrated that the ability of phenolic rich plant extract to significantly enhance the antioxidant efficiency of synthetic antioxidants *in vitro*. The use of combined antioxidants, called hurdle technology, has been accepted and applied to food preservation [14,15], but synergistic interaction of

combined antioxidants for ameliorate memory impairment *in vivo* is still poorly explored. The mixture of catechin and epicatechin significantly reversed the A β -induced neuronal cell death and showed the highest protective effect and notable synergistic activity [16]. The combined treatment of memantine (an *N*-Methyl-D-aspartate receptor antagonist) and tea polyphenol was more effective in neuroprotection than either alone in mice excitotoxic injury [17]. Melatonin and resveratrol exhibited neuroprotection against oxidative stress in rat primary neurons and astrocytes by stability control of heme oxygenase-1 protein via regulation of PI3K/Akt-GSK3 β pathways. The synergistic neuroprotective activity of co-administration of melatonin and resveratrol may provide another way to inhibit neurodegeneration while decreasing the adverse side effects when using single compounds under high concentrations [18]. For this reason, it is necessary to evaluate the effect of combined antioxidants to reduce the learning and memory impairment in aged persons as well as AD patients.

Procyanidins are ubiquitous and present as the second most abundant group of natural phenolics after lignin, widely distributed in fruit, vegetables, cereals, cocoa and wine [19,20]. As the inedible part of *Nelumbo nucifera* Gaertn (Nymphaeaceae), lotus seedpod is used as a traditional Chinese herbal medicine with hemostatic function [21]. Our laboratory found that lotus seedpod was rich in procyanidins, and procyanidins extract from lotus seedpod (LSPC) was characterized for the first time. Meanwhile we attested that LSPC had the potent antioxidant activity *in vitro* and *in vivo*, and the ameliorative effect for oxidative damage and cognitive disorder in memory impairment mice and aged rats [22,23]. *N*-acetyl cysteine (NAC) is the precursor of glutathione that plays a critical role in oxidative stress [24]. Increasing studies demonstrated that NAC exhibited the protective effect on learning and memory deficit rats induced by 2-cyclohexene-1-one and A β -peptide [25,26]. Actually, both LSPC and NAC can freely cross the blood-brain barrier and be detected in the brain [24,27]. However, the ameliorative effects of combined LSPC and NAC on memory impairment in mice have not been established.

The present study tried to evaluate the ameliorative effects of combined LSPC and NAC on learning and memory ability in scopolamine-induced mice. Moreover, alterations in antioxidant ability of brain and serum, brain cholinergic activity, and nNOS activity as well as relative mRNA level of brain were determined as the possible mechanisms.

2. Materials and Methods

2.1. Chemicals and Reagents

N-acetyl cysteine (NAC) was purchased from Simopharm Chemical Reagent CO., Ltd. (Shanghai, China). Piracetam was obtained from Hubei Huazhong Pharma.CO., Ltd. (Wuhan, China). Scopolamine hydrobromide injection was purchased from Xuzhou RYEN Pharma.CO., Ltd. (Xuzhou, China). Kits for determination of acetylcholinesterase (AChE), total antioxidant capacity (T-AOC), superoxide dismutase (SOD), glutathione peroxidase (GPx), total nitric oxide

synthase (tNOS), inducible nitric oxide synthase (iNOS), neural nitric oxide synthase (nNOS) and protein levels were purchased from Nanjing Jiancheng Bioengineering Institute. (Nanjing, China).

2.2. Preparation of LSPC

Fresh lotus seedpods of *Nelumbo Nucifera* Gaertn (cultivar: Number 2 Wuhan plant) were harvested from Honghu (Hubei, China) in late July 2011 and quickly stored at -20°C until use. This variety of lotus was identified by Prof. Xueming Ni from Department of Botany, Wuhan Plant Institute of the Chinese Academy of Science [22]. The extraction method of lotus seedpod procyanidins (LSPC) was according to a previous article [21]. The purity of obtained LSPC with 98.9% was measured by the method reported by Porter et al. [28]. And LSPC were stored in a freezer at -20°C . Electrospray ionization mass spectrometry analysis has revealed that LSPC mainly contains monomers, and B-type dimers, trimers as well as tetramers, and the base units of LSPC oligomers are catechin and epicatechin [29]. The percentage of catechin, epicatechin, dimers, trimers and tetramers in LSPC is 10.9%, 9.1%, 53.6%, 19.5% and 1.9%, respectively.

2.3. Animals

Male Kunming mice (20 ± 2 g) were purchased from Wuhan University Research Center for Animal Experiment (Hubei, China). A total of 60 mice were used in the experiments and all experimental procedures were carried out at Medical Experiment Department of Wuhan General Hospital of Guangzhou Military Command (Hubei, China). During the experiment, animals were housed five per cage and kept at a controlled temperature $25 \pm 1^{\circ}\text{C}$, humidity 55-60% and 12 h light/12 h dark daily cycle with access normal solid diet and top water *ad libitum*. All the mice were cared for strictly according to the Guiding Principles in the Care and Use of Animals. The experiment was approved by the ethics regulations of Animal Care Committee of Wuhan General Hospital of Guangzhou Military Command and Huazhong Agricultural University (Hubei, China).

2.4. Treatments

After adaptation for 3 days, the animals were randomly divided into six groups with ten mice in each group: control (CON), scopolamine control (SCOP), positive drug control (Piracetam), *N*-acetyl cysteine group (NAC), LSPC group (LSPC), and combined LSPC and *N*-acetyl cysteine group (LSPC+NAC). Mice in CON, SCOP, Piracetam, NAC, LSPC and LSPC+NAC groups were given distilled water, distilled water, piracetam (400 mg/kg BW), *N*-acetyl cysteine (90 mg/kg BW), LSPC (60 mg/kg BW) and a mixture of LSPC (60 mg/kg BW) and *N*-acetyl cysteine (90 mg/kg BW) at a dose of 0.1 mL/10 g body weight (BW) by oral gavage once daily for 20 days, respectively. The dosage was based on previous experimental work [3,30].

Solutions of Piracetam (40 mg/mL), NAC (9 mg/mL) and LSPC (6 mg/mL) were prepared in distilled water. Solutions of combined LSPC and NAC were composed of 6 mg/mL LSPC and 9mg/mL NAC. All solutions were freshly prepared every day and administrations began at

9:00 a.m. At the 20th day, animals except CON group were administrated with scopolamine (3 mg/kg BW, i.p.) to induce memory impairment 30 min before a training course of Y-maze test. Animals in CON group were treated with 0.9% saline (i.p.) in the same way.

2.5. Y-maze Test

To assess the learning and memory abilities of the mice, a Y-maze test was carried out at the end of the treatment experiment as described previously [22,30]. Briefly, the Y-maze consisted of three arms (30 cm×15 cm×10 cm) with a lamp at the end of each arm and the bottom of each arm covered with electric net. The bottom of the arm was not covered with electric current when the lamp of this arm was turned on, taken as safe area. At this moment, the other two arms were covered with electric current (50-70V) and without lamp turned on, taken as unsafe area. At the beginning, each animal was placed separately at the end of one arm to adjust for 5 min without electric shock. Then one lamp was turned on and electric shock compelled the mouse to move to the safe arm, where the mouse adjusted to the condition for 30 sec; and then another electric shock was switched following the sequence ABCCAB (A, B, C represent three arms of Y-maze) to force the mouse to move to the safe arm. Such trial was repeated 35 times during the training process and repeated 10 times after 24 h during the test process. During the experiment, it would be a correct response if the mouse directly moved to the safe arm within 30 sec; otherwise it would be an incorrect response. The incorrect response was recorded in the test process to reflect the learning and memory ability of the mouse. The less the incorrect responses, the better the learning and memory ability of the mouse was.

2.6. Determination of T-AOC level, and AchE, SOD, GSH-Px, tNOS, iNOS and nNOS activities

After Y-maze test, blood of each mouse was obtained from the tail veins. Then all the mice were killed by cervical dislocation under anesthesia. The brains were immediately dissected and washed with ice-cold normal saline. Five right brain samples in each group were randomly selected and frozen in liquid nitrogen and stored at -80 °C for real-time PCR. The rest brain samples were weighed and homogenized with a 50 mmol/L phosphate buffer (pH 7.0) containing 0.1 mmol/L EDTA before use. Brain homogenate was centrifuged at 4000rpm for 10 min at 4 °C and the supernatant was used for AchE, T-AOC, SOD, GPx, tNOS, iNOS and nNOS tests. Blood was centrifuged at 4000rpm for 10 min at 4 °C to obtain serum for T-AOC, SOD and GPx tests. All parameters were determined using the respective kits according to the manufacturer's specifications.

2.7. Quantitative Real-Time PCR

For nNOS, total RNA of the right brain was isolated using Trizol reagent (15596-026, Invitrogen) as directed by the manufacturer's specifications, and reverse-transcribed using a RevertAid First Strand cDNA Synthesis Kit (K-1622, Fermentas) at 42 °C for 30 min followed by 80 °C for 5 min. Real-time polymerase chain reaction was conducted with Thunderbird SYBR qPCR

Mix (QPS-201, Toyobo Biologics), using the real-time thermocycler (Hangzhou Bioer Technology Co., Ltd), and the cycle conditions were 95 °C for 60 sec and 40 cycles of 95 °C for 15 sec and 72 °C for 20 sec. The dissociation curve of each gene was conducted and analyzed using the SLAN Quantitative Real-Time PCR detection system (Shanghai Hongshi Medical Technology Co., Ltd), and the result confirmed the specificity of the product. Each sample was conducted in triplicate and normalized to β -actin. The relative expression levels of the genes were analyzed with the $2^{-\Delta\Delta CT}$ method as previously described [31]. The sequences of the primers (Invitrogen) for the genes were as follows: nNOS, forward 5'-GCTTCAGGAATATGAGGAATGG-3', reverse 5'-TGATGGAATAGTAGCGAGGTTGT-3'; β -actin, forward 5'-CTGAGAGGGAAATCGTGCGT-3', reverse 5'-CCACAGGATTCCATACCCAAGA-3'.

2.8. Statistical Analysis

Data were expressed as mean $\pm$ standard deviation (SD). All data were analyzed using a one-way ANOVA, followed by Duncan *post hoc* test if difference was significant ($P < 0.05$) in groups. Statistical analyses were conducted by the SPSS 16.0 software, and a difference was regarded significant when $P < 0.05$.

3. Results

3.1. The Effect of Combined LSPC and NAC on Y-maze Test

Effects of combined LSPC and NAC on Y-maze test in scopolamine-induced memory impairment model were shown in Figure 1. SCOP group exhibited obviously increased number of incorrect responses in Y-maze test in comparison with CON group ($P < 0.05$). However, incorrect responses were significantly decreased by treatments with Piracetam, NAC, LSPC and combined LSPC and NAC as compared to SCOP group ($P < 0.05$). Moreover, incorrect responses of animals in LSPC+NAC group in comparison with SCOP group and NAC group were reduced by 50.55% and 34.11%, respectively, but showing no significant difference relative to CON group and LSPC group.

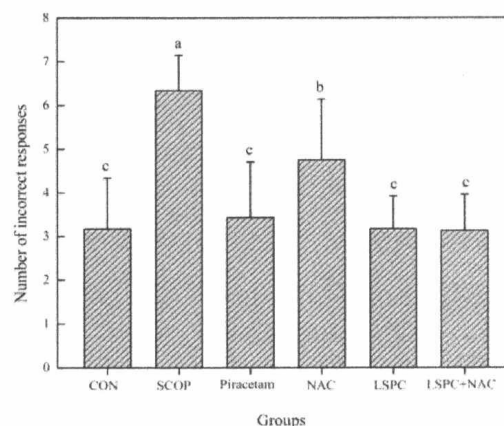


Figure 1. Effects of combined LSPC and NAC on number of incorrect responses of Y-maze test in scopolamine-induced memory impairment mice. Bars represent the Mean $\pm$ SD in each group ($n = 10$). Groups with different letters (a, b, c) above the bars are significantly different ($P < 0.05$), while sharing any same letters mean insignificant differences

3.2. The Effect of Combined LSPC and NAC on Antioxidant Capacity and AchE Activity in Brain

In scopolamine-induced memory impairment model, ANOVA indicated that obviously decreased T-AOC level, SOD and GPx activities, and the ratio of GPx to SOD (GPx/SOD) of brain in SCOP group were observed when compared with CON group ($P < 0.05$, Table 1). However, treatments with Piracetam, NAC, LSPC and combined LSPC and NAC significantly reversed those declines in comparing with SCOP group ($P < 0.05$), the SOD and GPx activities and the ratio of GPx/SOD reaching to the level of equal or superior to CON group. Combined LSPC and NAC treatment exhibited higher SOD activity than the

single LSPC and NAC treatments, but without significant differences. Importantly, T-AOC level, GPx activities and the ratio of GPx/SOD in LSPC+NAC group were significantly better than those in NAC group and LSPC group ($P < 0.05$). T-AOC level in LSPC+NAC group increased by 32.46% and 36.04% in comparison with NAC group and LSPC group, respectively, and GPx activity increased by 45.79% and 16.17%, respectively.

ANOVA indicated that the AchE activity in scopolamine-treated mice brains was obviously higher than that in CON group ($P < 0.05$, Table 1). AchE activity in Piracetam, NAC, LSPC and LSPC+NAC groups was obviously weaker than that in SCOP group ($P < 0.05$), but without significant differences among those groups.

Table 1. Effects of combined LSPC and NAC on the level of T-AOC, the activity of SOD and GPx and AchE, and the ratio of GPx/SOD in brains of scopolamine-induced memory impairment mice

Group	T-AOC (U/mgprot)	SOD (U/mgprot)	GPx (U/mgprot)	GPx/ SOD	AchE (U/mgprot)
CON	1.25 ± 0.10 ^c	113.36 ± 7.75 ^b	53.06 ± 4.25 ^b	0.47 ± 0.06 ^{bc}	0.47 ± 0.05 ^b
SCOP	0.84 ± 0.10 ^a	102.72 ± 2.31 ^a	42.55 ± 4.49 ^a	0.41 ± 0.04 ^a	0.58 ± 0.07 ^a
Piracetam	1.11 ± 0.06 ^b	119.98 ± 5.04 ^{bc}	62.85 ± 2.50 ^c	0.52 ± 0.03 ^{cd}	0.48 ± 0.09 ^b
NAC	1.14 ± 0.07 ^{bc}	112.28 ± 5.37 ^b	48.94 ± 6.83 ^b	0.44 ± 0.05 ^{ab}	0.48 ± 0.06 ^b
LSPC	1.11 ± 0.11 ^b	119.86 ± 7.96 ^{bc}	61.42 ± 3.41 ^c	0.51 ± 0.04 ^c	0.44 ± 0.05 ^b
LSPC+NAC	1.51 ± 0.06 ^d	125.05 ± 10.94 ^c	71.35 ± 9.44 ^d	0.57 ± 0.03 ^d	0.46 ± 0.06 ^b

Values are presented as mean ± SD in each group (n = 10). Means in the same column with different superscripts (a, b, c, d) are significantly different ($P < 0.05$), while sharing any same letters mean insignificant differences.

3.3. The Effect of Combined LSPC and NAC on Antioxidant Capacity in Serum

As shown in Table 2, T-AOC level, SOD and GPx activities in scopolamine-treated mice serum were significantly lower than that in CON group ($P < 0.05$). However, treatments with Piracetam, NAC, LSPC and combined LSPC and NAC significantly prevented those declines in comparing with SCOP group ($P < 0.05$), the T-

AOC level and SOD and GPx activities and the ratio of GPx/SOD reaching to the level of equal or superior to CON group. Combined LSPC and NAC treatment exhibited higher SOD and GPx activities than the single LSPC and NAC treatments, but no significant difference was observed among all above groups. T-AOC level in serum of LSPC+NAC group increased by 11.36% and 15.44% relative to those of NAC group and LSPC group, respectively.

Table 2. Effects of combined LSPC and NAC on the level of T-AOC, the activity of SOD and GPx, and the ratio of GPx/SOD in serum of scopolamine-induced memory impairment mice

Group	T-AOC (U/mgprot)	SOD (U/mgprot)	GPx (U/mgprot)	GPx/SOD
CON	5.26 ± 0.41 ^b	195.28 ± 12.84 ^b	580.75 ± 27.25 ^{bc}	2.97 ± 0.22 ^{ab}
SCOP	4.67 ± 0.28 ^a	172.84 ± 16.08 ^a	530.87 ± 25.30 ^a	2.79 ± 0.28 ^a
Piracetam	5.20 ± 0.24 ^b	202.19 ± 13.55 ^b	605.33 ± 11.22 ^d	3.00 ± 0.19 ^{ab}
NAC	5.37 ± 0.26 ^b	191.09 ± 19.13 ^b	562.70 ± 25.21 ^b	2.96 ± 0.32 ^{ab}
LSPC	5.18 ± 0.19 ^b	190.11 ± 16.23 ^b	593.22 ± 14.38 ^{cd}	3.14 ± 0.33 ^b
LSPC+NAC	5.98 ± 0.29 ^c	193.72 ± 15.10 ^b	604.51 ± 17.69 ^d	3.11 ± 0.28 ^b

Values are presented as mean ± SD in each group (n = 10). Means in the same column with different superscripts (a, b, c, d) are significantly different ($P < 0.05$), while sharing any same letters mean insignificant differences.

3.4. The Effect of Combined LSPC and NAC on tNOS, iNOS and nNOS Activities and nNOS mRNA Level in Brain

As shown in Table 3, scopolamine resulted in visible enhancements in tNOS and nNOS activities in brain as compared to CON group ($P < 0.05$). However, treatments with Piracetam, NAC, LSPC and combined LSPC and NAC significantly reversed those increases in comparing

with SCOP group ($P < 0.05$), declining to the level of equal or inferior to CON group. Importantly, the activity of tNOS and nNOS in LSPC+NAC group were significantly lower than those in NAC group and LSPC group ($P < 0.05$). The tNOS activity in LSPC+NAC group decreased by 25.53% and 27.08% relative to those of NAC group and LSPC group, respectively, nNOS activity decreased by 38.24% and 36.36%, respectively. But there was no evident alteration in iNOS activity in brain to all the experimental groups.