

Meeting abstract

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Antioxidant and free radical scavenging activities of sumac (*Rhus coriaria*) and identification of gallic acid as its active principle

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from 13th Scientific Symposium of the Austrian Pharmacological Society (APHAR). Joint Meeting with the Austrian Society of Toxicology (ASTOX) and the Hungarian Society for Experimental and Clinical Pharmacology (MFT) Vienna, Austria. 22–24 November 2007

Published: 14 November 2007

BMC Pharmacology 2007, 7(Suppl 2):A71 doi:10.1186/1471-2210-7-S2-A71

This abstract is available from: <http://www.biomedcentral.com/1471-2210/7/S2/A71>

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It is known that certain spices are rich in antioxidants. Sumac (*Rhus coriaria*) is widely consumed in Middle-Eastern countries. We tested its DNA-protective effects in a human intervention trial. Eight participants consumed 3 g of sumac for 3 days. We found strong protective effects in single cell gel electrophoresis assays (SCGE) with endonuclease III (ENDO III), formamidopyrimidine glycosylase (FPG) and hydrogen peroxide in human peripheral lymphocytes. H₂O₂-induced DNA migration was reduced by 30%, oxidized pyrimidines 36% and oxidized purines 41%, respectively, after the intervention. Subsequent in vitro experiments indicated that gallic acid (GA) is the active principle of sumac. GA is also contained in certain plants (mango, rhubarb, strawberries). In a subsequent trial, 8 participants consumed GA (0.2 mg/kg BW/d) for 3 days and strong protective effects were observed with this phenolic compound which is very rapidly absorbed in the GI tract. The reduction of DNA migration induced by H₂O₂ was 40%, ENDO III 58%, FPG 52%. Comparisons show that GA is 50 times more protective than the vitamins C and E. The protective effects of sumac and GA were also investigated in animal experiments. Eight male rats per group were fed 3 days with sumac (0.02 g/kg BW/d) and GA (0.2 mg/kg BW/d). After irradiation in a ⁶⁰Co source (7.74 Gy/1 min), the animals were killed immediately and protective effects were seen in lymphocytes, brain, liver, colon and lung. Taken together, our findings

indicate that GA is a "super-antioxidant" which protects against ROS-induced DNA-damage.