

## The Photoreceptor Protector Zeaxanthin Induces Cell Death in Neuroblastoma Cells

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**Abstract.** *Background:* The dietary carotenoid zeaxanthin protects against age-related eye disease by preventing apoptosis in photoreceptor cells. This study examined the effect of zeaxanthin on neuroblastoma cells in which apoptosis can be induced with lipid peroxidation products. Since zeaxanthin can inhibit lipid peroxidation and  $\beta$ -carotene inhibits lipoxygenase (LOX) activity, it was of concern that zeaxanthin might inhibit apoptosis in these cancer cells. *Materials and Methods:* Apoptosis-resistant CHP100 neuroblastoma cells were treated with zeaxanthin. Apoptosis was assessed via an immunoassay for histone-associated DNA fragments and cytofluorimetric analysis of apoptotic body formation. The effect of zeaxanthin on the activity of two model LOXs and LOX-mediated lipid peroxidation in liposomes was assessed. *Results:* Zeaxanthin strongly induced apoptosis in neuroblastoma cells. Consistent with this finding, zeaxanthin did not inhibit LOX activity. *Conclusion:* Zeaxanthin is a remarkable dietary factor that is able to induce apoptosis in neuroblastoma cells while being able to prevent apoptosis in healthy cells.

The crucial role of some minor food compounds in human physiology (e.g. vitamins) has long been recognized. However, the realization that a multitude of dietary factors is capable of modulating the expression of key regulatory genes in humans is much more recent (see 1). Most of these dietary factors are synthesized by plants or algae (the latter being the source of fish oils) and are, therefore, sometimes referred to as phytochemicals. These phytochemicals modulate the expression of human genes that regulate fundamentally important processes such as cell division,

programmed cell death, and immune responses/inflammation (see e.g. 1-3). These central processes and, in turn, imbalances in their regulation, play a key role in all major human diseases including cancer, pro-inflammatory diseases (e.g. heart disease, diabetes, age-related blindness), and autoimmune diseases (4). These diseases involve seemingly opposite problems, i.e. either too little or too much programmed cell death. While runaway cell division and/or insufficient cell death is a key feature of, for instance, cancer, excessive cell death is involved in other diseases such as heart disease, diabetes, age-related blindness and neurodegenerative diseases. Can dietary factors ameliorate both of these contrasting conditions? Or do compounds that trigger the health of unwanted cells exacerbate conditions involving excess cell death?

There is evidence that among phytochemicals, phenolics (3,5) and the polyunsaturated fatty acids of fish oil (6), for example, do indeed have the notable ability to 'work both ways', triggering programmed cell death of unwanted cells while aiding in the survival of needed cells. The present report adds new insight into a similarly remarkable role of another phytochemical, the yellow pigment zeaxanthin, that belongs to the subclass of oxygen-containing carotenoids known as xanthophylls.

Zeaxanthin is synthesized by and functions in a protective role in plants exposed to stressful environmental conditions (7). Zeaxanthin protects against the formation of potentially destructive reactive oxygen species in leaves exposed to intense sunlight alone or moderate levels of sunlight in the presence of environmental conditions unfavorable for plant growth (1). This photoprotective process is necessary for plant fitness (8); aerobic photosynthesis could not exist without it. Zeaxanthin facilitates the harmless dissipation of excess energy absorbed by chlorophyll (1) via a mechanism that involves a reversible electron exchange between chlorophyll and zeaxanthin (with zeaxanthin transiently reducing chlorophyll; 9). Zeaxanthin's close isomer lutein also plays a role, albeit a minor one, in this dissipation

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process (10). In addition, zeaxanthin serves in photoprotection *via* a second, poorly understood mechanism that involves an inhibition of lipid peroxidation (11,12). Zeaxanthin and lutein – neither of which can be synthesized by humans – apparently have a host of beneficial effects when consumed by humans as well. Epidemiological studies have identified inverse links between zeaxanthin/lutein and a wide range of human diseases, including age-related eye disease, various cancers and other conditions (1,13). However, the underlying mechanisms for these apparent protective effects have remained poorly understood.

Although zeaxanthin clearly is the primary protective xanthophyll in plants, greater attention has been paid to lutein in human studies. This is, however, not necessarily based on the available evidence, but may simply be due to the fact that lutein is commercially available whereas zeaxanthin is not. In the human eye, zeaxanthin and lutein form the yellow spot of the retinal macula, with greater zeaxanthin/lutein ratios in the areas of highest light exposure, and the zeaxanthin/lutein ratio also increases from blood plasma to retina (reviewed in 13). Individuals suffering from age-related eye disease (*e.g.* AMD for age-related macular degeneration) have lesser xanthophyll densities throughout their retinas, and dietary zeaxanthin and lutein levels are inversely linked to the risk for AMD as well as cataracts (reviewed in 13). A breakthrough in the understanding of the functioning of retinal zeaxanthin was recently made when it was shown that zeaxanthin prevents programmed cell death (apoptosis) of retinal photoreceptor cells in an animal model (14,15). On the other hand, studies with human cancer cell lines provided evidence that lutein can stimulate apoptosis of human breast cancer cells (transformed human mammary epithelium; 16) and leukemia cells (T-lymphoblast Jurkat cells; 17). Lutein furthermore selectively induced apoptosis in mouse tumor cells, but decreased apoptosis in cancer-fighting immune cells (blood leukocytes) of tumor-bearing mice (18).

It is presently unknown how xanthophylls may exert these remarkable effects on different cell types. Since zeaxanthin can apparently modulate lipid peroxidation in plants (11,12) as well as in humans (*e.g.* in epithelial cells of the lens; 19), reactions associated with lipid peroxidation could be involved. Zeaxanthin protects lipids against photosensitized, singlet oxygen-catalyzed peroxidation *in vitro* and, while this ability is enhanced by tocopherol (Vitamin E), zeaxanthin has the more potent, primary effect (20,21). In both plants and animals, lipids can be oxidized by several classes of enzymes, including lipoxygenases (LOXs). Moreover, plant and animal lipoxygenases produce lipid derivatives with both pro- and anti-apoptotic functions (22,23). For example, inhibition of LOX activity (blockage of 12-LOX expression) prevented apoptosis of neurons and was discussed as a new

target for the treatment of Alzheimer's disease (24), whereas inhibition of LOX (5-LOX and 12-LOX) in leukemia cells induced apoptosis (25). Furthermore, various phytochemicals acting as antioxidants, such as  $\alpha$ -tocopherol (vitamin E) and red wine resveratrol, have been shown to inhibit the activity of lipoxygenases (26). The carotenoid  $\beta$ -carotene was also capable of inhibiting LOX activity (27-30).

The present study examines the effect of zeaxanthin – as an inhibitor of photoreceptor cell death in the eye – on neuroblastoma, a childhood cancer affecting neurons and the eye that is rather resistant to programmed cell death (31). A neuroblastoma cell line was chosen in which 5-LOX activity is present, and apoptosis had previously been stimulated by treatments with 5-LOX products (32). In addition, we examined whether or not zeaxanthin may have a direct effect on isolated model lipoxygenases over a range of zeaxanthin concentrations.

## Materials and Methods

*Cell culture and treatment, and determination of apoptosis.* Adherent human CHP100 neuroblastoma cells were cultured, as previously reported (33), in a 1:1 mixture of MEM (Eagle's minimal essential medium plus Earle's salts) and Ham's F-12 media (Flow Laboratories Ltd., Herts, UK), supplemented with 15% heat-inactivated fetal bovine serum, sodium bicarbonate (1.2 g/l), 15 mM Hepes buffer, 2 mM L-glutamine and 1% non-essential amino acids. CHP100 cells were cultured at 37°C in a 5% CO<sub>2</sub> atmosphere, and were trypsinized (0.05% trypsin/0.02% EDTA) before treatment. Cells were treated with zeaxanthin (or dimethylsulfoxide vehicle in the controls) by adding this substance directly to the culture medium. Pure zeaxanthin was obtained as a gift from Hoffman La Roche (Basel, Switzerland); its purity was confirmed by high-pressure liquid chromatography using a previously described column (34) that provides baseline separation of zeaxanthin and, when present, lutein.

Apoptosis was estimated 48 h after treatment (33) by using a cell-death detection ELISA kit (Boehringer Mannheim, Mannheim, Germany), based on the evaluation of DNA fragmentation by an immunoassay for histone-associated DNA fragments in the cell cytoplasm (33). In addition, apoptosis was evaluated by cytofluorimetric analysis, performed in a FACScalibur Flow Cytometer (Becton Dickinson, Lincoln Park, NJ, USA), as described before (33). This latter technique quantifies apoptotic body formation in dead cells by staining with propidium iodide (100  $\mu$ g/ml) and recording orange fluorescence (FL2 channel) in order to evaluate the percentage of hypodiploid events through the Cell Quest software (Becton Dickinson).

*Lipoxygenase isolation and assay.* Lipoxygenase-1 (LOX-1) was purified from soybean (*Glycine max*) seeds as reported (35), and was then subjected to a further step of purification by fast-protein liquid chromatography (FPLC, size exclusion column Superdex-200; Pharmacia, Uppsala, Sweden), using an AKTA Explorer apparatus (Pharmacia). 5-Lipoxygenase (5-LOX) was purified to homogeneity from barley (*Hordeum vulgare*) by immunoaffinity chromatography, as reported earlier (36).

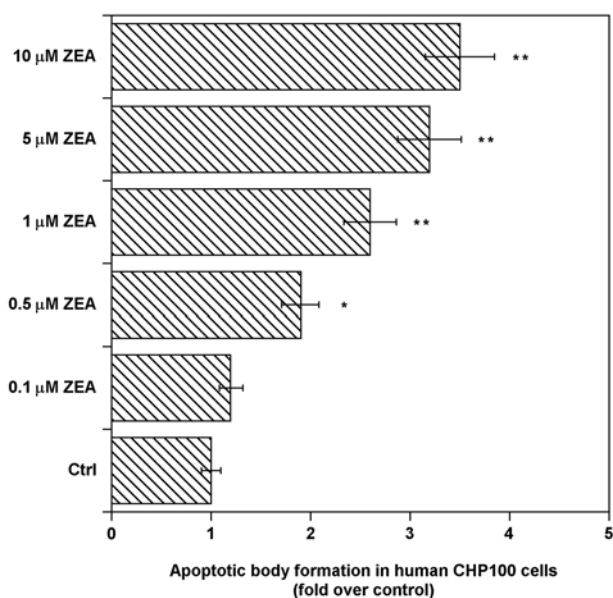


Figure 1. Induction of apoptosis by zeaxanthin in human CHP100 neuroblastoma cells. Apoptosis was evaluated as DNA fragmentation by an immunoassay for histone-associated DNA fragments in the cell cytoplasm. ZEA, zeaxanthin. \*\*denotes  $p < 0.01$  and \*denotes  $p < 0.05$  versus controls.

Lipoxygenase activity was assayed spectrophotometrically at 25°C in 100 mM sodium phosphate buffer (pH 7.0) by recording the formation of conjugated hydroperoxides from linoleic acid at 234 nm (35).

**Preparation of liposomes.** Negatively-charged, unsaturated phosphatidylcholine liposomes were prepared using linoleic acid and a liposome kit (Sigma Chemical Co., St. Louis, MO, USA), as reported previously (35). Liposome suspensions (100  $\mu\text{l}$ , corresponding to 2  $\mu\text{mol}$  phosphatidylcholine) were incubated for 30 min at 25°C with 2  $\mu\text{M}$  LOX-1, after which time membrane lipids were isolated and the oxidative index, *i.e.* the  $A_{234/205}$  ratio (37), was measured as previously described (38).

## Results

In preliminary experiments, treatment with zeaxanthin augmented apoptosis of neuroblastoma cells as triggered by etoposide, a frequently used inducer of apoptosis (not shown). In addition and more significantly, treatment with zeaxanthin alone resulted in a significant and strong induction of programmed cell death in human CHP100 neuroblastoma cells over a concentration range of 0.5-10  $\mu\text{M}$  zeaxanthin (Figures 1 and 2). This was independently assessed as (a) DNA fragmentation *via* an immunoassay for histone-associated DNA fragments in the cell cytoplasm (Figure 1) and (b) apoptotic body formation after staining and visualization *via* cytofluorimetric analysis (Figure 2). Both of these features are hallmarks of programmed cell death.

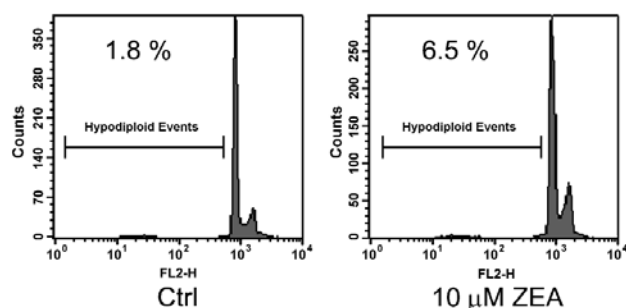


Figure 2. Induction of apoptosis by zeaxanthin in human CHP100 neuroblastoma cells. Apoptosis was evaluated as hypodiploid events by cytofluorimetric analysis. Ctrl, control; ZEA, zeaxanthin.

Furthermore, the effect of zeaxanthin on the activity of two model lipoxygenases, soybean LOX-1 (a 15-LOX) and barley 5-LOX, was assessed in liposomes (Figures 3 and 4). In fact, 15-LOX and 5-LOX are the most common isoforms involved in mammalian cell apoptosis (reviewed by 22,23). 15-LOX executes programmed organelle degradation *via* its involvement in the formation of "pore-like" structures in organellar membranes (39). In addition, 5-LOX is the main lipoxygenase in neuronal cells (reviewed by 40) and soybean LOX-1 (a 15-LOX) is frequently used as the prototype for studying the homologous family of lipoxygenases from different species (41). The effect of zeaxanthin on lipid peroxidation by LOX was assessed, firstly, by following the conversion of lipoxygenase substrate linoleic acid (LA) to the corresponding hydroperoxide (Figure 3). Zeaxanthin did not have a significant effect on the activity of either of these lipoxygenases (Figure 3). In addition, the oxidative index of liposomes in the presence of LOX-1 was determined from the absorption of LA hydroperoxides *versus* a reference wavelength at three different concentrations of LA. There were again no significant effects of zeaxanthin over a range of concentrations from 3 to 20  $\mu\text{M}$  at either of the three LA concentrations (Figure 4).

## Discussion

The strong induction of apoptosis in neuroblastoma cells by zeaxanthin demonstrated in the present study shows that zeaxanthin is capable of inducing apoptosis of these 'unwanted' cells – while preventing apoptosis of 'needed' cells such as photoreceptor cells of the eye (14,15). The pro-apoptotic effect of zeaxanthin is remarkable in light of the fact that neuroblastoma cells are rather resistant to apoptosis. Neuroblastoma cells are frequently characterized by decreased levels of inducers of apoptosis, such as caspase-8, and aberrations in other apoptotic regulators (31,42).

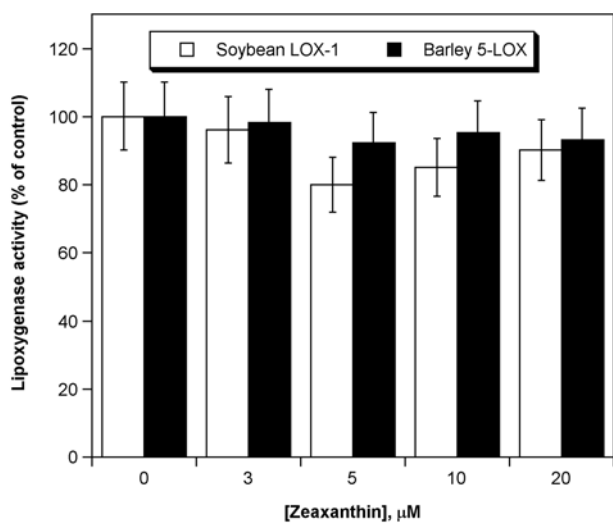


Figure 3. Effect of zeaxanthin on lipoxigenase activity. Effect of zeaxanthin on purified soybean lipoxigenase-1 (LOX-1) or barley 5-lipoxigenase (5-LOX).

Zeaxanthin may possibly act *via* similar mechanisms as lutein. In the previous studies of effects of lutein on various cancer cell lines, lutein was found to increase the levels of the pro-apoptotic proteins p53 and/or bax, while decreasing the levels of the anti-apoptotic protein bcl-2 in both humans (16) and mice (18). The p53 tumor suppressor induces the expression of bax that, in turn, catalyses the release of cytochrome c from mitochondria which acts as a pro-apoptotic signal (43). The bcl-2 protein is the anti-apoptotic antagonist of bax in the mitochondrial membrane and inhibits the release of cytochrome c (43).

There is evidence that LOX and lipid peroxidation products can be components of the signal transduction pathway involved in modulating these apoptotic regulators (reviewed by 22,23). In certain human neuroblastoma cells (SK-N-BE type), an increase in p53, as well as two other, recently discovered proteins with p53-like properties (p63 and p73), could be induced by treatments with a major lipid peroxidation product, 4-hydroxynonenal (HNE) (44). HNE thus inhibited tumor cell proliferation (44). Furthermore, 5- and to a lesser extent 12- and 15-HpETE (hydroperoxy-eicosatetraenoic acid), that are products of 5-, 12- and 15-LOX, respectively, were able to induce apoptosis in CHP100 neuroblastoma cells (32), as well as in other cancer cells, including the SK-N-BE type (45).

Since zeaxanthin inhibits lipid peroxidation in various systems (20,21; see also 11,12,19), it was of interest to examine its effects on lipoxigenases. Several other phytochemicals, such as tocopherols (Vitamin E; 26), red wine resveratrol (26) and β-carotene (27-30) have been

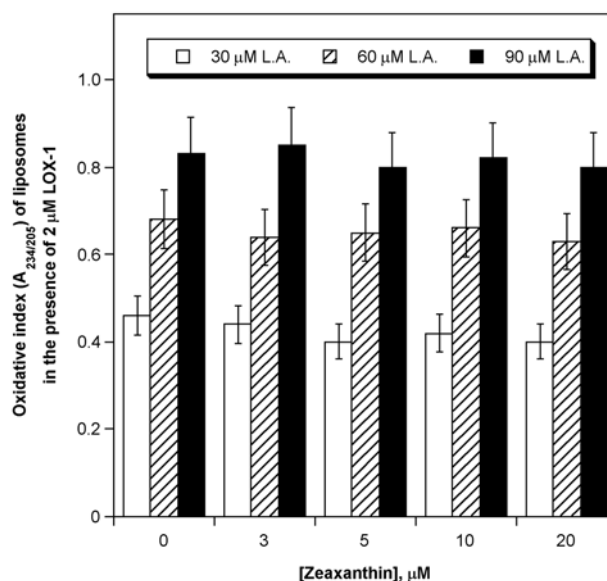


Figure 4. Effect of zeaxanthin on membrane lipid peroxidation. Effect of zeaxanthin on LOX-1-mediated peroxidation of linoleic acid embedded in synthetic liposomes. Lipid peroxidation was assessed as oxidative index ( $A_{234/205}$  ratio), and was tested at three different concentrations of linoleic acid.

demonstrated to be able to inhibit the activity of lipoxigenase, apparently by being able to access the catalytic cavity of LOX and reducing its catalytic iron. The activity of LOX is dependent on the oxidized form of its catalytic iron, Fe(III), and LOX is inactivated by reduction of this iron to the inactive form Fe(II), as demonstrated both *in vitro* as well as for 5-LOX activity in human CHP100 neuroblastoma cells (46).

The present study, therefore, examined the effect of zeaxanthin on two major LOX forms, *i.e.* LOX purified from soybean (LOX-1; a 15-LOX) and barley (5-LOX). No significant effects of zeaxanthin on the two LOX forms tested after incorporation of their LA substrate into a liposome system were identified over a range of zeaxanthin concentrations. This indicates that zeaxanthin apparently does not operate *via* direct effects on these LOX types (5- and 15-LOX). This result is consistent with the present finding that zeaxanthin does not inhibit CHP100 neuroblastoma cell apoptosis, that can also be induced by a range of LOX products. In this neuroblastoma cell system, an inhibition of LOX would not be expected to induce apoptosis. In turn, there is also no evidence that zeaxanthin further stimulates LOX activity.

The absence of an effect of zeaxanthin on purified 5-LOX seems to rule out that this compound may induce apoptosis *via* a LOX-dependent pathway in CHP100 cells that express 5-LOX activity (32). Furthermore, the lack of an effect of

zeaxanthin on purified 15-LOX makes it unlikely that this phytochemical modulates LOX-dependent apoptotic pathways in mammalian cells. This finding indicates that the role of zeaxanthin is different from that of  $\beta$ -carotene (with its previously demonstrated complex effect on LOX activity). The results presented here do not exclude the possibility that zeaxanthin may modulate the levels of lipid peroxidation products *via* LOX-independent mechanisms *in vivo*.

In summary, further investigation into the precise mechanisms of the notable ability of the xanthophylls zeaxanthin and lutein to modulate apoptosis in contrasting patterns in unwanted *versus* healthy cells is warranted. However, while the signal transduction networks involved remain to be identified, it is clear that zeaxanthin can be added to the list of remarkable phytochemicals that have the ability to kill cancer cells while promoting the survival of healthy cells.

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