Potential synergistic activity of quercetin with antibiotics against multidrug-resistant clinical strains of Pseudomonas aeruginosa

Chembili Vipin1*, Kanekar Saptami1*, Fathima Fida1, Musliyarakah Mujeeburahiman2, Sneha S. Rao1, Athmika1, Ananthapadmanabha Bhagwath Arun1, Punchappady Devasya Rekha1*

1 Yenepoya Research Centre, Yenepoya (Deemed to be University), Mangalore, Karnataka, India, 2 Department of Urology, Yenepoya (Deemed to be University), Mangalore, Karnataka, India

* These authors contributed equally to this work.
* rekhapd@yenepoya.edu.in, rekhapd@hotmail.com

Abstract

Development of drug resistance in opportunistic pathogens is one of the major healthcare challenges associated with infection management. Combination therapy has many advantages due to the simultaneous action of two drugs on two separate cellular targets. However, selection of the drugs should offer safety and synergistic interaction against most of the strains. Here, the efficacy of antibiotics in combination with quercetin, a natural flavonoid capable of targeting quorum sensing was tested against biofilm-forming Pseudomonas aeruginosa strains previously isolated from catheter associated urinary tract infection. Based on the antibiotic susceptibility pattern, synergistic effect of quercetin with selected antibiotics (levofloxacin, ceftriaxone, gentamycin, tobramycin and amikacin) was tested at the fractional concentrations of MIC by the checkerboard method and the fractional inhibitory concentration index (FIC) was calculated to estimate the synergistic effect. Effect of the synergistic combinations were further tested using time-kill assay, and against biofilm formation and biofilm cell viability. Cytotoxicity assays were performed using Human Embryonic Kidney 293T cells (HEK-293T) using the effective drug combinations with respective controls. The biofilm formation and biofilm cell viability were drastically affected with quercetin and selected antibiotics combinations with ≥80% inhibition. In vitro infection studies showed that all the strains could exert significant cell killing (68 to 85%) and the drug combinations decreased the infection rate significantly by reducing the cell killing effect of P. aeruginosa (p<0.05). The synergistic effect of quercetin is attributed to its quorum sensing inhibitory properties. These findings indicate that quercetin along with existing antibiotics can potentiate the treatment against P. aeruginosa infection and may reduce the selection pressure due to antibiotic overuse.

Introduction

Resistance to antibiotics among the biofilm-forming Pseudomonas aeruginosa (P. aeruginosa) depict a formidable challenge to the healthcare sector. Infection with antibiotic resistant P.
*Pseudomonas aeruginosa* complicates treatment of various conditions ranging from the non-healing of skin wounds to chronic respiratory conditions. Expansion of antibiotic use facilitating the influx of antibiotic traces into the environment has contributed to the high rates of antibiotic resistance [1–3]. The global changes in gene expression, enhancing virulence, and the acquisition of antibiotic resistance occurs also due to the protection of the bacteria within the biofilm architecture [4]. In *P. aeruginosa*, quorum sensing is a predominant phenomenon regulating many virulence factors including biofilm formation [5].

*P. aeruginosa* infections are treated with different classes of antibiotics such as, penicillins, cephalosporins, quinolones, aminoglycosides and carbapenems and resistance has been reported against all these drugs. Resistance is achieved by different mechanisms that include mutations in target genes such as DNA gyrase and topoisomerase IV, over-expression of efflux pumps, modification of lipopolysaccharide components of the outer cell membrane, production of beta-lactamase, aminoglycoside modifying enzymes and formation of biofilm [6]. Quorum sensing plays a major role in biofilm formation by regulating the major contributors of biofilm such as motility and polysaccharide production. It has been established that the microbial cells in biofilms are less sensitive to antimicrobial agents and host immune response compared to the planktonic cell [7].

Several studies have reported the superior activity of antibiotic-antibiotic combination for treatment of infections due to sensitive or resistant agents [8]. Treatment of bacterial infections in combination with compounds that can provide bacteriostatic effect or reduce the virulence with an antibiotic can increase the effect by directly/indirectly blocking the mechanism of resistance and in turn reduce the development of MDR. Therefore, quorum sensing acts as a soft target and its inhibitors can interfere with the cell to cell communication, altering the community structure in biofilms and virulence patterns without exerting the direct cell killing effect [9]. This approach can also facilitate reducing the antibiotics to fractional doses to control the population expansion, while the antibiotics can exert the direct cell killing of the hostile pathogen.

Here, we used quercetin, a well-studied plant-derived flavonoid to study its interaction with antibiotics in combination. The inhibitory effects of quercetin against quorum sensing regulated virulence factors and biofilm formation in *P. aeruginosa* is already known [10–12]. Quercetin, if used in combination with commonly used antibiotics, was found to increase the activity against *Staphylococcus aureus* [13], *Klebsiella pneumoniae*, *P. aeruginosa*, *Yersinia enterocolitica* [14], *Streptococcus pyogenes* [15], *Escherichia coli* [16] and *Acinetobacter baumannii* [17]. However, these findings are limited to use of single strain of the bacteria. Hence, the synergistic effects of quercetin in combination with antibiotics was investigated against selected clinical strains of *P. aeruginosa*.

**Materials and methods**

**Ethical statement**

The study was approved by the institutional ethics committee of Yenepoya (Deemed to be University) with protocol number: YUEC386/2016. Informed consent was obtained from all individual participants before collecting the urine samples.

**Bacterial strains, culture conditions and minimal inhibitory concentration**

In this study four strains of *P. aeruginosa* (YU-V10, YU-V11, YU-V15 and YU-V28) that were isolated from the urinary catheters of four different patients with catheter-associated urinary tract infection were used. *P. aeruginosa* PAO1 was used as a reference strain. All the bacterial strains were cultured in Tryptic Soy Broth medium (TSB) at 37°C. For establishing the growth pattern, bacteria were cultured in 10 mL TSB and OD$_{600}$ were recorded at different time intervals, upto 24 h. The growth curve was plotted for each of the strain. To assess the biofilm
forming ability, crystal violet staining technique was used [18]. Briefly, 96-well microtitre plate containing 200 μL of bacterial suspension (1×10⁵ CFU/mL) in TSB was incubated at 37˚C under static condition. After 24 h, the planktonic cells were decanted, washed with PBS, fixed and stained with crystal violet. The intensity of stain solubilized in 33% acetic acid was recorded spectrophotometrically by recording the OD₅₈₅.

The antibiotics susceptibility of the strains was assessed by Kirby-Bauer disc diffusion method using standard antibiotic discs (HiMedia, India). Based on the zone of inhibition susceptibility/resistance was interpreted.

**Determination of minimum inhibitory concentration (MIC)**

For establishing the MIC, the following antibiotics were used; amikacin, meropenem, levofloxacin, chloramphenicol, gentamycin, tobramycin, ceftriaxone and piperacillin (HiMedia, India). Quercetin (Cat No: Q4951) purchased from Sigma Aldrich (USA) was used.

The MIC of antibiotics and quercetin against the strains were tested by broth micro-dilution method using 96-well plates, using Muller Hinton broth (MHB) (HiMedia, India) according to Clinical & Laboratory Standards Institute (CLSI) guidelines for MIC breakpoints [18]. Briefly, the antibiotics stocks (10 mg/mL) were prepared using sterile distilled water and quercetin stock was prepared in dimethyl sulfoxide (DMSO) (10 mg/mL). Fresh MHB containing antibiotics (amikacin, tobramycin, levofloxacin, gentamycin and ceftriaxone) in a broad range between 0.5 to 128 μg/mL was inoculated with overnight cultures of the bacteria at a cell density of 1×10⁵ CFU/mL and incubated at 37˚C for 24 h. The antibiotics showing difference of more than 4 μg/mL between visible growth and no visible growth, were further tested in a narrow range between the two concentrations with an increment of 1 μg/mL to establish the exact MIC value. After incubation, the plates were observed for visible growth and MIC was interpreted as the lowest concentration of the antibiotic at which no visible growth was observed.

**Drug synergy experiments and fractional inhibitory concentration**

The interaction of antimicrobial agent with quercetin was investigated by the checkerboard method using 96-well microtiter plates. Based on the MIC, fractional concentration was calculated for each of the strain and was used in combination. The MHB containing antibiotics in fractional dose in 96-well plates were inoculated with different strains of bacteria in separate plates. Antibiotic stocks (10 mg/mL aq.) and quercetin stock (10 mg/mL in DMSO) were added to the wells to attain the required concentrations of individual antibiotic in combination and subsequently inoculated with bacteria (100 μL) to an initial density of 1×10⁵ CFU/mL. The contents were incubated at 37˚C for 24 h and observed for visible turbidity. Control sets consisting of antimicrobial agents at MIC and sub MIC concentrations (1/2 MIC, 1/4 MIC and 1/8 MIC) were incubated separately for comparison. The MIC of the drugs in combinations were defined as the lowest concentration at which no visible growth was observed after 24 h incubation. The fractional inhibitory concentrations (FICs) and FIC index (FICᵢ) were calculated based on previous literature as follows [19]:

\[
\text{FICᵢ} = \frac{\text{MIC}_{\text{Drug A in combination}}}{\text{MIC}_{\text{Drug A alone}}} + \frac{\text{MIC}_{\text{Drug B in combination}}}{\text{MIC}_{\text{Drug B alone}}}
\]

Where, \(\text{MIC}_{\text{Drug A in combination}}\) and \(\text{MIC}_{\text{Drug B in combination}}\) are the MIC with a second drug, \(\text{MIC}_{\text{Drug A alone}}\) and \(\text{MIC}_{\text{Drug B alone}}\) are the MIC of drug A and B alone.

Synergy was defined based on the FICᵢ and the interactions were classified as follows: FICᵢ ≤0.5 as synergistic; >0.5 to ≤1 as an additive; and FICᵢ >1 as antagonistic [20].
**Time kill assay**

The time kill assay was performed at the lowest FIC of antibiotics and quercetin as previously described methods [21]. For this, the 96-well plates containing effective drug combinations were inoculated with bacteria. The plates were incubated at 37˚C and the OD \(_{600}\) values were recorded spectrophotometrically at regular intervals between 0 to 24 h (FLUOstar Omega, BMG Labtech, Germany). At each time interval, the residual bacterial cells were sampled, serially diluted and plated on MHA plates for calculating colony forming units (CFU). For comparison non-treated set was used as control.

**Biofilm studies using antibiotic-quercetin combinations**

To evaluate the biofilm inhibitory activity of the synergistic combinations, the most effective antibiotics-quercetin combinations namely amikacin and tobramycin were selected. Biofilm studies were carried out in 96-well microtitre plate in TSB media containing antibiotic combinations. After incubation for 24 h at 37˚C, the planktonic cells were removed, and the adherent biofilm was washed with phosphate-buffered saline (PBS) and fixed with 95% of methanol (10 min). The fixed biofilm matrix was stained with crystal violet (10 min) and washed with PBS to remove the excess stain. The stained biofilm cells were solubilized with acetic acid (33%) and the optical density of the solution was measured at 585 nm. Percentage inhibition of biofilm was calculated in comparison with untreated control.

Further, to test the effect of drug combinations on biofilm viability, the pre-formed biofilms in 96-well plates (24 h; 37˚C; static condition) were treated with same antibiotic combinations. Before treatment, the planktonic cells were removed, and the adherent biofilm was washed gently with sterile PBS. The biofilm was treated with combinations of antibiotics diluted with TSB to a final volume of 200 \(\mu\)L and incubated further for 8 h. Respective untreated groups served as control. After incubation, the supernatant culture broth was discarded, rinsed with sterile PBS to remove the non-adherent cells and fresh TSB was added to allow the growth of residual cells in the biofilm. After 24 h incubation, OD \(_{600}\) was measured and the percentage reduction in biofilm cell viability was calculated by comparing with untreated control.

To visualize the biofilm matrix with treatment and control, the live/dead staining method was used after treating with effective antibiotics-quercetin combinations. For this, biofilms were developed on glass coupons by incubating in TSB medium containing the antibiotics-quercetin combinations for 24 h at 37˚C using 24-well plates. The glass coupons containing biofilms were washed with sterile PBS and stained with a mixture of (1:1) propidium iodide (3 mg/mL) and acridine orange (5 mg/mL) for 15 min at room temperature protected from light. The coupons were observed using confocal laser scanning microscope (CLSM, LSM 710, Carl Zeiss, Jena, Germany).

**Effect of quercetin on quorum sensing controlled swarming motility and rhamnolipid production**

The virulence and biofilm formation in *P. aeruginosa* is controlled by quorum sensing, and hence effect of quercetin on quorum sensing controlled rhamnolipid production and swarming motility was tested.

For swarming motility assay, molten agar media (1% tryptone, 0.5% NaCl, and 0.5% agar) with a selected sub-MIC concentration of quercetin (125 \(\mu\)g/mL) was poured into sterile petriplates. Plates without quercetin were considered as control. The bacteria were stab inoculated on molten tryptone agar. The plates were incubated at 37˚C for 48 h in an upright position.
After incubation, the extent of swarming motility was determined by measuring the area of the colony. The photographs of the colonies were recorded for visualisation.

The effect of quercetin on rhamnolipid production was estimated according to previously described method [22]. Briefly, the cell free culture-supernatant from 24 h culture was mixed with an equal volume of glycine buffer (500 mM; pH 2) and centrifuged (10,000 rpm; 10 min). The precipitate was suspended in 500 μL chloroform/methanol (2:1) solution, centrifuged (10,000 rpm, 5 min), supernatant was transferred to a new tube and the solvent was evaporated. The remaining precipitate was dissolved in distilled water, mixed with freshly prepared orcinol reagent [0.19% orcinol in 53% (v/v) sulfuric acid], warmed at 80˚C for 30 min and cooled to room temperature. The blank was prepared by mixing orcinol reagent and distilled water. The absorbance was measured at 421 nm using a spectrophotometer (FLUOstar Omega, BMG Labtech, Germany). The concentration of rhamnolipids was calculated based on the assumption that 1 μg of rhamnose corresponds to 2.5 μg of rhamnolipids.

**In vitro infection studies**

To evaluate the effect of the antibiotics-quercetin combinations on normal epithelial cells during bacterial infection, human embryonic kidney cells (HEK 293T) were used. The cells were maintained in Dulbecco’s Modified Eagle Medium (DMEM) supplemented with 10% FBS and 1% antibiotic-antimycotic solution in 5% CO₂ atmosphere (Forma™ Steri-Cycle™ CO₂ incubator- Thermo Fisher Scientific, USA). For infection, HEK 293T cells were seeded onto 96-well plates at a density of 5,000 cells/well and allowed to attach. Subsequently, the cells were infected with *P. aeruginosa* strains at a multiplicity of infection (MOI) of 10 and treated with effective antibiotics-quercetin combinations for 16 h. After the incubation period, the cells were counted using the trypan blue dye exclusion method [23]. The cell viability was compared with control group (cells without infection), infected non-treated group and infected group with treatment.

**Statistical analysis**

All the experiments were performed in triplicates. Analysis and data visualization of the synergy of drug combinations were performed using Combenefit software (University of Cambridge, Cambridge, UK). The statistical analysis was performed by student’s t-test using SPSS version 22 (SPSS Inc., Chicago, IL, USA). *p* values of <0.05 were considered as significant.

**Results**

**Antibiotic susceptibility, growth curve and biofilm formation in the *P. aeruginosa* isolates**

All the strains used in this study showed similar growth pattern to that of the reference strain and formed biofilm on polystyrene surface (Fig 1A and 1B). The antibiogram of the four clinical strains and the reference strain used in the study is given in Table 1. The clinical strains were resistant to amikacin, levofloxacin, gentamycin, tobramycin and ceftriaxone; while, sensitive to meropenem, chloramphenicol and piperacillin. However, PAO1 was sensitive to all the tested antibiotics. Based on the sensitivity pattern, the drug synergy experiments were performed using following antibiotics: amikacin, levofloxacin, gentamycin, tobramycin and ceftriaxone. In *P. aeruginosa* strains treated with quercetin a significant decrease in the quorum sensing controlled virulence factors such as rhamnolipid production and swarming motility were observed (S1A and S1B Fig).
Synergistic effects of antibiotic–quercetin combinations

The MIC of the antibiotics tested against the \textit{P. aeruginosa} strains is given in the S2 Table. The strains showed differences in the MIC values for different antibiotics. Quercetin was less bactericidal and showed MIC at 500 μg/mL for all the strains. The synergy experiments were performed in the fractional concentrations based on the MIC values for each of the strains.

The quercetin–antibiotic combinations showed synergistic effects on almost all the tested strains at least in some fractional combinations. For an effective synergy, the lowest dose of antibiotics was either 1/4 MIC or 1/8 MIC against all the strains (S3 Table). However, gentamicin combination against YU-V15 showed additive effect with the lowest FIC of 0.75. The data on the effectiveness of antibiotic-quercetin combinations against all the strains are represented in a checkerboard (Fig 2). Based on the OD\textsubscript{600} values obtained at 24 h post treatment with antibiotic-quercetin combinations, data is represented by Combenefit graphs (Fig 3).

Based on the above data, the time-kill assay was conducted using the effective combinations at the lowest FIC showing synergy to test the effect of the combinations on growth of each of

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**Table 1. Antibiotic susceptibility pattern of \textit{P. aeruginosa} strains used in the study.**

| Antibiotics        | PAO1 | YU-V10 | YU-V11 | YU-V15 | YU-V28 |
|--------------------|------|--------|--------|--------|--------|
| Amikacin           | S    | R      | R      | R      | R      |
| Meropenem          | S    | S      | S      | S      | S      |
| Levofloxacin       | S    | R      | R      | R      | R      |
| Chloramphenicol    | S    | S      | S      | S      | S      |
| Gentamycin         | S    | R      | R      | R      | R      |
| Tobramycin         | S    | R      | R      | R      | R      |
| Ceftriaxone        | S    | R      | R      | R      | R      |
| Piperacillin       | S    | S      | S      | S      | S      |

'S' refers to Sensitive and 'R' refers to Resistant.

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the strain (Fig 4A–4E). The CFU data showed the residual bacteria to the order of 2 log (Fig 4F).

**Effect of selected drug combinations on biofilm formation and cell viability**

Among the tested antibiotics, tobramycin and amikacin showed synergy for most of the strains in maximum number of fractional doses. Hence, these antibiotics were used at the lowest FIC for studying the effect on biofilm formation and biofilm cell viability. The biofilm formation was inhibited significantly with drug combinations tested at the lowest FIC compared to their respective MIC dose (Fig 5A). The preformed biofilms treated with these combinations also showed similar results with decreased cell viability (Fig 5B). The live/dead staining and CLSM of the biofilms also affirmed the results showing dense biofilm matrix in control, while showing more dead cells in the biofilm matrix treated with these drug combinations (Fig 6).

**Effect of antibiotic combination on cell infection by P. aeruginosa**

All the *P. aeruginosa* strains used in the study were found to be highly virulent by the in vitro infection studies using HEK 293T cells. The direct infection with *P. aeruginosa* strains resulted in 68 to 85% killing of HEK 293T cells. However, the quercetin–antibiotic combinations at their lowest FIC reduced the cell killing by the bacteria significantly (Fig 7A and 7B).

**Discussion**

In this study, the antibiotic with quercetin combinations against *P. aeruginosa* strains isolated from the catheter associated urinary tract infection showed encouraging results. Use of quercetin as a drug in combination enabled to reduce the antibiotic dose while, giving similar or better results compared to monotherapy. Among the antibiotics tested in combination, the synergistic effect shown by different strains are varied and it may be due to the complex genetic mechanisms including the resistance mechanisms. All the selected antibiotic combinations with quercetin have exhibited synergy however, the number of combinations showing synergy was different for different antibiotics and strains. Compared to other antibiotics, the quercetin–tobramycin and quercetin–amikacin combination showed synergy in more
fractional doses against all the strains compared to other antibiotics. The synergistic activity of the two drug molecules are achieved if the two individual components have different modes of action and such action can bring about higher killing effect on the bacteria. Here, quercetin being a quorum sensing inhibitor, will act to control the bacterial population density, while the antibiotics exert the cell killing effect.

Antibiotics in combination with quercetin provided better anti-biofilm activity against *P. aeruginosa* strains compared to their MIC dose. The activities were tested at the lowest FIC to affirm the synergistic activity. There are many studies showing effect of quercetin with different MICs against *P. aeruginosa*. Quercetin in a concentration of 125 μg/mL with antibiotics was able to inhibit biofilm significantly (>90%) compared to the treatment at MIC. Effect of quercetin on the biofilm formation was higher than that of antibiotics, however, the combined effect was further increased. Biofilm viability study conducted using the pre-formed biofilms treated with antibiotic combinations showed similar effect on the planktonic cells. The effect on the biofilm can be attributed to its potential to regulate the swarming motility and

Fig 3. Combenefit mapped surface HSA plot. The data based on the OD<sub>600</sub> values obtained for antibiotic-quercetin combination from the 24 h incubation was used to generate this heat map. Light blue to dark blue shows increased reduction (synergy) while yellow-red shows no reduction (non-synergy).

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Fig 4. Time kill assay data showing the growth pattern of *P. aeruginosa* strains treated with antibiotic-quercetin combinations at lowest FICi for 24 h. (a-e) represents five different strains. (f) shows the CFU/mL data obtained from the cultures of 24 h incubation by serial dilution plate method.

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Fig 5. Effect of antibiotic-quercetin combinations at lowest FICi on biofilm. Percentage effective combination of antibiotics with quercetin showing reduction in the biofilm. (a) Percentage of inhibition of biofilm formation (b) Biofilm cell viability of the treated pre-formed biofilms. (a) The bacteria were grown in 96-well plate in presence of antibiotic-quercetin combination and biofilm intensity was assessed by crystal violet staining. (b) Biofilm viability was tested after treating the pre-formed biofilms in 96-well plate with antibiotic-quercetin combinations.

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rhamnolipid production. Biofilm formation is a complex process involving quorum sensing system particularly for regulating the swarming motility according to the environmental cues and nutrient availability. The \textit{rhl} based quorum sensing system plays significant role in rhamnolipid production that is needed for the initial attachment and biofilm stability [24–26]. The components in the biofilm matrix prevents the antibiotic penetration due to the chemical interactions with the biofilm [27]. Hence, the biofilm inhibitory concentrations are often four
Fig 7. Cell killing effect of *P. aeruginosa* strains on HEK 293T cells. The antibiotic-quercetin combinations at the lowest FIC showing attenuation of infection induced cell killing. Data are presented as mean ± SD (n = 3). Statistical differences are presented *p* < 0.05, **p** < 0.01 and ***p*** < 0.001.

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times higher than the MIC. Higher concentration required to effectively remove cells inside the biofilm matrix are difficult to be achieved clinically [28]. The cells surviving in the biofilms acquire antibiotic resistance due to over-exposure to antibiotics and the residual cells in the biofilm cause recurrent infections [29–31]. The ability of quercetin to disrupt the biofilm architecture by interfering with the bacterial communication system contributes to lowering the antibiotic use.

However, some variation in response among the strains were observed for some antibiotic-quercetin combinations. This varied response among the strains to the treatment is one of the challenging factors in treating infections. The antibiotic resistance and virulence are directly associated in the progression of infections. Many studies have established the potential biofilm inhibitory activity of quercetin against different bacterial pathogens such as Escherichia coli [32], Staphylococcus aureus [33], and P. aeruginosa [34]. The strong biofilm forming strains used in the study were also rendered susceptible to fractional doses of antibiotics with quercetin. This indicates that combined therapy is effective in penetrating the biofilm matrix and causing cell death or even depletion.

The in vitro cytotoxicity study on epithelial cell infection model using HEK-293T cells showed that all the P. aeruginosa strains were highly virulent and caused significant cell killing effect on these cells. The antibiotic combinations reduced the infection burden and increased the epithelial cell viability showing the in vitro efficacy of the drug combinations. In addition to these effects, studies have reported that quercetin can prevent the antibiotic generated oxidative stress without compromising the antibacterial efficacy [35]. Quercetin-based supplements are also recommended for the prevention of cancer, improvement of cardiovascular functions. Phase 1 dose escalation study has demonstrated the quercetin safety up to 5 g daily without any adverse effects [36]. Quercetin is also used in other clinical conditions as adjuvant, it can also be extended to use in antibiotics therapy. Thus, quercetin can be further tested clinically along with fractional doses of antibiotics against P. aeruginosa infections to further validate its efficiency in clinical practice.

Supporting information

S1 Table. Details of the antibiotics-quercetin combinations used for synergy experiments. (DOCX)

S2 Table. MIC of antimicrobials tested against P. aeruginosa strains. (DOCX)

S3 Table. The FIC<sub>i</sub> showing the synergistic effect by antibiotics-quercetin combination with quercetin. Non-synergistic combinations (additive and antagonist) are not included. (DOCX)

S1 Fig. Effect of quercetin on quorum sensing controlled biofilm related virulence factors. (a) swarming motility demonstrated by swarm agar plate and (b) rhamnolipid concentration showing drastic reduction in presence of quercetin when compared to control. (TIF)

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Author Contributions

Conceptualization: Chembili Vipin, Musliyarakath Mujeeburahiman, Punchappady Devasya Rekha.

Data curation: Chembili Vipin, Kanekar Saptami, Sneha S. Rao, Punchappady Devasya Rekha.

Formal analysis: Chembili Vipin, Kanekar Saptami.

Investigation: Chembili Vipin, Kanekar Saptami, Ananthapadmanabha Bhagwath Arun, Punchappady Devasya Rekha.

Methodology: Chembili Vipin, Kanekar Saptami, Fathima Fida, Musliyarakath Mujeeburahiman, Sneha S. Rao, Athmika, Ananthapadmanabha Bhagwath Arun, Punchappady Devasya Rekha.

Project administration: Chembili Vipin, Musliyarakath Mujeeburahiman, Ananthapadmanabha Bhagwath Arun, Punchappady Devasya Rekha.

Resources: Chembili Vipin, Musliyarakath Mujeeburahiman, Ananthapadmanabha Bhagwath Arun, Punchappady Devasya Rekha.

Software: Chembili Vipin.

Supervision: Musliyarakath Mujeeburahiman, Ananthapadmanabha Bhagwath Arun, Punchappady Devasya Rekha.

Validation: Chembili Vipin, Musliyarakath Mujeeburahiman, Punchappady Devasya Rekha.

Visualization: Chembili Vipin, Fathima Fida, Sneha S. Rao, Athmika, Punchappady Devasya Rekha.

Writing – original draft: Chembili Vipin, Kanekar Saptami, Punchappady Devasya Rekha.

Writing – review & editing: Chembili Vipin, Kanekar Saptami, Fathima Fida, Musliyarakath Mujeeburahiman, Sneha S. Rao, Athmika, Ananthapadmanabha Bhagwath Arun, Punchappady Devasya Rekha.

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