Identification of bioactive compounds and antioxidant activity in leaves and fruits of *Actinidia arguta* accessions from northeastern China

Changhua Tan 1, Zhigang Wang 2, Xiuli Feng 3, Muhammad Irfan 4 and Changjiang Liu 1, *1*

1 Department of Food Science, Shenyang Agricultural University, Shenyang, 110866, Liaoning, China; tch0861@163.com (C.T.)
2 Institute of Vegetable, Liaoning Academy of Agricultural Science; Shenyang, 110161, Liaoning, China; wang9505@qq.com (Z.W.)
3 Institute of Flower, Liaoning Academy of Agricultural Science; Shenyang, 110161, Liaoning, China; fengxiuli_1974@163.com (X.F.)
4 Department of Biotechnology, University of Sargodha, Sargodha Pakistan, irfan.biotechnologist@gmail.com (M.I)
* Correspondence: liuarguta@163.com (C. Liu);

**Abstract:** *Actinidia arguta* (Sieb. et Zucc.) Planch. ex Miq. is abundant of vitamin C and bioactive compounds with high antioxidant activities. In this study, eight wild *A. arguta* accessions from different areas in Northeast China were collected. Some bioactive compounds were examined on the different tissues of four kinds of leaves, petioles and fruits. The method of UPLC-MS was used to detect the flavonoid compounds. The results showed that some bioactive compounds including vitamin C, soluble sugar, free amino acid, total phenolics and flavonoids content showed significant differences between six tissues of *A. arguta* accessions and showed significant variability with maturity. In eight accessions, the highest vitamin C content was found in young apical leaves of ‘CBS-6’ (7.47 mg/g fresh weight), and the highest soluble sugar content was in fruits of ‘CJ-1’ (196.52 mg/g fresh weight) and the highest total phenolic content and total flavonoids content were in young apical leaves of ‘CBS-11’ (3.48 mg/g fresh weight) and of ‘CBS-3’ (2.00 mg/g fresh weight), respectively. Ten flavonoid compounds including kaempferol, isorhamnetin and quercetin were detected in leaves, petioles and fruits. The total content of flavonoids were highest in young apical leaves (10219.84 µg·g-1) and the lowest in fruits (78.75 µg·g-1). Based on the comparison of the contents of several bioactive compounds, the two accessions ‘CJ-1’ and ‘CBS-8’ had relatively outstanding performance, and in the comprehensive evaluation of the antioxidant activity among different tissues, the young leaves had the strongest antioxidant activity. These results highlighted the antioxidant potentialities of *A. arguta* leaves as a major source of phenolics and vitamin C as well as flavonoids. It provided a theoretical basis for the utilization of leaves of *A. arguta*.

**Keywords:** *Actinidia arguta*; leaf; bioactivity; antioxidant activity; LC-MS/MS

1. Introduction

*Actinidia arguta* (Sieb. et Zucc.) Planch. ex Miq. is well known as hardy kiwifruit with good cold resistance, which is native to East Asia and different from other commercial kiwifruit [1]. *A. arguta* is widely distributed from 22° N to 47° N in latitude throughout of China [2]. It has a smooth and edible skin, good taste and flavour [3]. *A. arguta* is known to be very high vitamin C content and rich bioactive and volatile compounds with high antioxidant activities [4], such as flavonoids, phenolic compounds, etc [5,6]. At present, its growing commercially has become very popular in several countries including New Zealand, some European countries (Canada, Japan, the United States) and China [7-9].
Kiwifruit has been recorded in China for more than 2,000 years. It has rich nutritional value, strong protective activity and good medicinal value [10-12]. In recent years, many of the previous studies have focused on the fruits of *A. arguta* [13-15] and kiwifruit [16], their fruits have a high antioxidant capacity [17,18] and are also an important source of bioactive substances [19], such as high levels of vitamins, phenolics and flavonoids, etc. Some researchers have been studying flavonoid metabolites and other polyphenol content and evaluated the nutritional values of *A. arguta* fruits [20,21]. Yu et al. investigated the flavonoid compounds in *A. chinensis* and *A. arguta* fruits and identified a total of 125 flavonoids and 39 metabolites in two kiwi berries, which indicated that flavonoid components were abundant in kiwifruit and kiwi berry [22]. Although the bioactivity and antioxidant activity of the *A. arguta* fruit has been well characterized [4,23], there have been few studies investigating the bioactivity of *A. arguta* leaves.

*A. arguta* leaves are accumulated during the pruning each year, which are an affordable and abundant raw material as a kind of byproducts of farming. As early as 1977, *A. arguta* was recorded that it could be used as a medicinal food homologous plant. Its roots and leaves had the effects of clearing heat and promoting diuresis and strengthening stomach [24]. Cyboran et al. evidenced the effect of *A. arguta* leaf extract which could be used as an effective natural antioxidant protecting the body against external oxidizing agents and also be food additives or dietary supplements against food aging from oxidation-induced. So they are expected applied in the cosmetic, medicine, and food industries because of rich bioactive compounds. [25]. Webby identified a new flavonol triglycoside and isolated the kaempferol analogues in leaves of *A. arguta* [26]. Almeida et al. evaluated the leaves of *A. arguta* regarding antioxidant and antimicrobial activity, as well as radical scavenging activity for the first time, identified and quantified phenolic compounds [19]. In this study, eight wild *A. arguta* accessions from different areas were collected. They were growing strong, six of them were female plants, the fruits were all green, and the quality was good, and there were two male accessions, with a large amount of blooms and concentrated flowering period. Using LC-MS/MS and a series of physiological and biochemical substances to determine the leaves at different developmental stages of eight accessions, it was expected that new germplasm could be screened out, which would lay the foundation for the utilization of leaves of *A. arguta*.

## 2. Results

### 2.1. Determination of bioactive compounds in leaves and fruits of *A. arguta*

#### 2.1.1. Vitamin C (Vc) content

Overall, the Vc content in the eight *A. arguta* accessions leaves at different stages of maturity performed significant differences. The Vc content in young tissues (eg. YAL, P and QL) was slightly higher than that of old tissues (eg. HL and ML), and declined with leaf maturity. A continuous decrease was observed in Vc content of eight accessions leaves as leaf maturity (from YAL to ML), such as ‘CJ-1’ where it ranged from 7.25 to 3.44 mg/g fresh weight from young apical leaves to mature leaves, as well as ‘HY-1’, ‘BYS-13’, ‘CBS-8’, etc. Interestingly, the Vc content in the petioles of young leaves was similar to that in young leaves, and three accessions were even higher than those in young leaves, such as ‘BYS-13’, ‘BYS-5’ and ‘CBS-11’. On the other hand, Vc content in fruits was lower than those of immature leaves and petioles and higher than mature leaves. By comparing the Vc content of leaves, petioles and fruits of the eight accessions in Figure 1, it was found that the Vc contents in YAL leaves and fruits of ‘CBS-6’ were the highest among the eight accessions, being 7.47 mg/g and 4.47 mg/g fresh weight, respectively, followed by ‘CBS-3’ and ‘CJ-1’, while ‘BYS-13’ was the lowest.

#### 2.1.2. Soluble sugar content (SSC)
The results of the SSC in six tissues of the eight accessions confirmed that the highest content was in the fruits, followed by the leaves, and the petioles had the lowest content (Fig. 2). While, the SSC in the leaves of each accession mostly increased with the gradual maturity of the leaves and the highest content of leaves was in mature leaves (ML). In ‘CJ-1’, the SSC in mature leaves (ML, 156.85 mg/g) was lower than that in fruits, higher than that in other tissues, and 61.88% higher than that in petioles. The highest SSC (196.52 mg/g fresh weight) was obtained from the mature fruits of ‘CJ-1’. The other five female accessions were similar to ‘CJ-1’, the highest SSC was in fruits and the lowest content in petioles. In male accessions, the highest SSC was in mature leaves.

On the other hand, by comparing the SSC of the eight accessions in Figure 2, the content of ‘CJ-1’, ‘HY-1’, and ‘CBS-6’ in different tissues was relatively higher than the other five accessions, and ‘CBS-11’ was the lowest.

2.1.3. Free amino acid (FAA) content

The FAA content in young tissues (eg. YAL, P and QL) was significantly higher than that of old tissues (eg. HL and ML), and declined with leaf maturity, the lowest content was in fruits. In ‘CJ-1’, the content of FAA in petiole was the highest, which was 1.55 mg/g fresh weight, extremely higher than that in other tissues. The lowest content was observed in mature leaves and fruit (ML and F of ‘CJ-1’, 0.14 mg/g fresh weight), which was also the lowest among the eight accessions. Furthermore, it was found that the highest content was in QL of ‘BYS-13’ with 1.69 mg/g fresh weight, which was
also the highest among the eight accessions. By comparing the FAA content of the eight accessions in Figure 3, it was found that the contents in P of ‘CJ-1’, and in YAL and QL of ‘BYS-13’ were higher than the other six accessions, while there was no significant difference among other six accessions.

![Figure 3. Comparison of free amino acid content of different tissues in eight A. arguta accessions.](image)

**2.1.4. Total phenolic content (TPC)**

A continuous decrease was observed in TPC of the eight accessions in leaves as leaf maturity (from YAL to ML). While the highest content was in fruits of six female accessions, and the values in petioles of each accession were the lowest. In ‘CJ-1’, the TPC in fruits was higher than that in leaves and petioles with significant differences, that in petioles was the lowest (0.37 mg/g fresh weight), and the highest content in fruits was 2.96 mg/g fresh weight, the difference was eight times. By comparing the TPC of the eight accessions in Figure 4, it was found that the contents of different tissues in ‘BYS-5’ were the highest in fruits (3.25 mg/g fresh weight), while ‘BYS-13’ were lower than the other accessions, meanwhile the highest value (3.48 mg/g) among the eight accessions was observed in the YAL of ‘CBS-11’.

![Figure 4. Comparison of total phenolic content of different tissues in eight A. arguta accessions.](image)

**2.1.5. Total flavonoids content (TFC)**

Overall, the TFC in the eight A. arguta accessions leaves performed continuous decrease with the leaf maturity. The TFC of the young leaves were higher than that of the old leaves, while those in petioles were higher than fruits, but lower than leaves among the eight accessions, the lowest content was in fruits. The TFC of YAL in the eight accessions were highest, followed by QL, HL and
When compared to ML among the eight accessions, the TFC of YAL was higher from 1.83-fold to 3.41-fold. In ‘CJ-1’, the TFC in different tissues were in the order of leaf>petiole>fruit, and the content in YAL (1.83 mg/g) was 6.3 folds higher than that in fruit (F, 0.29 mg/g). By comparing the TFC of the eight accessions (Figure 5), it was found that there was no significant difference among the eight accessions; ‘CJ-1’ ‘CBS-8’ and ‘CBS-3’ were slightly higher than the other six accessions.

**Figure 5.** Comparison of total flavonoids content of different tissues in eight *A. arguta* accessions.

### 2.2. Antioxidant activity determinations

#### 2.2.1. ABTS free radical scavenging assay

It was observed that ABTS radical scavenging activity in the eight *A. arguta* accessions leaves performed continuous decrease with the leaf maturity. The ABTS radical scavenging activity of the young leaves were higher than that of the old leaves, and higher than that of petioles and fruits, the lowest values were in fruits. Interestingly, ABTS radical scavenging activity in the petioles of young leaves was almost the lowest not similar to that in young leaves. The ABTS radical scavenging activity of YAL in the eight accessions were highest, followed by QL, HL and ML, such as ‘CJ-1’ where it ranged from 41.51 to 14.90 mmol/g fresh weight from young apical leaves to mature leaves, as well as ‘HY-1’, ‘BYS-13’, ‘BYS-5’ and ‘CBS-6’, were also showed similar trend. On the other hand, in ‘CJ-1’, except for ML, the ABTS radical scavenging activity of leaves was greater than that of petioles and fruits, and the ABTS radical scavenging activity of YAL (41.51 mmol/g) was 2.5 times the fruit (16.65 mmol/g). By comparing ABTS radical scavenging activity of the eight accessions (Figure 6), it was found that ‘CJ-1’ was slightly higher than the other accessions and the lowest was ‘BYS-13’. The highest value in fruits was in ‘CBS-3’, that was 18.51 mmol/g.

**Figure 6.** Comparison of ABTS+ antioxidant activity of different tissues in eight *A. arguta* accessions.
2.2.2. DPPH free radical scavenging assay

It was observed that DPPH radical scavenging activity in the eight *Actinidia arguta* accessions leaves showed continuous decrease with the leaf maturity as similar to that of ABTS radical scavenging activity. The DPPH radical scavenging activity of the young leaves and petioles was higher than that of the old leaves. While the values in fruits were only higher than mature leaves. The DPPH radical scavenging activity of YAL in eight accessions was highest except 'BYS-13', 'CBS-3' and 'CBS-8', followed by QL, HL and ML, such as ‘CJ-1’ where it ranged from 91.22 to 71.29 µmol TE/L from young apical leaves to mature leaves. In ‘CJ-1’, the DPPH radical scavenging activity of YAL (91.22 µmol TE/L) was 1.3 times than the fruit, and the value of fruits (71.29 µmol TE/L) was only higher than ML (65.60 µmol TE/L). By comparing DPPH radical scavenging activity of leaves and petioles with different maturity of the eight accessions (Figure 7), it was found that ‘CJ-1’ was slightly higher than the other accessions, while there was no significant difference among these accessions.

![Figure 7. Comparison of DPPH antioxidant activity of different tissues in the *Actinidia arguta* accessions.](image)

2.2.3. Correlation between bioactive compounds and antioxidant activity

To identify the relationship between the main bioactive substances in the leaves of *Actinidia arguta* and their relationship with the ability to scavenge free radicals, a correlation analysis was done and the results were presented in Table 1. The Vc content and the soluble sugar content had significantly

| Parameter         | Vc content | Soluble sugar content | FAA content | Total phenolic content | Total flavonoids content | ABTS+· | DPPH-· |
|-------------------|------------|-----------------------|-------------|------------------------|--------------------------|--------|--------|
| Soluble sugar     | -0.936     |                       |             |                        |                          |        |        |
| FAA               | 0.957*     | -0.969*               |             |                        |                          |        |        |
| Total phenolic    | 0.997**    | -0.917                | 0.933       |                        |                          |        |        |
| Total flavonoids  | 0.999**    | -0.943                | 0.968*      | 0.993**                |                          |        |        |
| ABTS+·            | 0.943      | -0.905                | 0.849       | 0.956*                 | 0.932                    |        |        |
| DPPH-·            | 0.989*     | -0.967*               | 0.952*      | 0.986*                 | 0.987*                   | 0.970* |        |

Note: Data are statistically analysed using Pearson’s correlation coefficient test. The correlation coefficient r value in the table; * indicates significant correlation at α = 0.05 level (both sides); ** indicates significant correlation at α = 0.01 level (both sides); r > 0 is positive correlation, r < 0 is negative correlation.
negative correlation ($r^2 = -0.936; p<0.05$), and was extremely positive correlation with FAA content ($r^2 = 0.957; p<0.05$), TPC ($r^2 = 0.997; p<0.01$) and TFC ($r^2 = 0.999; p<0.05$). The soluble sugar content and FAA content ($r^2 = -0.969; p<0.05$) exhibited significantly negative correlation. An extremely positive correlation was found between the FAA content and TFC ($r^2 = 0.968; p<0.05$). The strong positive correlations was observed between TPC and TFC, which accounted for, $r^2=0.993$ at $p<0.01$.

The results showed that Vc content, FAA content as well as TPC and TFC were significantly positively correlated with DPPH free radical scavenging rate ($r^2=0.989, 0.952, 0.986, 0.987$, respectively; $p<0.05$), while significant negative correlation was found between soluble sugar content and DPPH free radical scavenging rate ($r^2 = -0.967; p<0.05$). A strong positive correlation was found between TPC and ABTS free radical scavenging rate ($r^2=0.956; p<0.05$). Regarding the ABTS and DPPH radical scavenging activities, the correlation determined was positive ($r^2=0.970; p<0.05$).

2.3. Analysis of Flavonoids Compounds Using LC-MS/MS

By LC-UV-MS analysis, the composition of flavonoids in $A$ arguta could be identified by the UV-vis spectrum, elution order, retention time and MS fragmentation pattern by reference with published data [27]. A total of ten peaks were detected in the flavonoid extract of $A$. arguta, which were identified by the retention time in LC-MS/MS system, elution order, $\lambda_{max}$ in the visible region, main MS² fragments and molecular ion (Figure S1). Some components had similar absorption UV spectra. The maximum absorption peaks were at 240-280 nm and 330-380 nm. Therefore, it was inferred that these components belonged to the flavonol glycoside compound (Figure S1). As shown in Figure S1, for example, a series of strong [M+H]+ ions were observed in the (+) ESI-MS spectrum of the flavonoid extract of $A$. arguta leaves, including $m/z$ 579, $m/z$ 595, $m/z$ 625, $m/z$ 653, $m/z$ 757, etc., as well as stronger Y0+ ions, [Y0+H]- ions and other fragment ions, such as $m/z$ 285, $m/z$ 300, $m/z$ 301, $m/z$ 314, $m/z$ 315, $m/z$ 316 plasma and $m/z$ 271, $m/z$ 255, $m/z$ 243, $m/z$ 227 and other fragment ions (Table 2). It was preliminarily determined to be aglycone components belonging to isorhamnetin, quercetin and kaempferol. From the above information, it could be inferred that the compound was replaced by one glycoside and two glycosides. On the basis of the UV-vis spectrum, retention time, main MS² fragments and molecular ion, F1, F2 and F3 were tentatively established as Kaempferol-3-O-Rutinoside (cis), Kaempferol-3-O-Rutinoside (trans) and kaempferol-3-O-neohesperidoside (P), respectively. The possible structure of F4 or F5 was isorhamnetin-3-O-α-L-rhamnosyl-(1→3)-α-L-rhamnosyl-(1→6)-β-D-Galactoside. F6 was identified as isorhamnetin-3-O-neohesperidoside (P) (cis) for the moment, F7 might be isorhamnetin-3-O-neohesperidoside (P) (trans) and F8 might be isorhamnetin-3-O-rutinoside. The possible structure of F9 was isorhamnetin-3-O-neohesperidoside or isorhamnetin-7-O-(4″-O-acetyl-glucosyl)-3'-O-xyloside. F10 was tentatively determined as Quercetin-3-O-rhamnoglycoside (Figure S2).

The content of ten flavonoid compounds in different tissues of ‘CJ-1’ was quantitatively analyzed (Table 4). Quercetin -3-O- rhamnoglycoside was among the highest content of total flavonoids in the five tissues, accounting for 32.62% in YAL, 29.71% in QL, 31.58% in ML, 58.95% in P, and 56.55% in F, respectively. Kaempferol, isorhamnetin, and quercetin compounds were found in leaves (YAL, QL, HL and ML), petioles (P) and fruits (F). The highest level of flavonoid accumulation was detected in leaves, and flavonoids in P and F were 151.63 $\mu$g·g⁻¹ and 78.75 $\mu$g·g⁻¹, respectively. It varied significantly in different types of leaves, which was 10219.84 $\mu$g·g⁻¹, 4977.83 $\mu$g·g⁻¹, 3986.94 $\mu$g·g⁻¹ and 350.55 $\mu$g·g⁻¹ in YAL, QL, HL and ML, respectively. The highest total flavonoid content was found in YAL and the flavonoid in YAL, which was 29.2 folds of that in ML, 67.4 folds of that in P and 129.8 folds of that in F. On the other hand, it was interesting to find that the concentration of some flavonoids from different tissues, such as isorhamnetin-3-O-glucoside, kaempferol-3-O-Rutinoside and quercetin-3-O-glucoside, showed significant differences in
different maturity. Quercetin compounds were the most widely distributed in *A. arguta* (Table 3). However, the levels of isorhamnetin and kaempferol compounds were higher than those of quercetins in HL. The content of isorhamnetin compounds in YAL was the highest followed by quercetin and kaempferol compounds. Among the flavonoids in QL, kaempferol compounds were present at the highest level, followed by isorhamnetin and quercetin compounds (relatively low). The content of isorhamnetin compounds was the highest in HL, followed by kaempferol and quercetin compounds. The content of isorhamnetin compounds was highest in ML, followed by quercetin and kaempferol compounds. However, the levels of quercetin compounds were the highest in P and F, followed by isorhamnetin and kaempferol compounds.

Table 2. Chromatographic and spectral data of flavonoid glycosides from *Actinidia arguta* leaves

| Constituent | Retention time/min | Λmax in the visible region (nm) | Molecular ion / [M+H]+ | Fragment ions / (m/z) | M.W. (Da) |
|-------------|--------------------|---------------------------------|------------------------|-----------------------|-----------|
| F1          | 12.188             | 266,350                         | 595                    | 287                   | 594       |
| F2          | 13.276             | 266,350                         | 595                    | 287                   | 594       |
| F3          | 13.693             | 267,354                         | 595                    | 287                   | 594       |
| F4          | 10.772             | 256,356                         | 757                    | 317                   | 756       |
| F5          | 11.339             | 257,358                         | 757                    | 317                   | 756       |
| F6          | 14.363             | 264,350                         | 625                    | 317                   | 624       |
| F7          | 14.602             | 254,358                         | 625                    | 317                   | 624       |
| F8          | 14.915             | 263,356                         | 625                    | 317                   | 624       |
| F9          | 14.609             | 259,357                         | 653                    | 317                   | 652       |
| F10         | 21.799             | 260,359                         | 579                    | 301                   | 578       |
| Type                                              | YAL (µg·g⁻¹) | QL (µg·g⁻¹) | HL (µg·g⁻¹) | ML (µg·g⁻¹) | P (µg·g⁻¹) | F (µg·g⁻¹) |
|-------------------------------------------------|--------------|-------------|-------------|-------------|------------|------------|
| Kaempferol-3-O-Rutinoside (+)                   | 121.19±8.53 f| —           | 397.11±24.59 c| 7.36±0.52 d | —          | —          |
| Kaempferol-3-O-Rutinoside (-)                   | 775.95±45.80 c| 456.45±28.86 cd | —           | 14.33±1.07 cd | 0.56±0.03 e | —          |
| Kaempferol-3-O-Neohesperidoside (P)             | 1999.91±125.80 b| 1326.07±82.84 b | 990.58±59.92 a| 24.05±2.19 c | 10.68±0.62 cd | 3.23±0.19 c|
| isorhamnetin-3-O-α-L-rhamnopyranosyl - (1→3) - α - L - rhamnopyranosyl | 572.36±34.78 cd | 499.85±29.61 c | 1101.83±70.97 a | 56.44±4.58 b | 13.53±0.81 c | 5.65±0.33 c |
| isorhamnetin-3-O-α-L-rhamnopyranosyl - (1→3) - α - L - rhamnopyranosyl | 401.43±24.92 def | 323.55±20.53 de | 697.98±43.18 b | 57.35±4.03 b | 1.32±0.01 e | 0.95±0.05 c |
| isorhamnetin-3-O-neohesperidoside (P) (+)       | 212.87±13.58 ef | —           | 28.36±1.89 d | 8.59±0.59 d | —          | —          |
| isorhamnetin-3-O-neohesperidoside (P) (-)       | 2103.58±133.21 b| 592.69±36.25 c | 115.43±9.24 d | 53.39±3.59 b | 30.46±1.75 b | 12.36±0.74 b |
| isorhamnetin-3-O-rutinoside                     | 446.09±31.49 de | 210.33±13.04 ef | 62.35±4.23 d | 11.27±0.93 d | 5.69±0.32 de | —          |
| isorhamnetin-3-O-neohesperidoside               | 252.63±16.26 ef | 89.95±5.65 f | —           | 7.05±0.45 d | —          | —          |
| Quercetin-3-O-rhamnoglycoside                  | 3333.83±221.73 a| 1478.94±86.92 a | 593.31±44.91 b | 110.72±7.69 a | 89.38±5.16 a | 56.55±3.32 a |
| TF contents (µg·g⁻¹)                           | 10219.84±1136.36 | 4977.83±526.03 | 3986.94±448.49 | 350.55±44.39 | 151.63±15.07 | 78.75±8.04 |

Note: YAL, Young apical leaves; QL, Leaves expanded to 1/4 to 1/3 of the full leaf size; HL, Leaves expanded to 1/2 to 2/3 of the full leaf size; ML, Mature leaves; P, Petioles of young apical leaves; F, Fruits; — means failure to be detected.
3. Discussion

3.1 Nutrient content and changing law of different parts of Actinidia arguta

In previous report, the maturity was important to the nutritional quality of fruits and vegetables [28]. The content of bioactive compounds and antioxidant capacity in leaves were impacted by the maturation degree, such as Vc [29], total carotenoids, total polyphenol [30], etc. Lisiewska et al. noted diminishing Vc concentrations with dill growth [31]. In our study, the Vc content decreased as the leaf became mature, and Vc concentrations of fruits were lower than those of immature leaves and petioles, while higher than mature leaves. However, Yamada et al. [32] and Omary et al. [33] found an opposite tendency in leaf maturity development of broccoli and spinach, respectively.

In some plants, the polyphenols concentrations also decrease with the leaf maturity, such as in aronia [34]. The polyphenols in levels of Cosmos caudatus were decreased with maturity [35], and the highest phenolic compounds were observed at the young leaves stages of Rosmarinus officinalis [36]. In blackberry, raspberry, and strawberry leaves, Wang and Lin [37] also found the same tendency. At present, there were few reports on the evaluation of A. arguta leaves. According to Thi and Hwang [34] total polyphenol content of aronia leaves was lower than that of the aronia fruit, while the TFC of leaves was approximately twice that of fruits. In our study, the TFC and TPC decreased with the increase of maturity, while in A. arguta fruits, the TPC was higher than that of leaves and petioles, but TFC was lower than leaves and petioles. The FAA content in different parts of the leaves and different tissues showed a trend of declining with the maturity. The FAA content in the petiole of young leaves was not much different from that in young leaves, but they were higher than that of in fruits. This was consistent with the result of Song et al., [38] which reported that the total FAA showed decreasing tendency with the maturity.

3.2 The leaf flavonoids identification of Actinidia arguta

The LC-MS/MS was a useful technique to conduct structural identification of flavonol aglycone type [39,40,27]. The LC-MS/MS method had been developed for the rapid screening and determination of bioactive compounds in fruit efficiently and sensitively [41]. Singh et al. [40] identified quercetin-O-pentohexoside, quercetin-3-diglucoside, quercetin-O-xylo-pentoside and kaempferol-O-glucoside using LC-MS/MS and found some molecular ions in the full scan mass spectra, such as m/z 625, m/z 595, m/z 579, and some other ion fragments, including m/z 301, m/z 285. The LC-MS/MS analysis was used to determine the overall composition of the leaf flavonoids in A. arguta in this study and in the light of the UV-vis spectrum, ten peaks had characteristic absorption peak at 240-280 nm and 330- 380nm, which indicated that these compounds were all flavonol glycoside compound [42,43]. It was found that the concentration of some flavonoids from different tissues showed significant differences in different maturity.

3.3 The potentialities of A. arguta leaves

In recent years, the antioxidant phytochemicals, have been reported to restrain free radical reactions propagating, such as flavonoids and other polyphenols to defend the human body against diseases and increase life expectancy [44,45]. Simultaneously, considerable regard has been devoted to the development of natural antioxidants of plants origin, including Salvia [46], and Prunus salicina [47]. Our study indicated that the flavonoid components in young leaves of A. arguta contained quercetin, kaempferol and isorhamnnetin compounds, and the content of total flavonoid was higher than that of mature leaves. Maybe the young leaves would be processed into tea in the future, like Ginkgo biloba [48], pear jujube [49], and Lycium barbarum [50]. Therefore, if the leaves can also be processed and utilized, A. arguta would usher in greater business opportunities in addition to producing fresh fruit.
4. Materials and Methods

4.1 Plant Materials

Eight *Actinidia arguta* accessions were collected from Northeast of China, which were *A. arguta* cv. Changjiang No.1 (‘CJ-1’, female plant), *A. arguta* cv. Huanyou No.1 (‘HY-1’, female plant), BYS No. 13 (‘BYS-13’, male plant), CBS No. 3 (‘CBS-3’, female plant), CBS No. 6 (‘CBS-6’, female plant), CBS No. 11 (‘CBS-11’, male plant), CBS No. 8 (‘CBS-8’, female plant) and BYS No. 5 (‘BYS-5’, female plant) (Table 4, Figure S3). They were grown in the open field in the Germplasm Resource Repository of Wild Kiwifruit in Shenyang Agricultural University, with the space of 2×5 m arranged with drip irrigation. The fresh leaves of the eight accessions were collected at summer pruning stage in the middle of June, and mature fruits were collected from the middle of August to the middle of September, 2018. Six tissues were collected for analysis, including young apical leaves (YAL), leaves expanded to 1/4 to 1/3 of the full leaf size (QL), leaves expanded to 1/2 to 2/3 of the full leaf size (HL), mature leaves (ML), petioles of young apical leaves (P) and fruits (F) (Figure 8). The samples were collected and wrapped in tinfoil, temporary frozen with liquid nitrogen and kept in -80 °C refrigerator. Triplicate samples were made with each 10 plants, and 10g leaves and 100 g mature fruits in total were sampled randomly and pooled to constitute the replicates.

| Accessions | Accessions sources | Latitude and longitude | Altitude (m) | Plant sex |
|------------|-------------------|------------------------|--------------|-----------|
| CJ-1       | Shenyang,Liaoning | 123°43’E, 41°80’N      | 55           | female    |
| HY-1       | Benxi,Liaoning    | 125°35’E, 41°27’N      | 282          | female    |
| BYS-13     | Zhuanghe,Liaoning | 122°98’E, 39°70’N      | 1078         | male      |
| CBS-3      | Changbaishan,Jilin| 100°12’E, 40°15’N      | 2579         | female    |
| CBS-6      | Changbaishan,Jilin| 100°13’E, 40°18’N      | 2623         | female    |
| CBS-11     | Changbaishan,Jilin| 100°11’E, 40°15’N      | 2637         | male      |
| CBS-8      | Changbaishan,Jilin| 100°13’E, 40°17’N      | 2583         | female    |
| BYS-5      | Zhuanghe,Liaoning | 122°97’E, 39°73’N      | 1074         | female    |

4.2 Determination of bioactive compounds in leaves and fruits of *A. arguta*

4.2.1 Vitamin C (Vc) content

The Vc contents in leaves and fruits were determined according to the method of Yoon *et al.* with some improvement [51]. Freeze-dried sample (0.2 g) was ground into homogenate with 5 mL of oxalic acid-Ethylene Diamine Tetraacetic Acid (EDTA), then the distilled water was used to make total volume to 10 mL. The extract (5 mL) was mixed with 0.5 mL of metaphosphoric acid-acetic acid solution, 1 mL of 1:19 sulfuric acid, and 2 mL of 5% ammonium molybdate solution. After 15 min, the mixture was centrifuged for 15 min at 4000 r/min. The absorbance at 760 nm was recorded using spectrophotometer. The total content was calculated using Vc as standard.
Figure 8. Four types of leaves, petioles and fruits of A. arguta accessions. (A) Mature leaves (ML); (B) Leaves expanded to 1/2 to 2/3 of the full leaf size (HL); (C) Leaves expanded to 1/4 to 1/3 of the full leaf size (QL); (D) Young apical leaves (YAL); (E) Petioles of young apical leaves (P); (F) Fruits (F).

4.2.2 Soluble sugar content (SSC)

SSC of the leaves and fruits were determined according to the method of Liu et al. with some modifications [52]. Freeze-dried sample (0.2 g) was finely powdered and added 15 mL of distilled water and placed in boiling water bath 15 minutes. After that final volume was made to 25 mL with distilled water. The extract (1 mL) was mixed with 5 mL of anthrone reagent. After 10 min of boiling in water bath, the absorbance at 620 nm was recorded using spectrophotometer. The glucose was used as standard. The result was represented as mg/g fresh weight (mg/g FW).

4.2.3 Free amino acid (FAA) content

The FAA contents of the leaves and fruits were determined with some modification of the method proposed by Avino et al. [53]. Freeze-dried sample (0.1 g) was ground into homogenate with acetic acid (10%), and the ammonia-free distilled water was used to make total volume to 10 mL. The extract (2 mL) was mixed with 3 mL of ninhydrin reagent and 0.1 mL of ascorbic acid solution and placed in boiling water bath for 15 min. The absorbance was recorded at 570 nm using spectrophotometer. The leucine was used as standard.

4.2.4 Total phenolic content (TPC)

The TPC in A. arguta extracts was determined according to Folin Ciocalteu method of Navajas-Porras et al. with slight improvement [54]. Freeze-dried sample (0.2 g) was chopped and added 10 mL of distilled water and placed in boiling water bath for 10 min. After that, the solution was centrifuged for 10 min at 3000 r/min. The extract of A. arguta (250 µL) was added to 1 mL distilled water, followed by Folin-Ciocalteu reagent (250 µL) and then 7% sodium carbonate (2.5 mL) was
added to the mixture. The distilled water was used to make total volume to 10 mL and placed at room
temperature for 1.5h. The absorbance at 760 nm was recorded using spectrophotometer. The gallic acid
was used as standard.

4.2.5 Total flavonoids content (TFC)

The TFC was determined by the method of Zainudin *et al.* with minor modifications [30]. The
sample (0.5 g) was finely powdered and extracted with 10 mL formic-methanol (0.2%), centrifuged at
5000 r/min for 10 min. The extract (5 mL) was added to 0.3 mL of sodium nitrite (NaNO₂, 5% w/v), and
then 0.3 mL of aluminum chloride (AlCl₃, 10% w/v) and 4% sodium hydroxide solution (2 mL) were
added every 6 min, respectively. The distilled water was used to make total volume to 10 mL, which
kept for 10 min. The absorbance at 510 nm was recorded using spectrophotometer. The rutin was used
as standard. The result was represented as mg /g fresh weight (mg/g . FW).

4.3. Antioxidant activity assay

4.3.1 ABTS radical scavenging activity

The ABTS radical scavenging activity was performed with minor modifications according to the
spectrophotometric method of Chandel *et al.* [55]. The reaction mixture containing ratio of 1: 2
including 2.45 mmol/L potassium persulfate solution and 7 mmol/L aqueous solution of ABTS
(ABTS⁺). The mixture was kept in dark for 14 h at 29 °C, and then it was diluted with ethanol in order
to obtain an absorbance at 734 nm of 0.7±0.02 units. The extracts or reference substances (Trol ox) (200
µL) were added to 3 mL of ABTS radical solution in a dark condition and the absorbance was
measured at 734 nm after six min.

ABTS radical-scavenging activity (%) = ((A₀-A₁)/A₀) × 100%

where A₀ is the absorbance of ABTS radical absolute ethanol solution, and A₁ is the absorbance of
the mixture ABTS radical extract.

4.3.2 DPPH radical scavenging activity

The DPPH method was used to determine the free radical scavenging activity of the extract [56].
In order to obtain the antioxidant activity, 0.2 g sample was extracted with 10 mL of absolute ethanol
and filtered. Then 2 mL solution was taken and mixed with 2 mL of 0.2 mmol/L DPPH absolute
ethanol solution. The mixture was kept at room temperature and protected from light for 30 min, and
the absorbance was recorded at 517 nm.

DPPH radical scavenging activity (%) = ((A₀-A₁)/A₀) × 100%

Where A₀ is the absorbance of DPPH ethanol solution, and A₁ is the absorbance of the mixture of
DPPH and extract.

4.4. Analysis of Flavonoids Compounds Using LC-MS/MS

The flavonoid compounds were determined using LC-MS/MS analysis (Figure 9). The content of
ten flavonoid compounds in different tissues of 'CJ-1' was quantitatively analyzed. Chromatographic
analysis was conducted on an Agilent 6410 Triple Quad LC-MS/MS (Agilent Technologies, USA) with
1260 liquid chromatography system and electrospray ionization source (electronic spray ionization,
ESI). The chromatographic separation column was Agilent Poroshell 120 SB-C18 column (2.1 × 100
mm, 2.7 μm, Agilent Technologies, USA). A volume of 10 µL sample solution was injected for
LC-MS/MS analysis with flow rate of 0.3 mL/min. Flavones and flavonols were detected at 350 nm. The mobile phases A and B were composed of 2.5% (v/v) formic acid in water and 2.5% (v/v) formic
acid in acetonitrile, respectively. The column was eluted using linear gradients at 30 °C: 0 min, 100% A,
0% B; 3 min, 90% A, 10% B; 5 min, 86.5% A, 13.5% B; 7 min, 86.5% A, 13.5% B; 8 min, 86% A, 14% B; 9
min, 85% A, 15% B; 10 min, 85% A, 15% B; 11 min, 84.5% A, 15.5% B; 12 min, 83.5% A, 16.5% B; 12.5
min, 82% A, 18% B; 13 min, 70% A, 30% B; 13.5 min, 69.5% A, 30.5% B; 14 min, 68.5% A, 31.5% B; 17
min, 60% A, 40% B; 20 min, 0% A, 100% B; 23 min, 95% A, 5% B; 25 min, 95% A and 5% B. The MS
conditions were: electrospray ionization, positive ion mode; gas (N2) temperature 300 °C; nebulizer pressure, 15 psi; capillary voltage, 4000 V; capillary exit, 200 V. Mass spectra from m/z 100 to 1000 nm were recorded. The analysis of data was conducted using LC/MSD Trap Software 5.3. Naringenin, quercetin 3-O-rutinoside, myricetin, quercetin, dihydroquercetin, kaempferol, dihydromyricetin, dihydrokaempferol, (+)-catechin, (−)-epicatechin obtained from the National Institutes for Food and Drug Control, Beijing, China, and the standard for quantification was quercetin 3-O-rutinoside. The contents of total flavonoids were calculated at 350 nm. Each sample was analyzed in triplicates.

Figure 9. Four types of leaves of eight A. arguta accessions used in LC-MS/MS.

4.5. Statistical Analysis

Analyses of variance was performed using SPSS 19.0 statistical analysis software. All experimental data was presented as means from triplicates standard deviations. The data significance was checked at p ≤ 0.05. A Pearson’s correlation analysis was conducted between the antioxidant capacity and bioactive compounds.

5. Conclusions

A. arguta is rich in vitamin C and bioactive and volatile compounds with high antioxidant activities, such as flavonoids, phenolic compounds, etc. This study evaluated the eight wild A. arguta accessions and different tissues according to the bioactive compounds and antioxidant activities. The contents of different bioactive compounds in the eight accessions varied greatly, and ‘CJ-1’ and ‘CBS-8’ had relatively outstanding performance. According to the comprehensive evaluation of the antioxidant activity among different tissues, the young leaves had the strongest antioxidant activity. These results provided a theoretical basis for further utilization of leaves of A. arguta.

Supplementary Materials: The following are available online at www.mdpi.com/xxx/s1, Figure S1: LC-MS analysis of the crude extract from leaves of Actinidia arguta in positive ion mode. Selected ion chromatograms of m/z 595,757,625,653,579 respectively, with the retention time of corresponding constitutions, Figure S2: LC-MS2 spectra of [M+H]+ ion for the ten constituents, Figure S3: Fruits (female) or flowers (male) of eight accessions in Actinidia arguta. a: CJ-1; b: HY-1; c: CBS-3; d: CBS-11; e: CBS-6; f: CBS-8; g: BYS-13; h: BYS-5.
Author Contributions: conducted the experiment, analyzed the data, and wrote the manuscript, C.T.;
writing—review and editing, Z.W., M.I.; methodology, X.F.; supervision, C.L. All authors have read and agreed
to the published version of the manuscript.

Funding: This research received no external funding.

Conflicts of Interest: The authors declare no conflict of interest.

References

1. Ferguson, A.R. Kiwifruit (Actinidia). Genetic Resources of Temperate Fruit & Nut Crops 1990, 290, 603-656.
2. Vorobiev, D. P. Review of Far East species of genera Actinidia Lindley. Bulletin of Gornolataiengny Station of
Far East Branch of the Academy of Sciences of USSR. Chabarovsk 1939, 3, 5-38.
3. Kabalu, J T.; Kempler, C.; Tolvonen, P.M.A. Actinidia arguta - characteristics relevant to commercial
production. Fruit Varieties 1997, 51(2), 117-122.
4. Latocha, P.; Woosiak, R.; Worobiej, E.; Krupa, T. Clonal differences in antioxidant activity and bioactive
 constituents of hardy kiwifruit (Actinidia arguta) and its year-to-year variability. J Sci Food Agric 2012, 93(6),
1412-1419.
5. Leontowicz, H.; Leontowicz, M.; Latocha, P.; Jesion, I.; Park, Y.S.; Katrich, E.; Barasch, D.; Nemiroskevski, A.;
Gorinstein, S. Bioactivity and nutritional properties of hardy kiwifruit Actinidia arguta in comparison with
Actinidia delicosa ‘Hayward’ and Actinidia eriantha ‘Bidan’. Food Chem 2016, 196, 281-291.
6. Matich, A.J.; Young, H.; Allen, J.M.; Wang, M.Y.; Fielder, S.; McNeilage, M.A.; MacRae, E.A. Actinidia
arguta: volatile compounds in fruit and flowers. Phytochemistry 2003, 63(3), 285-301.
7. Liang, C.F. On the distribution of Actinidia. Guihaia 1983, 3, 229-248.
8. Ferguson, R.; Huang, H. Genetic resources of kiwifruit: domestication and breeding. Horticultural Reviews
2007, 33, 1-121. https://doi.org/10.1002/9780470168011.ch1.
9. Latocha, P.; and Krupa, T. Morphological, chemical and sensory analyses of promising genotypes of
hardy kiwifruit (Actinidia Lindl.) obtained in the breeding programme at WULS. Ann Warsaw Univ Life Sci
–SGGW, Hortic Landsc Architect 2007, 28, 111–119.
10. Xu, X.; Zhang, Q. Researches and Utilizations of Germplasm Resource of kiwifruit in China. Chinese Bull
Bot 2003, 020(006), 648-655. (in Chinese)
11. Jung, K.A.; Song, T.C.; Han, D.; Kim, I.H.; Kim, Y.E.; Lee, C.H. Cardiovascular protective properties of
kiwifruit extracts in vitro. Biol Pharmaceut Bull 2005, 28, 1782–1785.
12. Park, Y.S.; Leontowicz, H.; Leonowicz, M.; Namiesnik, J.; Suhaj, M.; Cvikrov’a, M.; Martincova´, O.;
Gorinstein, M.W.S. Comparison of the contents of bioactive compounds and the level of antioxidant
activity in different kiwifruit cultivars. J Food Comp Anal 2011, 24, 963-970.
13. Li, Y.; Fang, J.; Qi, X.; Lin, M.; Zhong, Y.; Sun, L. A key structural gene, AalDOX, is involved in
anthocyanin biosynthesis in all red-fleshed kiwifruit (Actinidia arguta) based on transcriptome analysis.
Gene 2018, 648,31-41. https://doi.org/10.1016/j.gene.2018.01.022.
14. Perea-Burillo, S.; Oliveras, M.J.; Quesada, J.; Rufián-Henares, J.A.; Pastoriza, S. Relationship between
composition and bioactivity of persimmon and kiwifruit. Food Res Int 2018, 105, 461-472.
15. Wang, L.; Tang, W.; Hu, Y.; Zhang, Y.; Sun, J.; Guo, X.; Lu, H.; Yang, Y.; Fang, C.; Niu, X.; Yue, J.; Fei, Z.;
Liu, Y. A MYB/bHLH complex regulates tissue-specific anthocyanin biosynthesis in the inner pericarp of
red-centered kiwifruit Actinidia chinensis cv. Hongyang. The Plant J 2019, 99,359-378.
16. Li, W.; Ding, Z.; Ruan, M.; Yu, X.; Peng, M.; Liu, Y. Kiwifruit R2R3-MYB transcription factors and
contribution of the novel AcMYB75 to red kiwifruit anthocyanin biosynthesis. Sci Rep-UK 2017, 7(1),
16861. https://doi.org/10.1038/s41598-017-16905-1.
17. Wang, H.; Cao, G.; Prior, R.L. Total antioxidant capacity of fruits. J Agric Food Chem 1996, 44, 701-705.
18. Latocha, P.; Krupa, T.; Woosiak, R.; Worobiej, E.; Wilczak, J. Antioxidant activity and chemical difference
in fruit of different Actinidia sp. Int J Food Sci Nutr 2010, 61, 381-394.
19. Almeida, D.; Pinto, D.; Santos, J.; Vinha, A.F.; Palmeira, J.; Ferreira, H.N.; Rodrigues, F.; Oliveira, M.B.P.
Hardy kiwifruit leaves (Actinidia arguta): An extraordinary source of value-added compounds for food
industry. Food Chem 2018, 259, 113-121. https://doi.org/10.1016/j.foodchem.2018.03.113.
20. Li, Y.; Fang, J.; Qi, X.; Lin, M.; Zhong, Y.; Sun, L.; Cui, W. Combined analysis of the fruit metabolome and
transcriptome reveals candidate genes involved in flavonoid biosynthesis in Actinidia arguta. Int J Mol Sci
2018, 19,1471. http://dx.doi.org/10.3390/ijms19051471.
21. Wojdylo, A.; Nowicka, P. Anticholinergic effects of Actinidia arguta fruits and their polyphenol content determined by liquid chromatography–photodiode array detector-quadrupole/time of flight mass spectrometry (LC-MS-PDA-Q/TOF). Food Chem 2019, 271, 216-223. doi:10.1016/j.foodchem.2018.07.084.

22. Yu, M., Man, Y.; Lei, R.; Lu, X.; Wang, Y. Metabolomics study of flavonoids and anthocyanin-related gene analysis in kiwifruit (Actinidia chinensis) and kiwiberry (Actinidia arguta). Plant Mol Biol Rep 2020, 38, 353-369.

23. Zuo, L.L.; Wang, Z.Y.; Fan, Z.L.; Tian, S.Q.; Liu, J.R. Evaluation of antioxidant and antiproliferative properties of three Actinidia (Actinidia kolomikta, Actinidia arguta, Actinidia chinensis) extracts in vitro. Int J Mol Sci 2012, 13, 5506-5518. doi:10.3390/ijms13055506.

24. Zhao, G.; Dai S.; Chen R. Dictionary of Traditional Chinese Medicine. Shanghai Science and Technology Press, China, 2006. (in Chinese)

25. Cyboran, S.; Oszmiański, J.; Kleszczynska, H. Modification of the properties of biological membrane and its protection against oxidation by Actinidia arguta leaf extract. Chem-Biol Interact 2014, 222, 50-59. doi:10.1016/j.cbi.2014.08.012

26. Webby, R.F. A flavonol triglycoside from Actinidia arguta var. giralddi. Phytochemistry 1990, 30, 2443-2444.

27. Xue, L.; Wang, Z.; Zhang, W.; Li, Y.; Wang, J.; Lei, J. Flower pigment inheritance and anthocyanin characterization of hybrids from pink-flowered and white-flowered strawberry. Sci Hortic-Amsterdam 2016, 200,143-150.

28. Lee, S.K.; Kader, A.A. Preharvest and postharvest factors influencing vitamin C content of horticultural crops. Postharvest Biol Tec 2000,20, 207–220.

29. Wawire, M.; Oey, I.; Mathooko, F.; Njoroge, C.; Shitanda, D.; Hendrickx, M. Thermal stability of ascorbic acid and ascorbic acid oxidase in African cowpea leaves (Vigna unguiculata) of different maturities. J Agr Food Chem 2011, 59(5), 1774-1783.

30. Zainudina, M.A.M.; Hamida, A. A.; Anwarb, F.; Osmana, A.; Saari, N. Variation of bioactive compounds and antioxidant activity of carambola (Averrhoa carambola L.) fruit at different ripening stages. Sci Hortic-Amsterdam 2014, 172, 325-331.

31. Lisiewska, Z.; Kmiecik, W.; Korus, A. Content of vitamin C, carotenoids, chlorophylls and polyphenols in green parts of dill (Anethum graveolens L.) depending on plant height. J Food Compos Anal 2006, 19, 134-140.

32. Yamada, C.; Iwasaki, Y.; Yoshida, K. Effect of growth stage on contents of reducing sugar, ascorbic acid, oxalate and nitrate in spinach. J Jap Soc Nutr Food Sci 2003, 56, 167-173.

33. Omary, M.B.; Brovelli, E.A.; Pusateri, D.J.; David, P.; Rushing, J.W.; Fonseca, J.M. Sulforaphane potential antioxidant activity of carambola (Averrhoa carambola L.) depending on plant height. J Food Compos Anal 2006, 19, 134-140.

34. Yamada, C.; Iwasaki, Y.; Yoshida, K. Effect of growth stage on contents of reducing sugar, ascorbic acid, oxalate and nitrate in spinach. J Jap Soc Nutr Food Sci 2003, 56, 167-173.

35. Omary, M.B.; Brovelli, E.A.; Pusateri, D.J.; David, P.; Rushing, J.W.; Fonseca, J.M. Sulforaphane potential antioxidant activity of carambola (Averrhoa carambola L.) depending on plant height. J Food Compos Anal 2006, 19, 134-140.

36. Yamada, C.; Iwasaki, Y.; Yoshida, K. Effect of growth stage on contents of reducing sugar, ascorbic acid, oxalate and nitrate in spinach. J Jap Soc Nutr Food Sci 2003, 56, 167-173.

37. Omary, M.B.; Brovelli, E.A.; Pusateri, D.J.; David, P.; Rushing, J.W.; Fonseca, J.M. Sulforaphane potential antioxidant activity of carambola (Averrhoa carambola L.) depending on plant height. J Food Compos Anal 2006, 19, 134-140.

38. Yamada, C.; Iwasaki, Y.; Yoshida, K. Effect of growth stage on contents of reducing sugar, ascorbic acid, oxalate and nitrate in spinach. J Jap Soc Nutr Food Sci 2003, 56, 167-173.

39. Omary, M.B.; Brovelli, E.A.; Pusateri, D.J.; David, P.; Rushing, J.W.; Fonseca, J.M. Sulforaphane potential antioxidant activity of carambola (Averrhoa carambola L.) depending on plant height. J Food Compos Anal 2006, 19, 134-140.

40. Yamada, C.; Iwasaki, Y.; Yoshida, K. Effect of growth stage on contents of reducing sugar, ascorbic acid, oxalate and nitrate in spinach. J Jap Soc Nutr Food Sci 2003, 56, 167-173.

41. Yamada, C.; Iwasaki, Y.; Yoshida, K. Effect of growth stage on contents of reducing sugar, ascorbic acid, oxalate and nitrate in spinach. J Jap Soc Nutr Food Sci 2003, 56, 167-173.
42. Neugart, S.; Zietz, M.; Schreiner, M.; Rohn, S.; Kroh, L. W.; Krumbein, A. Structurally different flavonol glycosides and hydroxycinnamic acid derivatives respond differently to moderate UV-B radiation exposure. *Physiol Plantarum* 2012, 145(4), 582-593. doi:10.1111/j.1399-3054.2012.01567.x.

43. Du, Q.H.; Zhang, Q.Y.; Han, T.; Jiang, Y.P.; Peng, C.; Xin, H.L. Dynamic changes of flavonoids in *Actinidia valvata* leaves at different growing stages measured by HPLC-MS/MS. *Chin J Nat Med* 2016, 14(1), 66-72.

44. Khooobi, M.; Emami, S.; Dehghan, G.; Foroumadi, A.; Ramazani, A.; Shafiee, A. Synthesis and free radical scavenging activity of coumarin derivatives containing a 2-methylbenzothiazoline motif. *Archiv Der Pharmazie* 2011, 344, 588-594.

45. Arulmozhi, S.; Mazumder, P.M.; Sathiyanarayanan, L.; Ashok, P. Anti-arthritic and antioxidant activity of leaves of *Alstonia scholaris* Linn. *Eur J Integr Med* 2011, 3(2), e83-e90. https://doi.org/10.1016/j.eujim.2011.04.019.

46. Zupkó, I.; Hohmann, J.; Rédei, D.; Falkay, G.; Janicsák, G.; Máthé, I. Antioxidant activity of leaves of *Salvia* species in enzyme-dependent and enzyme-independent systems of lipid peroxidation and their phenolic constituents. *Planta Med* 2001, 67(4), 366-368. https://doi.org/10.1055/s-2001-14327.

47. Delgado-Adámez, J.; Fernández-León, M.F.; Velardo-Micharet, B.; González-Gómez, D.; In vitro assays of the antibacterial and antioxidant activity of aqueous leaf extracts from different *Prunus salicina* Lindl. cultivars. *Food Chem Toxicol* 2012, 50(7), 2481-2486. https://doi.org/10.1016/j.fct.2012.02.024.

48. Yuan, D.; Chen, X.; Hou, L.; Jiang, Q.; Liu, F.; Zhu, X. Study on production of *Ginkgo biloba* tea with pile-fermentation. *J Food Sci Biotech* 2016, 36(7), 84-89. (in Chinese)

49. Xu, B.; Wang, M.; Cao, J.; Wang, Y. Differences in antioxidant components and activity of pear jujube (*Zizyphus jujube* Mill. cv. Lizao) leaf tea among different growth stages. *Food Sci* 2013, 34(13), 34-38. (in Chinese)

50. Zhou, Z.; Cao, Y.; Wang, Y.; Cheng, D.; Mi, J.; Li, X.; Yan, Y.; Zeng, X. Analysis of chemical compositions and antioxidant activities of *Lycium barbarum* bud and leaf teas. *Sci Tech Food Ind* 2017, 38(10), 129-145. (in Chinese)

51. Yoon, Y.E.; Kuppusamy, S.; Cho, K. M.; Kim, P.J.; Kwack, Y.B.; Lee, Y. B. Influence of cold stress on contents of soluble sugars, vitamin c and free amino acids including gamma-aminobutyric acid (GABA) in spinach (*spinacia oleracea*). *Food Chem* 2017, 215, 185-192. doi:10.1016/j.foodchem.2016.07.167

52. Liu, H.; Fu, Y.; Hu, D.; Yu, J.; Liu, H. Effect of green, yellow and purple radiation on biomass, photosynthesis, morphology and soluble sugar content of leafy lettuce via spectral wavebands "knock out". *Sci Hortic-Amsterdam* 2018, 236, 10-17.

53. Avino, P.; Campanella, L.; Russo, M. V. Use of different anticoagulants for HPLC separation and quantification of the free amino acid content of plasma. *J Sep Sci* 2015, 26(5), 392-396.

54. Navajas-Porras, B.; Pérez-Burillo, S.; Morales-Pérez, J.; Rufián-Henares, J.A.; Pastoriza, S. Relationship of quality parameters, antioxidant capacity and total phenolic content of EVOO with ripening state and olive variety. *Food Chem* 2020, 325, 126926.

55. Chandelier, M.; Sharma, U.; Kumar, N.; Singh, B.; Kaur, S. Antioxidant activity and identification of bioactive compounds from leaves of *Anthocepalus cadamba* by ultra-performance liquid chromatography/electrospray ionization quadrupole time of flight mass spectrometry. *Asian Pac J Trop Med* 2012, 5(12), 977-985.

56. Chávez-Mendoza, C.; Sanchez, E.; Muñoz-Marquez, E.; Sida-Arreola, J.P.; Flores-Cordova, M.A. Bioactive compounds and antioxidant activity in different grafted varieties of bell pepper. *Antioxidants* 2015, 4, 427-446.