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Selected dietary (poly)phenols inhibit periodontal pathogen growth and biofilm formation
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Muhammad Shahzad, Emma Millhouse, Shauna Culshaw, Christine A. Edwards, Gordon Ramage and Emilie Combet

Periodontitis (PD) is a chronic infectious disease mediated by bacteria in the oral cavity. (Poly)phenols (PPs), ubiquitous in plant foods, possess antimicrobial activities and may be useful in the prevention and management of periodontitis. The objective of this study was to test the antibacterial effects of selected PPs on periodontal pathogens, on both planktonic and biofilm modes of growth. Selected PPs \( n = 48 \) were screened against Streptococcus mitis (S. mitis), Aggregatibacter actinomycetemcomitans (A. actinomycetemcomitans), Fusobacterium nucleatum (F. nucleatum) and Porphyromonas gingivalis (P. gingivalis).

The antibacterial potential of each compound was evaluated in terms of planktonic minimum inhibitory concentration (PMIC) and planktonic minimum bactericidal concentration (PMBC) using standardized broth microdilution assays. The most active PPs were further tested for their effect on mono-species and multi-species biofilms using a colorimetric resazurin-based viability assay and scanning electron microscopy. Of the 48 PPs tested, 43 showed effective inhibition of planktonic growth of one or more test strains, of which curcumin was the most potent (PMIC range = 7.8–62.5 \( \mu \)g mL\(^{-1} \)), followed by pyrogallol (PMIC range = 2.4–2500 \( \mu \)g mL\(^{-1} \)), pyrocatechol (MIC range = 4.9–312.5 \( \mu \)g mL\(^{-1} \)) and quercetin (PMIC range = 31.2–500 \( \mu \)g mL\(^{-1} \)). At this concentration, adhesion of curcumin and quercetin to the substrate also inhibited adhesion of S. mitis, and biofilm formation and maturation. While both curcumin and quercetin were able to alter architecture of mature multi-species biofilms, only curcumin-treated biofilms displayed a significantly reduced metabolic activity. Overall, PPs possess antibacterial activities against periodontopathic bacteria in both planktonic and biofilm modes of growth. Further cellular and in vivo studies are necessary to confirm their beneficial activities and potential use in the prevention and or treatment of periodontal diseases.

In humans, PD is commonly associated with a dental plaque biofilm that accumulates on the tooth surfaces. It is one of the most complex and diverse microbial ecosystems within the human body, encompassing some 700 different reported bacterial species. However, initiation and causation of periodontitis is associated with a few pathogenic species, including P. gingivalis and P. intermedia, and A. actinomycetemcomitans in aggressive periodontitis.

Current management approaches include periodontal surgery, scaling and root planning along with adjunctive antibiotic therapy. However, these treatment options not only have limited effectiveness in high risk populations and in those with advanced periodontal disease, but can also be associated with adverse side effects and antibiotic resistance. Therefore, alternative therapeutic and preventive measures which are safe, effective and free of side effects, are highly desirable.

In recent years, an increasing interest has been observed in the use of natural compounds (of dietary origin) for the management of oral infectious diseases, including caries.
candidosis\textsuperscript{14} and periodontitis.\textsuperscript{15} While plant-derived phytochemicals, especially the (poly)phenols (PPs), have been studied for their antioxidant and anti-inflammatory properties,\textsuperscript{16} the antimicrobial properties of PPs have received limited exposure in the context of prevention and treatment of PD.\textsuperscript{17} Nevertheless, several studies have reported the inhibitory activities of certain PP extracts, including cranberries, lotus, seaweed and perilla seeds against a range of planktonic periodontal pathogens.\textsuperscript{18–21} Moreover, the antibacterial activity of flavan-3-ol-rich green tea extracts has been reported against planktonic \textit{S. mitis}, \textit{P. gingivalis} and \textit{F. nucleatum}.\textsuperscript{22–25} Others have quantified the antibacterial activity of specific PP molecules (including gallic acid, naringin and quercetin) on planktonic \textit{P. gingivalis} and \textit{F. nucleatum}.\textsuperscript{21,26–28} In addition, there are reports that the antimicrobial potential of PPs depends on their chemical structure.\textsuperscript{29,30} Given that periodontal pathogens in dental plaque exist in the form of biofilm, there has been very limited research investigating the effect of PPs on biofilm development and formation. Therefore, the aim of the present study was to evaluate the potential of a panel of PPs in inhibiting growth and biofilm formation of PD pathogens, with emphasis on structure–function relationship, if any.

Materials and methods

Bacterial strains, media and culture conditions

The bacterial strains used in the study were \textit{S. mitis} NCTC 12261, \textit{A. actinomycetemcomitans} ATCC 43718, \textit{P. gingivalis} ATCC 33277 and \textit{F. nucleatum} ATCC 10953. Prior to each experiment, working stocks were prepared by plating bacterial cells from frozen stocks (Microbank vials, Pro-Lab Diagnostics, Cheshire, UK). \textit{S. mitis} and \textit{A. actinomycetemcomitans} were maintained on Columbia agar plates with 5\% defibrinated horse blood (E & O laboratories, UK; Ref DHB 100), then placed in a 5\% CO\textsubscript{2} incubator for 24 h at 37 °C. \textit{P. gingivalis} and \textit{F. nucleatum} were inoculated on fastidious blood agar plates with 5\% defibrinated horse blood and incubated in an anaerobic chamber containing 85\% N\textsubscript{2}, 10\% CO\textsubscript{2} and 5\% H\textsubscript{2} (Don Whitley Scientific Limited, UK) at 37 °C for 72 h. Prior to each experiment, the test strains were grown to stationary phase using appropriate nutrient broth: tryptic soy broth (Sigma, Poole, UK) supplemented with 0.8\% glucose and 0.6\% yeast extract for \textit{S. mitis} and \textit{A. actinomycetemcomitans}, and Schaedler anaerobic broth (Oxoid, Cambridge, UK) for \textit{F. nucleatum} and \textit{P. gingivalis} and respective growth conditions. Bacterial cultures were washed by centrifugation at 3000 rpm for 5 min in PBS and the cell count estimated using spectrophotometer, and confirmed by plate counting (CFU mL\textsuperscript{−1}).

(Poly)phenolic compounds

Forty eight purified (HPLC grade) PP compounds (Sigma Aldrich, Poole, UK) were used in this study. Depending on solubility, a fresh stock concentration of each PP was prepared either in water or dimethyl sulfoxide (DMSO, Sigma Aldrich, Poole, UK) and stored at −20 °C until required. Dilutions of the stock were made in respective growth media for each strain. The final concentration of DMSO was adjusted to less than 3\% (v/v), which was shown to have no discernible effect on the growth of test strains (data not shown). All solution preparatory steps were carried out in a laminar flow hood (Microflow, Hampshire, England, UK).

Planktonic susceptibility testing

The inhibitory potential of PPs \((n = 48)\) against planktonic growth of the test strains \((n = 4)\) was assessed in terms of planktonic minimum inhibitory concentration (PMIC) and planktonic minimum bactericidal concentration (PMBC) using broth microdilution technique following standard CLSI guidelines.\textsuperscript{31} Briefly, standardized \((1 \times 10^5 \text{ CFU mL}^{-1})\) inoculums of the test strain were prepared in appropriate nutrient broth. The inoculum was loaded into 96-well, round bottom, polystyrene microtitre plates (Corning Incorporated, NY, USA) containing serial double dilutions of each PP (within their soluble range and triplicates). After incubation, the plates were visually inspected for any visible growth. The maximum dilution of the test compound that inhibited visible growth was recorded as PMIC, and the PMBC was determined by inoculating from those wells at concentrations ≥PMIC and assessing growth thereafter on their respective agar plate. The first concentration with no growth was recorded as the PMBC.

Manufacture of hydroxyapatite coated plates

The effect of PPs on biofilm formation and maturation was assessed using flat bottom, 96-well polystyrene microtitre plates (Corning Incorporated, NY, USA), coated with hydroxyapatite (HA, Sigma Aldrich, Poole, UK; Product no 289396) by modification of the method described by Schilling \textit{et al.}\textsuperscript{32} Briefly, a uniform (10\% w/v) HA suspension was prepared in acetone. It was homogenized prior to transfer (60 μL) into each well of the microtitre plate. The plates were maintained on an orbital shaker set at 200 rpm and in 37 °C incubator for 15 min. After drying, loose HA powder was removed by tapping the plate, which was then washed twice in PBS and dried overnight at 37 °C. Before use, the plates were sterilized by soaking in 70\% ethanol for 10 min, washed, dried and placed in an ultraviolet cabinet for 30 min.

Adsorption of (poly)phenols to the substrate HA

Adsorption affinity of PPs was assessed following the method of Shellis \textit{et al.},\textsuperscript{13} with slight modifications. Briefly, 1.5 mL stock solutions (50 μg mL\textsuperscript{−1}) of selected PPs \((n = 10)\) were added into Eppendorf tubes containing 200 mg of fresh HA powder. Appropriate controls (PPs without HA) and blanks (HA and water) were also included. PPs were allowed to adsorb onto HA by incubating for 1 h at room temperature with occasional inversion and protection from light. After incubation, PP/HA suspensions were centrifuged at 5000 g for 5 min and the supernatants analysed for total phenol content using the Folin–Ciocalteau method.\textsuperscript{34} The total amount of PPs adsorbed per gram of HA \((\mu g \text{ g}^{-1}\text{ of HA})\) was determined by measuring the difference in PP concentration between sample
Effect of selected (poly)phenols adsorption to HA on adhesion of *S. mitis*

A viability assay based on reduction of resazurin by metabolically active cells was used to assess the effect of PP adsorption on HA-coated plates (biofilm substrate), prior to adhesion of *S. mitis* and biofilm formation. First, artificial saliva (AS) was prepared by adding porcine stomach mucin (0.25% w/v), sodium chloride (0.35 w/v), yeast extract (0.2 w/v), yeast extract (0.2 w/v), Lab-Lemco powder; meat extract made from specially selected raw materials to enhance bacterial growth in media (0.1 w/v; Oxoid, Cambridge, UK; product code LP0029), proteose peptone (0.5 w/v) into ddH2O (Sigma, Poole, UK). This was sterilised by autoclaving prior to addition of urea (0.05% w/v), with a final pH of 7.4. Subsequently, AS containing PMIC concentration of selected PPs was added to each well of a HA-coated 96 well plate. Plates were sealed with adhesive lids and stored at 4 °C overnight to allow adsorption. The following day, PP solutions were removed by pipetting, and excess media allowed to evaporate in a laminar flow cabinet. Thereafter, standardized (1 × 10⁷ cells mL⁻¹) *S. mitis* suspension in AS was added to the wells. The bacteria were allowed to adhere for 4 h at 37 °C. After incubation, non-adherent cells were removed by rinsing the wells twice with PBS before adding TSB containing 10% (v/v) AlamarBlue® (Life Technologies Ltd, Paisley, UK). The plate was incubated for 2 h at 37 °C, after which the AlamarBlue® suspension was transferred into a clean microtitre plate, and the absorbance measured at 570 and 600 nm using a microplate reader (FluoStar Omega, BMG Labtech, UK). A percentage reduction in biofilm viability was calculated as described previously. The experiment was performed on two different occasions using six replicates.

Effect of (poly)phenols on metabolic activity and ultra-structure changes in a mature, multi-species, pathogenic biofilm

The effect of selected PPs on the metabolic activity of a mature multi-species biofilm was assessed using an *in vitro* biofilm model developed by our group. Biofilms were formed on pre-sterilised, HA discs (Clarkson Chromatography Products Inc., Williamson, PA, USA). To produce multi-species biofilm, 500 μL of standardized (1 × 10⁸ CFU mL⁻¹) *S. mitis* (pioneer species) inoculum in AS was added to 24-well plates containing HA discs and incubated at 37 °C, in 5% CO₂ for 24 h. Following incubation, the supernatant was removed and fresh AS containing standardized *F. nucleatum* added, which was then incubated anaerobically for 24 h at 37 °C. The supernatant was removed and standardised *P. gingivalis* and *A. actinomycetemcomitans* added. The plates were incubated anaerobically for a further four days with fresh AS replaced daily. On the seventh day, the biofilms were washed twice with PBS before addition of fresh AS containing PMIC concentration of the selected PPs. After 24 h incubation, the metabolic activity of the cells was assessed using the AlamarBlue® assay, as described above.

To assess ultra-structural change of biofilms following PP treatment, scanning electron microscopy (SEM) was performed on PP-treated, mature, multispecies biofilms and untreated controls. Briefly, cells were standardised as described above, and grown directly onto ThermaNox™ coverslips (Nunc, Roskilde, Denmark) to allow biofilm formation. Following maturation, biofilms were carefully washed with PBS and treated with PMIC concentrations of the selected PPs for 24 h. Following treatment, biofilms were again washed with PBS and then fixed in 2% para-formaldehyde, 2% gluteraldehyde and 0.15 M sodium cacodylate, and 0.15% w/v Alcian Blue, pH 7.4, and prepared for SEM as previously described. The specimens were sputter-coated with gold and viewed under a JEOL JSM-6400 scanning electron microscope. Images were assembled using Photoshop (Adobe, San Jose, CA, USA).

Statistical analysis

Data distribution and statistical analysis was performed using GraphPad Prism (Version 5; LaJolla, CA, USA). Unpaired *t*-tests were used to assess differences between two independent samples. Statistical significance was achieved if *p* < 0.05.

Results

Effect of (poly)phenols on planktonic growth of test strains

We first set out to screen a panel of PPs on our test organisms to determine if any showed antimicrobial activity. An indicative selection of 48 PPs from two major groups, flavonoids (*n* = 27) and non-flavonoids (*n* = 21) were selected. Based on solubility, a range of serial double dilutions of each PP was tested, and the PMIC and PMBC determined (Table 1). All PPs tested displayed antimicrobial activity against one or more test strains, except for kaempferol-3-glucuronide, epicatechin, malvin
### Flavonoids

| Compounds                  | Range tested | MIC | MBC |
|----------------------------|--------------|-----|-----|
| Quercetin                  | 9.7–500      | 250 | >500|
| Quercetin-3-O-glucoside    | 9.88–250     | >250| >250|
| Quercetin-3-O-glucuronide  | 9.88–250     | >250| >250|
| Kaempferol 3-O-rutinoside  | 9.24–125     | >125| >125|
| Kaempferol 3-O-glucuronide | 9.88–250     | >250| >250|
| Kaempferol 7-O-neohesperidoside | 9.24–125 | >125| >125|

### Flavanones

| Compounds                  | Range tested | MIC | MBC |
|----------------------------|--------------|-----|-----|
| Naringenin                 | 9.7–1500     | 162.5| 325 |
| Naringin                   | 9.7–1500     | >1500| >1500|
| Rutin hydrate              | 9.97–500     | 500 | >500|
| Hesperetin                 | 9.97–500     | 125 | 62.5|
| Hesperidin                 | 9.97–500     | >500| 31.25|

### Anthocyanins

| Compounds                  | Range tested | MIC | MBC |
|----------------------------|--------------|-----|-----|
| Malvidin                   | 9.88–250     | >250| >250|
| Malvidin 3-O-galactoside   | 9.88–250     | >250| >250|
| Pelargonidin               | 9.97–500     | >500| 62.5|
| Pelargonidin               | 9.88–250     | >250| >250|

### Flavones

| Compounds                  | Range tested | MIC | MBC |
|----------------------------|--------------|-----|-----|
| Apigenin                   | 9.88–250     | >250| >250|

### Isoflavonoids

| Compounds                  | Range tested | MIC | MBC |
|----------------------------|--------------|-----|-----|
| Daidzein                   | 9.88–250     | >250| >250|

### Phenolics

| Compounds                  | Range tested | MIC | MBC |
|----------------------------|--------------|-----|-----|
| Pyrocatechol               | 9.88–250     | 312.5| 312.5|
| Resorcinol                 | 9.88–250     | 125 | 125 |
| Phloroglucinol             | 9.88–250     | 150 | 150 |
| Pyrogallol                 | 9.88–250     | 9.76| 19.5|
| Curcumin                   | 9.39–200     | 62.5| 200 |

*Range of test concentration, All MIC values are in μg mL^{-1}. A actinom. = A. actinomycetemcomitans.
antibacterial potential (lower PMIC) of pyrogallol (1,2,3-tri-
ring (Table 3). The antibacterial activity was also dependent on
with increasing number of OH groups attached to the benzene
A. actinomycetemcomitans
ism most susceptible to a broad range of PPs (Table 3). The presence of pyrogallol (3,4,5-trihydroxybenz-
higher PMIC values. A similar trend was observed for other
SD) to PPs were observed among the test strains (Table 2 and
2×PMIC. Wide variations in the susceptibility (mean MIC ±
range 15.6 μ
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1, against all test strains. The highest activity
was shown against P. gingivalis (PMIC = 7.81 μg mL⁻¹) and
A. actinomycetemcomitans (PMIC = 15.62 μg mL⁻¹). Curcumin
was followed by pyrogallol (very wide PMIC range; 2.4–2500 μg/mL⁻¹), pyrocatechol (PMIC range 4.88–312.5 μg/mL⁻¹) and
quercetin (PMIC range 31.25–500 μg mL⁻¹). Apigenin and
daizzein were effective only against anaerobic bacteria (PMIC
range 15.6–125 μg mL⁻¹ and 500 μg mL⁻¹, respectively) at the
concentrations tested.

The PMBC for the majority of PPs was either the same or
2×PMIC. Wide variations in the susceptibility (mean MIC ±
SD) to PPs were observed among the test strains (Table 2 and
Fig. 1). A. actinomycetemcomitans showed highest susceptibility
(p < 0.05) to test PPs, with a mean PMIC of 341 ± 393 μg mL⁻¹
compared with S. mitis (1027 ± 916 μg mL⁻¹, p < 0.001), P. gingivalis (691 ± 811 μg mL⁻¹, p < 0.05) and F. nucleatum (941 ±
895 μg mL⁻¹, p < 0.001) (Table 2). The order of PPs susceptibility
of the test strain was A. actinomycetemcomitans > P. gingivalis > F. nucleatum > S. mitis.

Relationship between (poly)phenols structure and
antibacterial activity

In order to assess structure–function relationship, the organism
most susceptible to a broad range of PPs (A. actinomy-
cometemcomitans) was studied.

Antimicrobial activity increased considerably (lower MICs)
with increasing number of OH groups attached to the benzene
ring (Table 3). The antibacterial activity was also dependent on
the location of the OH group. This was reflected in the higher
antibacterial potential (lower PMICs) of pyrogallol (1,2,3-tri-
hydroxybenzene; PMIC 2.4 μg mL⁻¹) and pyrocatechol (1,2-di-
hydroxybenzene; PMIC 4.8 μg mL⁻¹), having the same structure
as phloroglucinol (1,3,5-trihydroxybenzene; PMIC 137.5 μg
mL⁻¹) and resorcinol (1,3-dihydroxybenzene; PMIC 1250 μg
mL⁻¹) respectively, but different hydroxylation pattern and
higher PMIC values. A similar trend was observed for other
PPs (Table 3). The presence of pyrogallol (3,4,5-trihydroxybenzy-
ol) group in the chemical structure of PPs also increased the
antibacterial activity. For example, flavan-3-ols containing a
pyrogallol (1,2,3-trihydroxybenzene) moiety in their structure
(highest concentration tested: 250 μg ml⁻¹), theaflavin and pro-
cyandin B2 (highest concentration tested: 125 μg ml⁻¹).

Among all the PPs tested, curcumin was the most potent
inhibitor of planktonic growth, with an MIC range of
7.81–62.5 μg mL⁻¹, against all test strains. The highest activity
was shown against P. gingivalis (PMIC = 7.81 μg mL⁻¹) and
A. actinomycetemcomitans (PMIC = 15.62 μg mL⁻¹). Curcumin
was followed by pyrogallol (very wide PMIC range; 2.4–2500 μg/mL⁻¹), pyrocatechol (PMIC range 4.88–312.5 μg/mL⁻¹) and
quercetin (PMIC range 31.25–500 μg mL⁻¹). Apigenin and
daizzein were effective only against anaerobic bacteria (PMIC
range 15.6–125 μg mL⁻¹ and 500 μg mL⁻¹, respectively) at the
concentrations tested.

Fig. 1 Scatter dot plot with individual MICs of individual effective PPs in each subgroup (flavonoids n = 27, non-flavonoids n = 21). Line represent mean of all PP against the test strain. Aa = A. actinomyce-
temcomitans, Sm = S. mitis, Pg = P. gingivalis, Fn = F. nucleatum.

Effect of selected (poly)phenols on single-species S. mitis
biofilms

Given that S. mitis is one of the key pioneer species in dental
plaque biofilm and is required for subsequent complex

Table 2 Comparison of mean minimum inhibitory concentration (PMIC) of (poly)phenols for different test strains*

| Parameter | S. mitis | A. actinomycetemcomitans | P. gingivalis | F. nucleatum |
|-----------|----------|---------------------------|--------------|-------------|
| No of effective PPs | 23/48 | 35/48 | 40/48 | 35/48 |
| Range | 9.76–2500 | 2.4–1250 | 7.81–2500 | 31.25–2500 |
| MIC | 1027 ± 916*** | 341 ± 393 | 691 ± 811* | 941 ± 895*** |

*All MIC Values are given as Mean ± S.D. (μg mL⁻¹). Significant difference between MIC of A. actinomyce-
temcomitans compared with other test strains. *p < 0.05, ***p < 0.001 (T test).
biofilm formation and maturation, we wanted to determine if these PPs had the capacity to inhibit different stages of *S. mitis* biofilm.

The potential for PPs to adsorb onto HA, a key constituent of tooth enamel was tested. After 1 h incubation, the amount of PP adsorbed ranged from 1–66.5 μg g⁻¹ HA. Compared with the control, a significant adsorption was observed for curcumin (p < 0.001), EGC (p < 0.05), EGCG (p < 0.001), and pyrogallol (p < 0.01) (Fig. 2). Other PPs (gallic acid, 3,4-dihydroxyphenyl acetic acid, naringenin, quercetin, hesperetin and pyrocatechol) did not show any significant adsorption onto HA.

Adsorption of PP onto substrate (HA coated, 96-well plate) with the ten selected PPs (at PMIC) resulted in differential suppression of *S. mitis* biofilms (Fig. 3). Biofilm suppression ranged from 1 to 12% of the untreated control, with significant (p < 0.05) inhibitory activity shown by quercetin only (12%).

The ten selected PPs were also tested at their PMIC against maturation of *S. mitis* biofilms. Decreased viability (3–10%) in biofilms was observed following treatment with gallic acid (p < 0.01), curcumin (p < 0.001), hesperetin (p < 0.001), and pyrocatechol (p < 0.001) compared with untreated controls.
(Fig. 4). Other PPs (3,4-dihydroxyphenylacetic acid, quercetin, EGC, EGCG and pyrogallol) showed no significant effect on biofilm maturation.

A summary of the levels at which the ten selected PPs were effective in relation to adsorption to substrate and inhibition of biofilm formation or maturation is given in Table 5. It is interesting to note that none of the ten PPs were significantly involved in all three steps (adsorption, inhibition of formation or maturation).

Bactericidal effect of curcumin and quercetin on mature, multi-species, pathogenic biofilm and ultrastructure changes

The metabolic activity of complex 4-species biofilms was significantly decreased ($p < 0.05$) in curcumin-treated biofilms.
compared with controls, but not quercetin-treated biofilms (Fig. 5A). SEM analysis of mature, multi-species biofilms treated with curcumin and quercetin are shown in Fig. 5B–D.

Untreated biofilms covered the entire coverslip with all strains (S. mitis, A. actinomycetemcomitans, P. gingivalis & F. nucleatum) clearly visible and embedded in extracellular matrix (Fig. 5B), whereas curcumin-treated biofilms predominantly contain S. mitis (Fig. 5C) with no extracellular matrix visible. Biofilms treated with quercetin showed loss of biomass compared with untreated controls, and lack of F. nucleatum and extracellular matrix (Fig. 5D). Bacteria, especially P. gingivalis, appeared to swell and rupture (Fig. 5D, inset).

Discussion

Global prevalence of PD, coupled with partial effectiveness of current treatments (due to development of antibiotic resistance), poses a significant challenge to scientists and oral health professionals across the world. There is, therefore, an opportunity for identification and testing of natural, alternative, therapeutic agents for prevention and/or management of the disease. Here, we have reported the antibacterial potential of PPs against key periodontal pathogens, which may be helpful in the prevention and possibly management of PD.

An important consideration for cell-based assays involving PPs is their solubility. Many PPs are water insoluble and solvents such as dimethyl sulfoxide (DMSO), methanol or ethanol are often used. However, the antibacterial activity of these solvents can often interfere with the interpretation of the data. Keeping these limitations in mind, we first confirmed that DMSO in the concentration of 2.5% (v/v) was the most suitable solvent, having no discernible effect on the growth of the test strain (data not shown).

Previously reported PMICs of PPs against P. gingivalis were noticeably different from our data (Table 1), i.e. gallic acid (MIC = 1 mg mL⁻¹), quercetin (250 mg mL⁻¹), naringin (250 mg mL⁻¹), EGCG (500 μg mL⁻¹) and EGC (1000 μg mL⁻¹). This is, most probably, due to variations in the methods used for susceptibility testing, some authors have used the agar dilution method, different test strains, and sources of PP (commercial or natural).

A species-dependent susceptibility of periodontal pathogens to PPs was observed, where the PMIC for Gram negative test strains (A. actinomycetemcomitans, P. gingivalis & F. nuclea-
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Collectively our observations provide evidence that the PPs tested in this study may be important in preventing oral microbial diseases and maintaining oral health. Potential routes for exploitation of PPs beneficial activities (antibacterial potential) include dietary intervention and pharmaceutical preparations. For the most active PPs, the PMICs were less than 100 μg mL⁻¹ which can be achieved through diet as they are present in commonly consumed foods. For example, tea (green, black, oolong), turmeric and onions are rich sources of curcumin, EGCG and quercetin. It is estimated that one cup of tea (240 mL) contain 240 mg of EGCG. Moreover, the estimated daily intake of turmeric in Nepal and India is approximately 1500–2500 mg per day corresponding to 50–100 mg of curcumin. In the Dutch population, the estimated flavonoid intake, of which 70% is quercetin, is about 34 mg per day. Oral availability of PP can be potentiated by their ability to adsorb onto the tooth surface.

Collectively our observations provide evidence that the PPs tested in this study may be important in preventing oral microbial diseases and maintaining oral health. Potential routes for exploitation of PPs beneficial activities (antibacterial potential) include dietary intervention and pharmaceutical preparations. For the most active PPs, the PMICs were less than 100 μg mL⁻¹ which can be achieved through diet as they are present in commonly consumed foods. For example, tea (green, black, oolong), turmeric and onions are rich sources of curcumin, EGCG and quercetin. It is estimated that one cup of tea (240 mL) contain 240 mg of EGCG. Moreover, the estimated daily intake of turmeric in Nepal and India is approximately 1500–2500 mg per day corresponding to 50–100 mg of curcumin. In the Dutch population, the estimated flavonoid intake, of which 70% is quercetin, is about 34 mg per day. Oral availability of PP can be potentiated by their ability to adsorb onto the tooth surface.

Collectively our observations provide evidence that the PPs tested in this study may be important in preventing oral microbial diseases and maintaining oral health. Potential routes for exploitation of PPs beneficial activities (antibacterial potential) include dietary intervention and pharmaceutical preparations. For the most active PPs, the PMICs were less than 100 μg mL⁻¹ which can be achieved through diet as they are present in commonly consumed foods. For example, tea (green, black, oolong), turmeric and onions are rich sources of curcumin, EGCG and quercetin. It is estimated that one cup of tea (240 mL) contain 240 mg of EGCG. Moreover, the estimated daily intake of turmeric in Nepal and India is approximately 1500–2500 mg per day corresponding to 50–100 mg of curcumin. In the Dutch population, the estimated flavonoid intake, of which 70% is quercetin, is about 34 mg per day. Oral availability of PP can be potentiated by their ability to adsorb onto the tooth surface.
Where adequate intake cannot be achieved by diet alone, there are opportunities to use PPs for pharmaceutical development of oral healthcare products. Indeed, PPs containing toothpaste and dental gel are available in the market (AO ProToothpaste, AO ProVantage dental gel and Antioxidant Oral Care System marketed by PERICOSCIENCES\textsuperscript{22}) containing natural (poly)phenols (phloretin & ferrulic acid) with no clinical data so far supporting a PP-specific effect on oral health. A key consideration for oral healthcare is the potential for tooth staining, which was demonstrated for tea polyphenolic extracts.\textsuperscript{33,61} Preparation of synthetic analogues with superior or optimal therapeutic properties without staining risk may be more suitable.\textsuperscript{62}

We have demonstrated the antibacterial potential of PPS of PPs in the prevention and treatment of periodontal diseases.

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