

# Table of Contents

|  |      |
|--|------|
| Table of Contents.....   | i    |
| Preliminary Remarks .....  | v    |
| List of Abbreviations .....  | v    |
| List of Publications .....   | viii |
| Conferences.....   | ix   |
| Declaration of Contribution as Co-Author .....                             | x    |
| Chapter 1.....   | 1    |
| General Introduction.....  | 1    |
| 1 Flavonoids.....  | 1    |
| 1.1 General Information .....  | 1    |
| 1.1.1 Flavonols.....   | 3    |
| 1.1.2 Anthocyanins .....   | 4    |
| 1.2 Nutritional Importance of Flavonoids .....                             | 7    |
| 1.2.1 Health-promoting Effects.....  | 7    |
| 1.2.2 Absorption, Metabolism and Transport.....                            | 11   |
| 2 Bioavailability and Bioaccessibility .....                               | 15   |
| 2.1 History and Definition of Bioavailability and Bioaccessibility .....   | 15   |
| 2.2 Methods to Assess Flavonoid Bioavailability and Bioaccessibility ..... | 16   |
| 2.2.1 In vitro.....  | 17   |
| 2.2.2 In vivo .....  | 18   |
| 3. Peptidases and Proteolysis .....  | 20   |
| 4. Method Validation .....   | 21   |
| 4.1 Validation guidelines.....   | 22   |

|  |    |
|--|----|
| 4.2 Validation parameters.....   | 24 |
| 5 Aims of the Thesis .....   | 25 |
| 6. References .....  | 28 |
| Chapter 2.....   | 39 |
| An Innovative Approach to the Preparation of Plasma Samples for UHPLC–MS<br>Analysis * | 39 |
| 1 Introduction.....  | 39 |
| 2 Materials and Methods.....   | 42 |
| 2.1 Chemicals and Reagents.....  | 42 |
| 2.2 Preparation of Stock Solutions .....   | 43 |
| 2.3 Sample Preparation.....  | 43 |
| 2.4 UHPLC–MS Analysis .....  | 45 |
| 2.5 Validation .....   | 46 |
| 2.5.1 Linearity, Limits of Detection and Quantification .....                          | 46 |
| 2.5.2 Recovery and Repeatability .....   | 46 |
| 2.5.3 Precision.....   | 47 |
| 2.5.4 Robustness .....   | 47 |
| 2.6 Statistics.....  | 47 |
| 3 Results and Discussion.....  | 47 |
| 3.1 Effects of Solvents.....   | 48 |
| 3.2 Suitability of Enzymes and Optimization of Enzyme–Protein Ratios.....              | 48 |
| 3.3 Inactivation of Enzymes and Protein Precipitation .....                            | 51 |
| 3.4 Validation .....   | 52 |
| 4 Funding .....  | 56 |
| 5 References .....   | 58 |

|   |    |
|---|----|
| Chapter 3.....  | 63 |
| Development and Validation of Methods for the Determination of Anthocyanins in Physiological Fluids via UHPLC-MS <sup>n</sup> * ..... | 63 |
| 1 Introduction.....   | 64 |
| 2 Results and Discussion.....   | 68 |
| 2.1 Anthocyanidins in Urine.....  | 68 |
| 2.2 Anthocyanins in Plasma .....  | 75 |
| 3 Materials and Methods.....  | 78 |
| 3.1 Chemicals and Reagents.....   | 78 |
| 3.1.1 Stock Solutions .....   | 79 |
| 3.2 Sample Preparation.....   | 80 |
| 3.2.1 Urine.....  | 80 |
| 3.2.2 Plasma .....  | 80 |
| 3.3 UHPLC–MS .....  | 81 |
| 3.5 Statistics.....   | 82 |
| 4 Funding .....   | 83 |
| 5 Acknowledgements.....   | 83 |
| 6 References .....  | 83 |
| Chapter 4.....  | 89 |
| Concluding Remarks .....  | 89 |
| 1. Plasma Sample Processing via Enzymatic Proteolysis.....  | 89 |
| 2. Urine Sample Processing by Concentrating via Evaporation.....  | 92 |
| 3. References .....   | 95 |
| Suffix .....  | 99 |
| Summary.....  | 99 |

|                       |     |
|-----------------------|-----|
| Zusammenfassung ..... | 101 |
| Acknowledgement ..... | 103 |