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# Provitamins and vitamins D<sub>2</sub> and D<sub>3</sub> in *Cladina* spp. over a latitudinal gradient: possible correlation with UV levels

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## Abstract

Provitamin D<sub>2</sub>, vitamin D<sub>2</sub> and vitamin D<sub>3</sub> were identified in the thallus of a lichen species, *Cladina arbuscula* (Wallr.) Hale and W.L. Culb. The identification of vitamin D<sub>3</sub> was supported by: (1) co-chromatography in both reverse and straight phase HPLC (high performance liquid chromatography), (2) ultraviolet absorption spectrum, and (3) molecular ion peaks demonstrated by ESI (electrospray ionisation) mass spectrometry. The contents of vitamin D<sub>3</sub> range from 0.67 to 2.04 mg/g dry matter in the thalli of *C. arbuscula* specimens grown under different natural conditions, while provitamin D could not be detected. The ranges for provitamin D and vitamin D<sub>2</sub> were 89–146 and 0.22–0.55 mg/g dry matter, respectively, while the contents of provitamin D were below the detection limit (0.01 mg/[g dry matter]). When *C. arbuscula* thalli collected at different latitudes from northern Finland to Greece were compared, a positive correlation of vitamin D and D<sub>2</sub> contents with modelled UV-B radiation at the collection sites was found. A single sample of *C. rangiferina* from northern Finland gave much higher values for the vitamins. A possible reason could be the lower content of UV-B absorbing pigment in the latter species.

**Keywords:** Cholecalciferol; *Cladina rangiferina*, *Cladina arbuscula*; ESI-MS; Provitamin D, Vitamin D; UV-B

## 1. Introduction

Since provitamin D<sub>3</sub> (7-dehydrocholesterol) was initially isolated from swine skin and was postulated to be the precursor of vitamin D<sub>3</sub> (cholecalciferol) [1], much research has been conducted to isolate, identify and understand the physiological functions of vitamin D<sub>3</sub> in mammals. Vitamin D<sub>3</sub> (OH)<sub>2</sub> plays an important role in the regulation of intestinal calcium and phosphorus absorption, calcium mobilization from bone and renal reabsorption of calcium and phosphorus. With the discovery of a vitamin D receptor, some new functions of vitamin D<sub>3</sub> have been found, such as modulation of osteoclast differentiation, suppression of parathyroid cell growth and parathyroid hormone gene expression, and effects on the growth and differentiation of keratinocytes in skin [2–4].

As vitamin D<sub>3</sub> is the form synthesized by vertebrates, it is often referred to as ‘animal vitamin D’, in contrast to vitamin D<sub>2</sub>, ‘plant vitamin D’. Actually, this is a misconception; vitamin D<sub>3</sub> and vitamin D<sub>3</sub>-like substances have been found in a variety of plants. Vitamin D<sub>3</sub> has been identified in the leaves of *Cestrum diurnum*, *Lycopersicon*

*esculentum*, *Solanum malacoxylon*, *Solanum tuberosum* (Solanaceae) and *Cucurbita pepo* (Cucurbitaceae) [5–7], as well as in tissues of the alfalfa plant (*Medicago sativa*) [8], and the grasses *Dactylis glomerata* and *Trisetum flavescens* [9]. Moreover, in the leaves of *S. malacoxylon*, *L. esculentum*, *C. diurnum* and *Trisetum flavescens*, pollen of *Pinus nigra* and *Pinus sylvestris* not only free vitamin D<sub>3</sub> but also its hydroxylated metabolites have been detected [5–7,10–12]. In *S. malacoxylon*, vitamin D<sub>3</sub> may be hydroxylated by a similar pathway as in animals [12]. It has been suggested that the synthesis of vitamin D in plants is similar to the photolytic reactions occurring in the skin of vertebrates [9,13], but in some plants or plant cells vitamin D<sub>3</sub> can be formed also without the action of ultraviolet-B radiation ([14] and own results to be published separately). The biological functions of vitamin D<sub>3</sub> and its metabolites in plants remain unclear.

Compared to the plant taxa mentioned above, limited information is available on the vitamin D<sub>3</sub> contents in lichens. *Cladina* is the second largest genus in the family Cladoniaceae [15]. It comprises 40 species, some of them (for example, *C. rangiferina*, *C. arbuscula* and *C. mitis*) being the most important winter food of reindeer and caribou, therefore commonly referred to as ‘reindeer lichens’. To our knowledge no vitamin D<sub>3</sub> data have been reported for this genus. In the present study, vitamin D<sub>3</sub> in the thalli of *Cladina arbuscula* (Wallr.) Hale and W.L. Culb. grown under different natural conditions was identified and determined by utilizing high performance liquid chromatography (HPLC), electrospray ionisation mass spectrometry (ESI-MS) and UV spectrophotometry. The results indicate that the biosynthesis of vitamin D<sub>3</sub> in *C. arbuscula* is a light-dependent process. The established method can be applied to further investigation of vitamin D<sub>3</sub> content in other closely related lichens.

## 2. Materials and methods

### 2.1. Materials

The places and the dates of the collections of *Cladina arbuscula* (Wallr.) Hale and W.L. Culb. and *Cladina rangiferina* (L.) Nyl. samples analysed in this study are listed in Table 1.

### 2.2. Chemicals

Standard provitamin D<sub>2</sub> (ergosterol), vitamin D<sub>2</sub> (ergocalciferol), provitamin D<sub>3</sub> (7-dehydrocholesterol) and vitamin D<sub>3</sub> (cholecalciferol) were purchased from Sigma Chemical Co., St. Louis, USA. Chloroform (HPLC application-stabilized) used for extraction, acetonitrile, methanol, isopropanol and *n*-hexane (HPLC-grade) used for HPLC were from Labscan Ltd., Dublin, Ireland. Ammonium acetate (Guarantee analysis) was purchased from Riedel-de Haen, Seelze, Germany.

### 2.3. Sample preparation for reverse phase HPLC

The dry thallus of *Cladina arbuscula* was finely ground by using a mortar and pestle. For each gram powder, 10 ml chloroform was used for extraction. The extract was filtered, the filtrate collected and the residue re-extracted. The combined filtrates were evaporated. The dried residue was redissolved in acetonitrile–methanol (50:50) and stored at 22°C

until further analysis.

Provitamin D<sub>2</sub> and vitamin D<sub>2</sub> and vitamin D<sub>3</sub> contents of *Cladina arbuscula* (Wallr.) Hale and W.L. Culb. (first five lines) and *Cladina rangiferina* (L.) Nyl. (Rovaniemi, last line) samples<sup>a</sup>

Table 1.

Place			Date of collection	Contents mg (g dry weight) <sup>-1</sup> of		
				provit. D <sub>2</sub>	vitamin D <sub>2</sub>	vit. D <sub>3</sub>
Sithonia, Greece	40.08N 23.88E	Open place	23-09-1999	149	0.57	1.73
						1.84b
Friseboda, Sweden	55.88N 14.28E	Deep shade	17-09-2000	106	0.54	1.04
Friseboda, Sweden	55.88N 14.28E	Open place	16-09-2000	112	0.46	1.24
Vombs Fure, Sweden	55.78N 13.68E	Sparse forest	16-09-2000	120	0.43	1.12
ˆˆSodankylä, Finland	67.48N 26.68E		26-09-2000	91	0.23	0.67
Rovaniemi, Finland	66.58N 25.78E	Sparse forest	05-10-2000	99	0.49	2.04

a Values are means of duplicate determinations differing by up to 20%.

b Two independent experiments, each with duplicate determinations.

#### 2.4. Assay of provitamins and vitamins D<sub>2</sub> and D<sub>3</sub>

Assay of provitamins and vitamins D<sub>2</sub> and D<sub>3</sub> by HPLC was carried out by a method modified from Ref. [16]. The extract was first subjected to reverse phase HPLC, after which the fractions having retention times corresponding to the substances to be assayed were rechromatographed by direct phase HPLC. The chromatography was monitored by UV absorption at 265 nm. Details will be described elsewhere.

#### 2.5. Ultraviolet spectroscopic measurements

The ultraviolet absorption spectra of the vitamin D<sub>3</sub> standard and the putative vitamin D<sub>3</sub> fraction from the second straight phase HPLC were measured with a UV–VIS recording spectrophotometer (Shimadzu Corporation, UV-160A, Japan).

### 2.6. Electrospray ionisation mass analyses

Mass spectrometry was performed on a Hewlett Packard 5989B MS Engine (Hewlett Packard, Palo Alto, USA) quadrupole mass spectrometer, equipped with a high energy conversion dynode detector and operated in the positive ion mode. The quadrupole was scanned from  $m/z$  30 to 750 at  $1 \text{ scan s}^{-1}$ . The samples were introduced into the electrospray ionization source with a syringe pump. Details will be given elsewhere.

### 2.7. Estimation of ambient UV-B exposure

Expected daily ambient UV-B exposure (time-integrated plant-weighted irradiance) at the top of the vegetation under cloud-free conditions was calculated for the day of sample collection using the programme of Björn and Murphy [17].

## 3. Results

### 3.1. UV spectrum of the vitamin D<sub>3</sub> fraction

The fraction corresponding to vitamin D<sub>3</sub> from the second straight phase analytical HPLC was collected for determining the UV absorption spectrum in the region 220 to 320 nm. As shown in Fig. 1, the spectrum had a maximum at 265 nm and minimum absorption at 228 nm, coinciding with the pattern of the spectrum of the standard. This demonstrated that a vitamin D-like *cis*-5,7,10(19)-triene chromophore was present in the fraction.

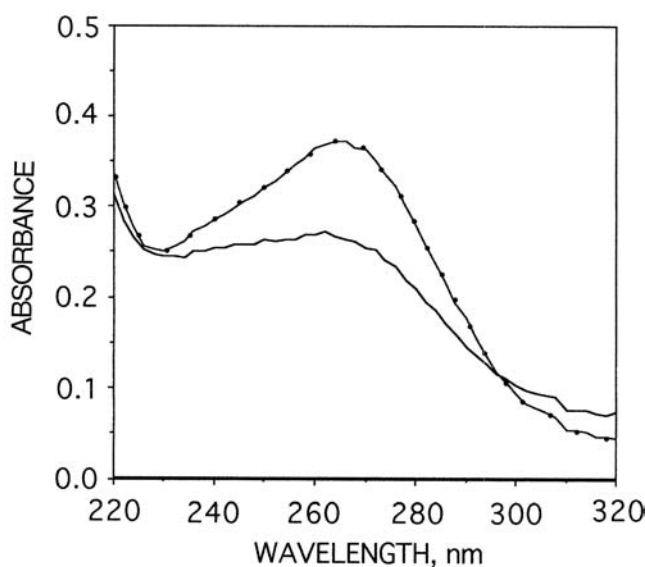


Fig. 1. Ultraviolet spectra of the putative vitamin D<sub>3</sub> fraction from *C. arbuscula* purified by two successive steps of HPLC (plain line) and standard vitamin D<sub>3</sub> (line with dots).

### 3.2. ESI mass analysis

Fig. 2 presents the mass spectrum of the vitamin D<sub>3</sub> isolate. Seven molecular ion signals were detected in the region between  $m/z$  100 and  $m/z$  700. The peak at  $m/z$  385.4 attested that the sample contained vitamin D<sub>3</sub>.

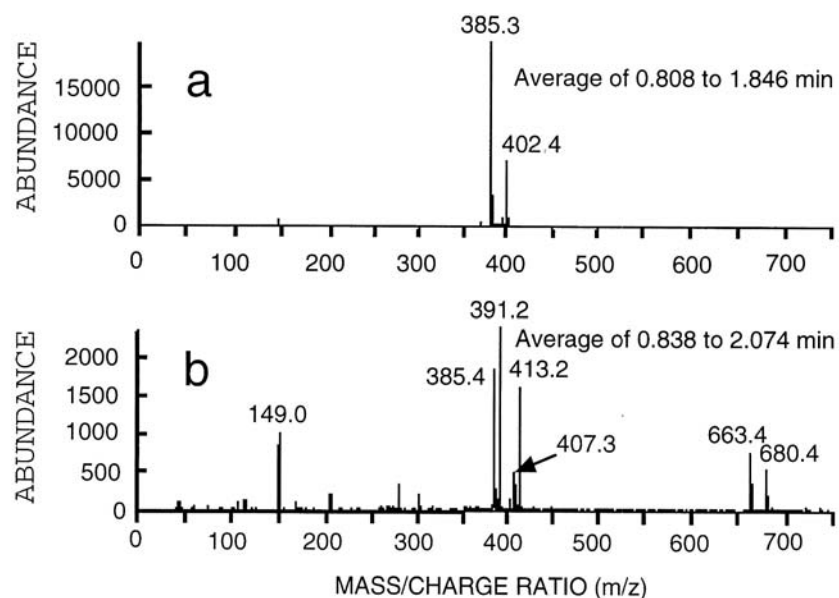


Fig. 2. ESI-MS analyses of authentic vitamin D (a) and *C. arbuscula* sample (b). Peaks at  $m/z$  385.3 and  $m/z$  402.4 represent  $[M-H]^+$  and  $[M-NH_4]^+$ , respectively. The peak at  $m/z$  385.4 shows that the sample contains vitamin D<sub>3</sub>.

### 3.3. Contents of provitamin and vitamins D<sub>2</sub> and D<sub>3</sub> in the *Cladonia arbuscula* field samples

Four grams of *C. arbuscula* or *C. rangiferina* thallus were needed for each assay of the vitamin D<sub>3</sub> content by the external standard method using vitamin D<sub>3</sub> solution of known concentration. The contents of vitamin D<sub>3</sub> quantified by HPLC range from 0.67 to 2.04 mg (gdry matter)<sup>-1</sup> in the thalli of *C. arbuscula* samples (Table 1). The recovery of vitamins D<sub>2</sub> and D<sub>3</sub> by the HPLC was 97 and 96%, respectively, and that of provitamins D<sub>2</sub> and D<sub>3</sub> 98% and 99%, respectively. While the contents of provitamin D<sub>3</sub> were below the detection limit (0.01 mg g [dry matter]<sup>-1</sup>), the contents of provitamin D<sub>2</sub> were much higher than those of the corresponding vitamin.

In Fig. 3 the vitamin content of *C. arbuscula* is correlated with the plant-weighted UV-B radiation dose from morning till noon computed for cloudless skies.

## 4. Discussion

The finding of vitamin D<sub>3</sub> in the thallus of *C. arbuscula* was conclusively supported by: (1) co-chromatography in both reverse phase and straight phase HPLC which was carried out under quite different experimental conditions, (2) UV-spectrum showing the characteristic absorption unique to vitamin D and its derivatives and (3) intact parent molecular weight (384.4) information consistent with vitamin D<sub>3</sub> calculated from ESI mass spectrum. To our knowledge vitamin D<sub>3</sub> has not been found in lichens before.

In the skin of vertebrate animals and humans, vitamin D is formed by the processes: Provitamin D  $\rightarrow$  Previtamin D  $\rightarrow$  Vitamin D. The conversion of provitamin D to pre-vitamin D is a photochemical reaction requiring ultraviolet B photons. In the grass, *Trisetum flavescens* [9], as well as in tomato leaves [18,19], vitamin D<sub>3</sub> is formed only under UV-irradiation, which suggests a similar mechanism of vitamin D<sub>3</sub> biosynthesis in plants as that in the vertebrate and human skin [13]. There is a positive correlation between the vitamin D<sub>3</sub> content of *C. arbuscula* and the calculated UV-B exposure at the place and day of sample collection (Fig. 3), and also between vitamin D content and the UV-B exposure during several weeks before collection (not shown). However, the correlation between vitamin D content and UV-A exposure (not shown) is almost as strong. Thus the data are compatible with the view that vitamin D synthesis in the lichen is a UV-B dependent process, but no firm dependence on UV-B has been established. The content of provitamin D in the thallus of *C. arbuscula* is below the detection limit when the same experimental procedures were utilized for investigation. One possible explanation is that in vivo this provitamin is glycosylated or bound in some other way, such that it is not extracted with our procedure.

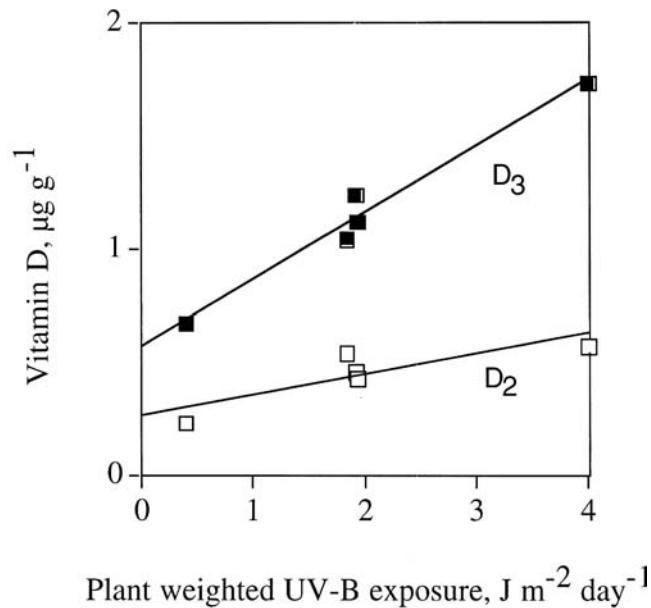


Fig. 3. Contents of vitamin D<sub>2</sub> and D<sub>3</sub> in dried *C. arbuscula* as a function of the expected ambient UV-B exposure at the day of sample collection calculated for cloud-free conditions at the top of the vegetation [17]. The values for *C. rangiferina* from Rovaniemi are not included.

The *C. rangiferina* sample from Rovaniemi contained considerably more vitamins D<sub>2</sub> and D<sub>3</sub> than *C. arbuscula* from nearby Sodankylä. One likely explanation is that *C. arbuscula*, in contrast to *C. rangiferina*, has a high content of usnic acid, which acts as a filter for UV-B radiation and allows less of it to reach the provitamins D. If lichens are to be used as 'biodosimeters' for UV-B, it is thus important to pay close attention to species. The occurrence of vitamin D<sub>3</sub> in the lichen species, *C. arbuscula* and *C. rangiferina*, raises several questions. First, lichens are symbiotic organisms that are composed of fungi and algae (and/or cyanobacteria). Since provitamin D<sub>2</sub> (ergosterol) is the major



membrane sterol in many fungi, its presence (as well as the presence of vitamin D<sub>2</sub>) is expected. However, the high content of vitamin D<sub>3</sub> in combination with the absence of provitamin D<sub>3</sub> is surprising. In future research it would be interesting to analyze the fungal and algal components separately. Secondly, *C. arbuscula* and *C. rangiferina* are important winter feeds for reindeer and caribou. Their content of vitamin D<sub>3</sub> may represent a vital source of vitamin D for the animals, especially during winter. Further investigations of the presence of vitamin D<sub>3</sub> in other chemotaxonomically related lichen species and in animal tissues based on the method established here may be helpful for elucidating their importance.

Previous investigations have shown that vitamin D<sub>3</sub> affects growth and development of plants and algae (see Refs. [18,19] for literature). Its possible physiological function in lichens remains to be found.

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