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1 **Synergy between sulforaphane and selenium in protection against oxidative damage in**  
2 **colonic CCD841 cells**

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18

19 **Abbreviations:**

20 ITCs; isothiocyanates

21 Nrf2; nuclear factor-erythroid 2-related factor 2

22 Sam68; Src-associated in mitosis 68 kDa

23 Se; Selenium

24 SFN; Sulforaphane

25 TrxR-1; thioredoxin reductase

26

27 **Abstract**

28 Dietary isothiocyanates (ITCs) are potent inducers of the NF-E2-related factor-2 (Nrf2)  
29 pathway. Sulforaphane (SFN), a representative ITC, has previously been shown to  
30 upregulate antioxidant enzymes such as selenium (Se) dependent thioredoxin reductase-1  
31 (TrxR-1) in many tumour cell lines. In the present study, we hypothesized that a  
32 combination of SFN and Se would have a synergistic effect on the upregulation of TrxR-1  
33 and the protection against oxidative damage in the normal colonic cell line CCD841.  
34 Treatment of cells with SFN and Se significantly induced TrxR-1 expression. Pre-treatment  
35 of cells with SFN protects against H<sub>2</sub>O<sub>2</sub>-induced cell death; this protection was enhanced by  
36 co-treatment with Se. The siRNA knockdown of either TrxR-1 or Nrf2 reduced the  
37 protection afforded by SFN and Se co-treatment; TrxR-1 and Nrf2 knockdown reduced cell  
38 viabilities to 66.5 and 51.1% respectively, down from 82.4% in transfection negative  
39 controls. This suggests that both TrxR-1 and Nrf2 are important in SFN-mediated protection  
40 against free radical-induced cell death. Moreover, flow cytometric analysis showed that  
41 TrxR-1 and Nrf2 were involved in SFN-mediated protection against H<sub>2</sub>O<sub>2</sub>-induced  
42 apoptosis. In summary, SFN activates the Nrf2 signaling pathway and protects against  
43 H<sub>2</sub>O<sub>2</sub>-mediated oxidative damage in normal colonic cells. Combined SFN and Se treatment  
44 resulted in a synergistic upregulation of TrxR-1 that in part contributed to the enhanced  
45 protection against free radical-mediated cell death provided by the co-treatment.

46

47 **Keywords:** Cruciferous vegetable; Sulforaphane; Selenium; Thioredoxin reductase; Nrf2;  
48 Colon cancer

49 **1. Introduction**

50

51 Some early epidemiological studies suggest that intake of cruciferous vegetables is inversely  
52 correlated with the morbidity of various cancers including those of the lung, bladder and  
53 colon [1, 2]. However, the results of other epidemiological studies are inconsistent and  
54 inconclusive [3, 4]. Since cruciferous vegetables are rich sources of glucosinolates, it is  
55 inevitable that their chemoprotective activity is attributed to the isothiocyanates (ITCs).  
56 ITCs, derived from the glucosinolates in cruciferous vegetables, have in themselves  
57 significant cancer chemopreventive potential [5]. Among all the ITCs, sulforaphane (SFN),  
58 which is derived from glucoraphanin - commonly found in broccoli and cauliflower - has  
59 been the most intensively studied ITC in relation to cancer prevention. Administration of  
60 crucifers or ITCs to experimental animals has been shown to inhibit the development of  
61 colonic aberrant crypt foci [6] and to reduce the incidence and multiplicity of chemical-  
62 induced tumors, including those of the bladder and colon [7, 8]. ITCs are potent inducers of  
63 phase II enzymes, which are involved in detoxifying potential endogenous and exogenous  
64 carcinogens [9, 10]. Importantly, ITCs have been shown to exert antioxidant effects via the  
65 regulation of NF-E2-related factor-2 (Nrf2)-antioxidant responsive element (ARE)  
66 pathways [11]. Nrf2 regulates a major cellular defence mechanism, and its activation is  
67 important in cancer prevention [12]. However, overexpression of Nrf2 in cancer cells  
68 protects them against the cytotoxic effects of anticancer therapies, thus promoting chemo-  
69 resistance [13, 14]. Thioredoxin reductase 1 (TrxR-1) is an Nrf2-driven antioxidant enzyme,  
70 and it has been shown to play a dual role in cancer [15]. We have previously shown that  
71 TrxR-1 plays an important role in the protection against free radical-mediated cell death in

72 cultured normal and tumour cells [16, 17]. Moreover, the induction of TrxR-1 and  
73 glutathione peroxidase-2 (GPx2) by SFN is synergistically enhanced by selenium (Se) co-  
74 treatment in colon cancer Caco-2 cells [18].

75 The mechanisms by which ITCs act in cancer prevention may involve multiple targeted  
76 effects, including the induction of phase II antioxidant enzymes, cell cycle arrest, and  
77 apoptosis [19, 20]. Other potential targets include kinases, transcriptional factors,  
78 transporters and receptors [21-24]. Since both Nrf2 and TrxR-1 can play dual roles in cancer  
79 [25-28], the benefits or risks of Nrf2 activation or TrxR-1 induction may depend upon the  
80 nature of the cells (normal vs. tumor). Therefore, it is important to investigate the effects of  
81 ITCs on normal cells. We hypothesized that a combination of SFN and Se would have a  
82 synergistic effect on the upregulation of TrxR-1 and on the protection against oxidative  
83 damage in the normal colonic cell line CCD841. Recently, we demonstrated that SFN  
84 promoted cancer cell proliferation, migration and angiogenesis at low concentrations  
85 ( $<2.5\mu\text{M}$ ), whilst demonstrating opposite effects at high concentrations ( $>10\mu\text{M}$ ) [29].  
86 Activation of Nrf2 signalling and TrxR-1 in normal cells may be beneficial, and this effect  
87 is associated with the chemoprotective activity of SFN. In the present study, we have  
88 demonstrated that pre-treatment of cells with SFN and Se protects against free radical-  
89 mediated cell death in normal colon epithelial CCD841 cells.

90 **2. Methods and materials**

91

92 *2.1. Materials*

93 Sulforaphane (1-isothiocyanato-4-(methylsulfinyl)-butane, purity 98%) was purchased from  
94 Alexis Biochemicals (Exeter, EXETER UK). Sodium selenite (purity 98%),  
95 dimethylsulfoxide (DMSO), thioredoxin reductase, hydrogen peroxide and Bradford reagent  
96 were all purchased from Sigma (Sigma-Aldrich, Dorset, UK). Complete protease inhibitors  
97 were obtained from Roche Applied Science (West Sussex UK). Rabbit polyclonal primary  
98 antibodies to Nrf2 and TrxR-1, goat polyclonal primary antibody to  $\beta$ -actin, rabbit  
99 polyclonal primary antibody to the RNA-binding protein, Sam68, HRP-conjugated goat  
100 anti-rabbit, and rabbit anti-goat IgG were all purchased from Santa Cruz Biotechnology  
101 (Santa Cruz, Germany). The siRNAs for Nrf2 (Cat No. SI03246950, target sequence, 5'-  
102 CCCATTGATGTTTCTGATCTA-3'), TrxR-1 (Cat No. SI00050876, target sequence, 5'-  
103 CTGCAAGACTCTCGAAATTAT-3'), and AllStars Negative Control siRNA (AS) were all  
104 purchased from Qiagen (West Sussex, UK). The Annexin V-FITC apoptosis detection kit  
105 was purchased from eBioscience (Hatfield, Hertfordshire, UK). Electrophoresis and Western  
106 blotting supplies were obtained from Bio-Rad (Hertfordshire, UK), and the  
107 chemiluminescence kit was from GE Healthcare (Little Chalfont, Bucks UK).

108 *Alignment*

109 *2.2. Cell culture*

110 CCD841 cells were cultured in DMEM supplemented with fetal bovine serum (10%), 2mM  
111 glutamine, penicillin (100 U/ml) and streptomycin (100 $\mu$ g/ml) under 5% CO<sub>2</sub> in air at 37°C.

112 When the cells achieved 70-80% confluence, they were exposed to various concentrations  
113 of SFN and/or Se for different times with DMSO (0.1%) as control.

114

### 115 *2.3. Cell viability and apoptosis assays*

116 The cell proliferation MTT (3-[4,5-dimethylthiazol-2-yl]-2,5 diphenyl tetrazolium bromide)  
117 assay was employed to determine the toxicity of SFN (1-160 $\mu$ M) and H<sub>2</sub>O<sub>2</sub> (100-1600 $\mu$ M)  
118 towards cultured CCD841 cells. Cells were seeded on 96-well plates at a density of 1.0 $\times$ 10<sup>4</sup>  
119 per well in DMEM with 10% FCS. When cells were at approximately 70–80% confluence,  
120 they were exposed to SFN at various concentrations for different times, using DMSO  
121 (0.1%) only as control. After all treatments, the medium was removed and then MTT  
122 (5mg/ml) was added, and incubated with the cells at 37°C for 1 h to allow the MTT to be  
123 metabolized. Then supernatant was removed and the produced formazan crystals were  
124 dissolved in DMSO (100 $\mu$ l per well). The final absorbance in the wells was recorded using a  
125 microplate reader (BMG Labtech Ltd, Aylesbury, Bucks, UK), at a wavelength of 550-  
126 570nm and a reference wavelength of 650-670nm.

127

128 For apoptosis analysis, CCD841 cells were seeded on 12-well plates at a density of  
129 5.0 $\times$ 10<sup>4</sup> cells per well and incubated at 37°C for 48 h. After treatment with 2.5 $\mu$ M SFN  
130 and/or 0.1 $\mu$ M Se for 24 h, cells were exposed to 100-150 $\mu$ M H<sub>2</sub>O<sub>2</sub> for 24 h. Cells were then  
131 trypsinized and collected by centrifugation at 180 g for 5 min at room temperature. The  
132 pellet was washed with cold PBS before being re-suspended in binding buffer at a cell  
133 density adjusted to 2.0-5.0 $\times$ 10<sup>5</sup>/ml according to the instructions from the Annexin V-FITC  
134 apoptosis detection kit (eBiosciences, UK). Annexin V-FITC (fluorescein isothiocyanate)  
135 was used to stain for the apoptotic cells and propidium iodide (PI) used to stain the necrotic

136 cells. For each sample, 10,000 events were collected and the data were analysed using the  
137 FlowJo software (Tree Star Inc. Ashland, OR, USA).

138

#### 139 *2.4. Knockdown of Nrf2 and TrxR-1 by siRNA*

140

141 CCD841 cells were seeded on 12-well plates in DMEM with 10% FCS. After 24 h, the cells  
142 were transfected with siRNA targeting Nrf2 or TrxR-1. Briefly, the cell medium was  
143 replaced with 1000µl 12% FCS medium, then 20nM siRNA and 6µl HiPerFect transfection  
144 reagent were combined in 100µl medium (without serum and antibiotics) and incubated at  
145 room temperature for 10 min, and then gently added drop-wise to the cells. AllStars  
146 Negative Control siRNA was used as a negative control (this siRNA has no homology to  
147 any known mammalian gene). After 24 h incubation with siRNA, SFN and Se were added in  
148 fresh medium for a further 24 h, then the effects of H<sub>2</sub>O<sub>2</sub> (150µM, 24 h) on cell viability and  
149 apoptosis were measured using flow cytometric analysis.

150

#### 151 *2.5. Protein extraction and immunoblotting of Nrf2 and TrxR-1*

152 To extract total protein, CCD841 cells were washed twice with ice-cold PBS, then harvested  
153 by scraping in 20mM Tris-HCl (pH 8), 150mM NaCl, 2mM EDTA, 10% glycerol, 1%  
154 Nonidet P-40 (NP-40) containing mini-complete proteinase inhibitor and 1mM PMSF, in an  
155 ice bath for 20 min to lyse cells. Then the lysate was centrifuged at 12,000 g for 15 min at  
156 4°C and the protein-containing supernatant was collected. To extract nuclear protein, the  
157 Nuclear Extract Kit (Active Motif, Rixensart, Belgium) was used, following the  
158 manufacturer's instructions. Protein concentrations were determined by the Brilliant Blue G  
159 dye-binding assay of Bradford, using BSA as a standard.

160 Protein extracts were heated at 95°C for 5 min in loading buffer and then loaded onto  
161 10% SDS-polyacrylamide gels together with a molecular weight marker. After routine  
162 electrophoresis and transfer to PVDF membranes, membranes were blocked with 5% fat  
163 free milk in Phosphate Buffered Saline Tween-20 (PBST) (0.05% Tween 20) for 1 h at room  
164 temperature, and then with specific primary antibodies against Nrf2 or TrxR-1 (diluted in  
165 5% milk in PBST) overnight at 4°C. Membranes were then washed four times for 40 min  
166 with PBST, then incubated with secondary antibodies (diluted in 5% milk in PBST) for 1 h  
167 at room temperature. After four further washes for 40 min with PBST, antibody binding was  
168 detected using an ECL kit (GE Healthcare), and the density of each band was measured with  
169 the FluorChem Imager (Alpha Innotech, San Leandro, CA), or the Li-Cor Odyssey Imager  
170 (Li-Cor Biotechnology UK Ltd, Cambridge, UK ).

#### 171 2.6. *Statistics*

172 Data are represented as the means  $\pm$  SD. The differences between the groups were examined  
173 using the one-way ANOVA/LSD test, or Student's t-test. A *p* value <0.05 was considered  
174 statistically significant. IC<sub>50</sub> values of SFN and H<sub>2</sub>O<sub>2</sub> were determined using the CalcuSyn  
175 software (Biosoft, Cambridge, UK).

176

177 **3. Results**

178

179 *3.1. Effect of SFN on cell growth.*

180 SFN has been shown to promote the growth of some tumor cell lines at low concentrations,  
181 but to be toxic to the same cells at higher concentrations through the induction of stress-  
182 related cell cycle arrest and apoptosis [29-31]. CCD841 cells were cultured in 96-well plates  
183 (seeding  $5.0 \times 10^3$  cells per well) and treated with SFN for 24 or 48 h once they reached 70-  
184 80% confluence. In this study, 2.5 and 5  $\mu$ M SFN moderately stimulated the growth of  
185 CCD841 cells. 24 h treatment with 2.5 and 5  $\mu$ M SFN increased cell viability by 13 and 15%  
186 respectively versus control, while 48 h treatment with the same concentrations did so by 25  
187 and 11% respectively (Fig. 1). Treatment with higher concentrations of SFN (20-160  $\mu$ M)  
188 significantly reduced cell viability. SFN had  $IC_{50}$  values of 30.0  $\mu$ M (24 h) and 40.4  $\mu$ M (48  
189 h) for CCD841 cells. In contrast, the  $IC_{50}$  values of SFN for Caco-2 were 47.1  $\mu$ M (24 h) and  
190 50.6  $\mu$ M (48 h) as reported previously [18], suggesting that normal colonic cells are more  
191 susceptible to SFN-induced cell death.

192

193

194 *3.2. Effect of SFN on nuclear accumulation of Nrf2*

195 Untreated CCD841 cells exhibited very low Nrf2 levels in both the cytoplasm and the  
196 nucleus, consistent with the degradation of Nrf2 by proteasomes in a Keap1-dependent  
197 manner under homeostasis [32]. However, upon SFN treatment (1.25-40  $\mu$ M for 4 h), a  
198 significant increase of Nrf2 in the nucleus was observed, suggesting the rapid liberation of  
199 Nrf2 from Keap1-coupled suppression and its subsequent nuclear translocation (Fig. 2A)

200 [33]. However, SFN at 40 $\mu$ M showed less effect in this regard than at lower doses (2.5-  
201 20 $\mu$ M), indicating a toxic effect at high concentrations. SFN at 1.25-20 $\mu$ M induced a  
202 significant and dose-dependent translocation of Nrf2 into the nucleus, resulting in nuclear  
203 levels 5.3-8.4 fold in magnitude versus controls. In the time course experiment, the level of  
204 Nrf2 in the nucleus peaked at 1 h following SFN (10 $\mu$ M) treatment, at which point it was  
205 7.0-fold of the control level. The level of Nrf2 in the nucleus started to decrease after 12 h.  
206 However, at 24 h the Nrf2 level was still 3.7-fold that of the control (Fig. 2B).

207

208

### 209 *3.3. Effect of SFN and/or Se on TrxR-1 expression*

210 SFN induced TrxR-1 expression in a dose-dependent manner in CCD841 cells. These data  
211 are consistent with previous publications on tumor cell lines such as colon cancer Caco-2  
212 and breast cancer MCF-7 cells [34, 35]. The effect of SFN and/or Se on TrxR-1 protein  
213 expression in CCD841 was determined using Western blot analysis. A dose-dependent  
214 response was observed in cells exposed to 2.5-20 $\mu$ M SFN (with 0.1% DMSO only as  
215 control) (Fig. 3A). Co-treatment with SFN (2.5 $\mu$ M) and Se (0.1 $\mu$ M) produced a synergistic  
216 effect especially after 24 and 48 h. 2.5 $\mu$ M SFN alone induced TrxR-1 1.8-fold, and Se (0.1  
217  $\mu$ M) alone induced it 1.4-fold, whereas the combination of 2.5 $\mu$ M SFN and Se (0.1 $\mu$ M)  
218 induced it 3.3-fold. (Fig. 3B). Moreover, co-treatment with 10 $\mu$ M SFN and Se (0.1 $\mu$ M) also  
219 produced a synergistic effect, especially after 24 and 48 h. 10 $\mu$ M SFN alone induced TrxR-  
220 1 3.7- and 2.6-fold at 24 and 48 h respectively, Se (0.1  $\mu$ M) alone induced it 1.9- and 1.5-  
221 fold at 24 and 48 h respectively, whereas the combination of 10 $\mu$ M SFN and Se (0.1 $\mu$ M)  
222 induced it 4.3- and 4.0-fold at 24 and 48 h respectively (Fig. 3C).

223

#### 224 *3.4. Protective effect of SFN and/or Se against H<sub>2</sub>O<sub>2</sub>-induced cell death*

225 Hydrogen peroxide is known to activate the mitochondrial apoptotic pathway, to decrease  
226 Nrf2 expression, and to increase reactive oxygen species (ROS) levels, leading to cell death  
227 [36]. CCD841 cells were cultured in 96-well plates (seeding  $5.0 \times 10^3$  cells per well) and  
228 when they reached 70-80% confluence they were treated with a concentration series (0-  
229 1600 $\mu$ M) of H<sub>2</sub>O<sub>2</sub> for 24 h. The IC<sub>50</sub> value of H<sub>2</sub>O<sub>2</sub> for CCD841 cells was 64.1 $\mu$ M. 100 $\mu$ M  
230 H<sub>2</sub>O<sub>2</sub> treatment decreased cell viability to 11.4% of the control (Fig. 4). Pre-treatment with  
231 SFN at 2.5 or 5 $\mu$ M for 24 h significantly protected against the reduction in cell viability  
232 induced by 100 $\mu$ M H<sub>2</sub>O<sub>2</sub>. Following 2.5 and 5 $\mu$ M SFN pre-treatment, the 100 $\mu$ M H<sub>2</sub>O<sub>2</sub>  
233 treatment only reduced cell viabilities to 18.9 and 21.6% respectively. When the cells were  
234 pre-treated with 0.1 and 0.2 $\mu$ M Se for 24 h, the 100 $\mu$ M H<sub>2</sub>O<sub>2</sub> treatment only reduced cell  
235 viabilities to 36 and 35% respectively. For cells that were co-treated with 2.5 $\mu$ M SFN and  
236 0.1 $\mu$ M Se, or with 5 $\mu$ M SFN and 0.2 $\mu$ M Se, subsequent 100 $\mu$ M H<sub>2</sub>O<sub>2</sub> treatment only  
237 reduced cell viabilities to 61.8 or 56.1% respectively. Moreover, in a separate experiment  
238 using siRNA to knockdown TrxR-1 or Nrf2, the protection afforded by pre-treatment with  
239 SFN (2.5 $\mu$ M) and Se (0.1 $\mu$ M) against the induction of apoptosis by 150 $\mu$ M H<sub>2</sub>O<sub>2</sub> treatment  
240 was reduced such that the proportion of viable cells as indicated by Annexin V/PI staining  
241 was reduced from 82.4% in transfection negative controls, to 66 or 51% in TrxR-1 or Nrf2  
242 knockdowns, respectively (Fig. 5A). This suggests that Nrf2 and TrxR-1 play important  
243 roles in SFN-mediated protection against H<sub>2</sub>O<sub>2</sub>-induced cell death in normal colonic cells.  
244 H<sub>2</sub>O<sub>2</sub> caused a concomitant rise in early (single positive) and late stage (double positive)  
245 apoptotic cells as indicated by Annexin V/PI staining. H<sub>2</sub>O<sub>2</sub> induced a 59.9% proportion of

246 apoptotic cells; co-treatment with SFN and Se reduced the proportion of apoptotic cells to  
247 13.0% (Fig. 5A). The siRNA knockdown of either TrxR-1 or Nrf2 abrogated the protection  
248 afforded by SFN and Se co-treatment, and increased the apoptotic cell population to 25.4 or  
249 44.9% respectively, suggesting that Nrf2 signaling is important in the protection against free  
250 radical-mediated apoptosis in normal colonic cells.  
251

252 **4. Discussion**

253 Oxidative stress is one of the most critical factors implicated in many gastrointestinal  
254 diseases, including inflammatory bowel disease and colon cancer [37]. Many selenoproteins  
255 including TrxR-1 are involved in cellular homeostasis and protecting normal and tumor cells  
256 against oxidative stress [38]. Fruits and vegetables are rich in various antioxidants.  
257 Increasing the consumption of fruits and vegetables may inhibit certain cancers [39].  
258 Although the results from many epidemiological studies are inconsistent and inconclusive,  
259 one exception is the Netherlands Cohort Study on Diet and Cancer, in which women (but  
260 not men) who had a high intake of cruciferous vegetables were shown to have a reduced risk  
261 of colon cancer [3]. Cruciferous vegetables are rich sources of glucosinolates, which can be  
262 broken down to ITCs under the action of myrosinases when the plant tissue is damaged or  
263 cooked. Several studies have demonstrated that dietary ITCs possess significant cancer  
264 chemopreventive potential [24]. However, ITCs have been shown to exert both  
265 chemopreventive and oncogenic activities. Overexpression of Nrf2 and/or TrxR-1 in cancer  
266 cells might be undesirable; high constitutive levels of Nrf2 occur in many tumors and can  
267 promote chemoresistance [13]. On the other hand, the induction of Nrf2 and TrxR-1 by ITCs  
268 in normal cells could be beneficial in cancer prevention [29]. There are over 1000 genes  
269 driven by Nrf2, many of which possess antioxidant or chemopreventive potential [40, 41].  
270 Apart from TrxR-1, other enzymes such as glutathione transferases (GSTs), quinone  
271 reductase (QR) and heme oxygenase (HO-1) might also be involved in chemoprevention  
272 [42, 43]. GSTs are key enzymes in the metabolism of ITCs in cells. A recent comprehensive  
273 meta-analysis demonstrated an increased cancer risk in Caucasian populations conferred by  
274 GSTM1 and GSTT1 null genotypes [44]. Conversely, results from another study reveal  
275 statistically significant protective effects of crucifer consumption against colorectal

276 neoplasms that is stronger among individuals with a single null GSTT1 genotype [45]. To  
277 better understand the mechanisms behind the role of Nrf2 in the chemoprevention of  
278 colorectal cancer, more studies, especially into the genetic aspects of responses to ITCs, are  
279 required.

280         The upregulation of antioxidant enzymes by ITCs is one of the most important factors  
281 in chemoprevention. TrxR-1 is an important Se-dependent enzyme involved in the  
282 regulation of cell redox [46]. Similarly to Nrf2 activation, TrxR-1 induction may protect  
283 against carcinogenesis in normal cells, but TrxR-1 overexpression has been reported in a  
284 large number of human tumors [15]. A very recent study suggested that both TrxR-1 and  
285 15kDa selenoprotein (Sep15) participate in interfering regulatory pathways in colon cancer  
286 cells [38]. The relationship between Se and cancer is complex; an optimal intake may  
287 promote health [47]. In general, individuals who have low serum Se levels may benefit from  
288 Se supplementation, but those with high serum Se levels are at increased risk for other  
289 diseases [48]. The cancer-preventive properties of Se in colon cancer are believed to be  
290 mediated by both selenoproteins and low molecular weight selenocompounds [49].  
291 Although TrxR-1 has been suggested as a novel target for cancer therapy [50], the function  
292 of TrxR-1 in tumor cell growth, migration and invasion warrants further *in vitro* and *in vivo*  
293 studies.

294         In the present study, we have demonstrated that SFN can activate the Nrf2 signaling  
295 pathway and interact with Se in the upregulation of TrxR-1 in normal colonic cells. Co-  
296 treatment of colonic cells with SFN and Se resulted in a synergistic induction of TrxR-1  
297 expression, and provided a greater protective effect against hydrogen peroxide-induced cell  
298 death than treatments with either component individually. An optimal combination of Se and

299 SFN may be able to achieve the same level of gene expression using relative less  
300 concentration of each compound than when they are used alone. A limitation of this study is  
301 that the synergy was identified in *in vitro* cell cultures. Further *in vivo* studies could consider  
302 positive interactions between bioactives and nutrients to test if they result in greater  
303 protection against oxidative stress and stronger chemopreventive activities. It would be  
304 interesting to identify more synergistic or antagonistic interactions between food  
305 components and whole foods, to help inform healthy dietary recommendations. An optimal  
306 combination of different bioactive phytochemicals, vitamins and minerals may be able to  
307 upregulate chemoprotective enzymes, reduce oxidative stress and improve gut health. In  
308 conclusion, combined SFN and Se treatment synergistically upregulated TrxR-1, which  
309 plays a significant role in maintaining intracellular redox homeostasis and contributed to the  
310 SFN-induced protection against free radical-mediated oxidative damage in normal colonic  
311 cells.

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313

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318

319

320 There are no conflicts of interest for any of the authors.

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322

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454

455

456 **Figure legends**

457

458 **Fig. 1. Effect of SFN on CCD841 cell growth.**

459 Cells at 70–80% confluence were treated with SFN (0-160 $\mu$ M) in cell culture medium for  
460 24-48 h. Control cells were treated with DMSO (0.1%) only. Cell viability was determined  
461 by the MTT cell proliferation assay. Each data point represents the means  $\pm$  SD (n=5). \*,  
462 P<0.05; \*\*P<0.01.

463

464 **Fig. 2 Effect of SFN on the translocation of Nrf2 into the nucleus.**

465 CCD841 cells were exposed to SFN (with DMSO (0.1%) only as control). Nuclear protein  
466 fractions were isolated as described in Methods and materials. Nrf2 was detected and  
467 quantified by Western blot analysis. Nrf2 band densities were normalized against Sam68 (68  
468 kDa), and results were expressed as fold induction relative to controls. Data are expressed as  
469 means  $\pm$  SD (n=3). (A) Dose-response, SFN (0-40 $\mu$ M) for 4 h. (B) Time course, SFN  
470 (10 $\mu$ M) for 0-48 h. \*, P<0.05; \*\*P<0.01.

471

472 **Fig. 3. Effect of SFN on TrxR-1 protein expression.**

473 CCD841 cells were exposed to SFN (2.5-40 $\mu$ M) for 24 h (DMSO (0.1%) only was used as a  
474 control) (A). Synergistic effect of SFN with Se: dose response (B), and time response (C).  
475 Folds of change were determined by Western blot analysis, from the average TrxR-1 band  
476 densities (normalized to those of  $\beta$ -actin). Data are expressed as means  $\pm$  SD (n=3). \*,  
477 P<0.05; \*\*P<0.01.

478

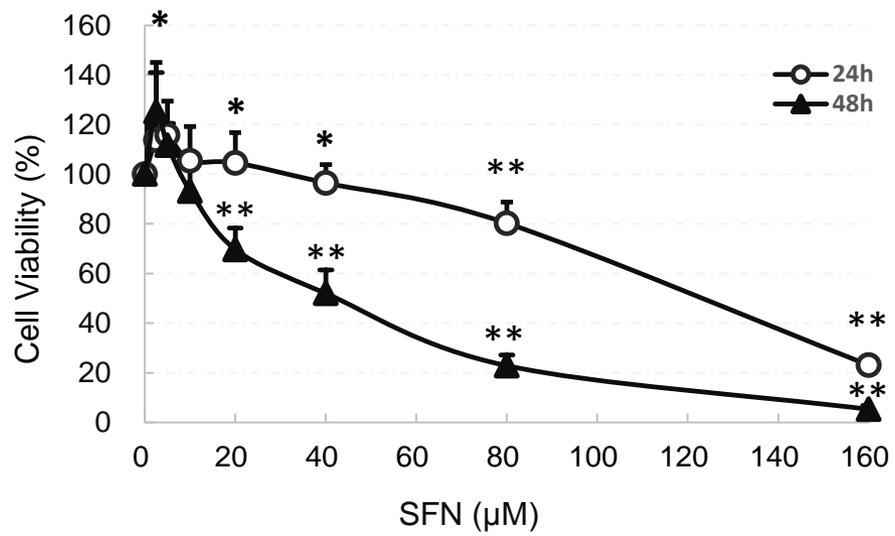
479 **Fig. 4. Effect of co-treatment with SFN and Se on H<sub>2</sub>O<sub>2</sub>-induced cell death.**

480 CCD841 cells were cultured in 96-well plates (seeding  $7.0 \times 10^3$  cells per well) and when  
481 they reached 70-80% confluence, were pre-treated with SFN (2.5 or 5 $\mu$ M) (or DMSO (0.1%)  
482 only as control) and/or Se (0.1 or 0.2 $\mu$ M) for 24 h, and were then exposed to H<sub>2</sub>O<sub>2</sub> (100 $\mu$ M)  
483 in serum-free medium for further 24 h. Cell viability was measured by the MTT assay. \*,  
484  $P < 0.05$ ; \*\* $P < 0.01$ .

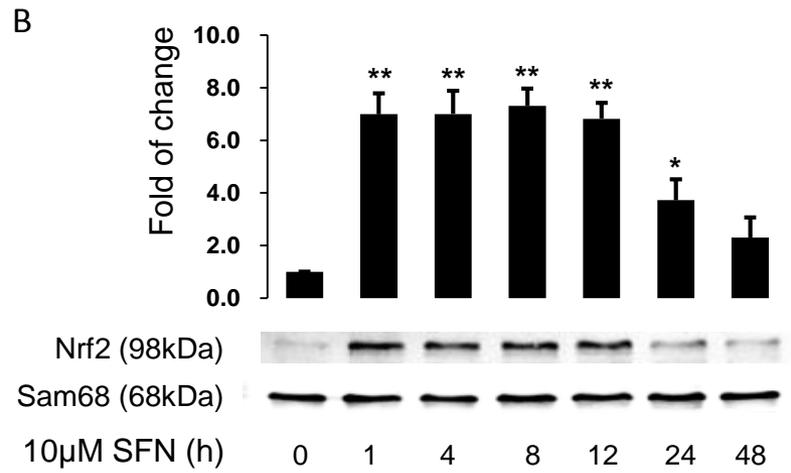
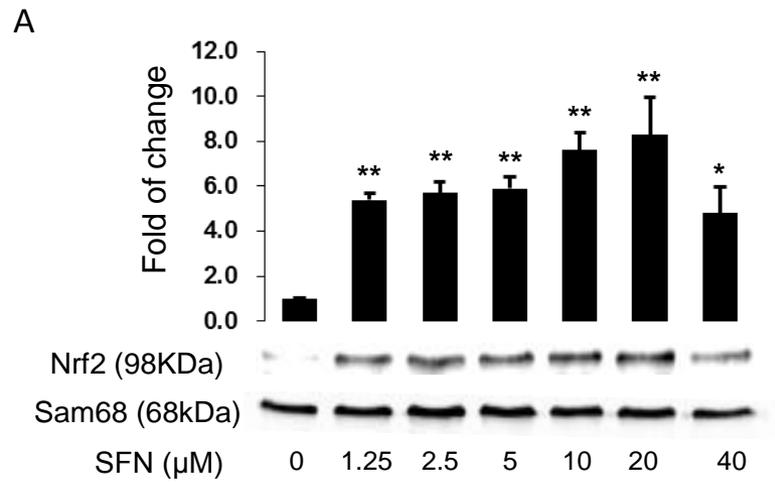
485

486 **Fig. 5. Effect of siRNA knockdown of TrxR-1 and Nrf2 on the protection against H<sub>2</sub>O<sub>2</sub>-**  
487 **induced cell death mediated by SFN and Se co-treatment.**

488 CCD841 cells were pre-treated with SFN (2.5 $\mu$ M) and Se (0.1 $\mu$ M) for 24 h, then siRNA  
489 (20nM) knockdown of TrxR-1 or Nrf2 (with AllStars Negative Control siRNA (AS) as  
490 negative control) was performed. Then the cells were exposed to H<sub>2</sub>O<sub>2</sub> (100 $\mu$ M) for 24 h. The  
491 cells were then stained with Annexin V and PI, and flow cytometric analysis was carried out.  
492 The H<sub>2</sub>O<sub>2</sub>-treated cells have a higher percentage of apoptotic cells (Annexin V positive), as  
493 indicated by the percentage of gated cells (B). SFN and Se pre-treatment afforded significant  
494 protection against H<sub>2</sub>O<sub>2</sub>; siRNA against TrxR-1 or Nrf2 abrogated this protection. Early and  
495 late apoptotic data (red bars) are expressed as means  $\pm$  SD (n=3). \* $P < 0.05$ ; \*\* $P < 0.01$  in  
496 comparison to the AS control.



**Fig. 1.**



**Fig. 2.**

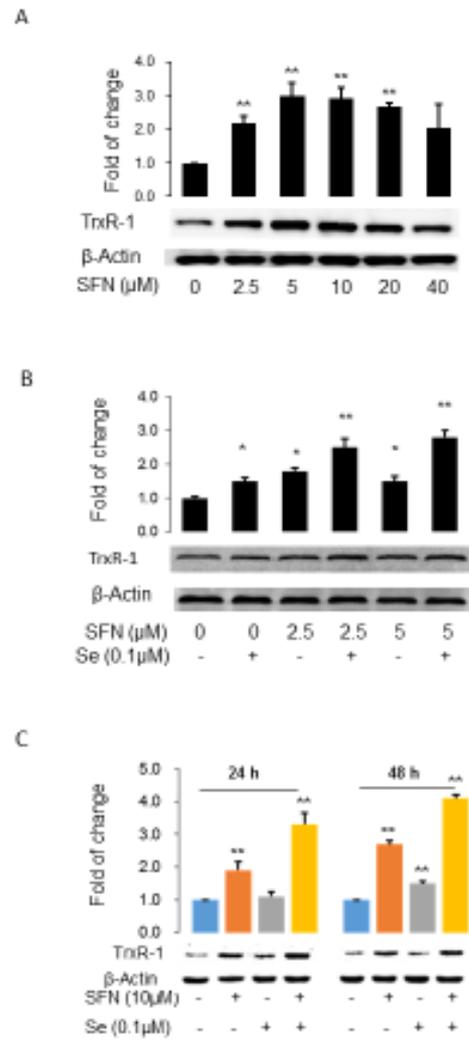
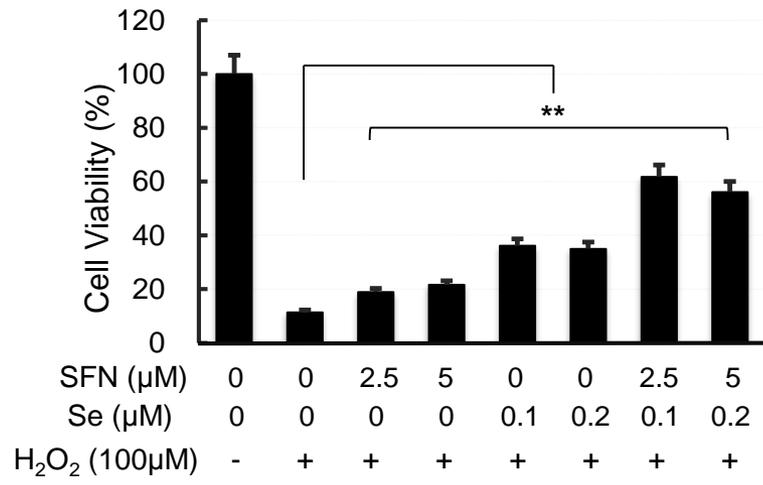
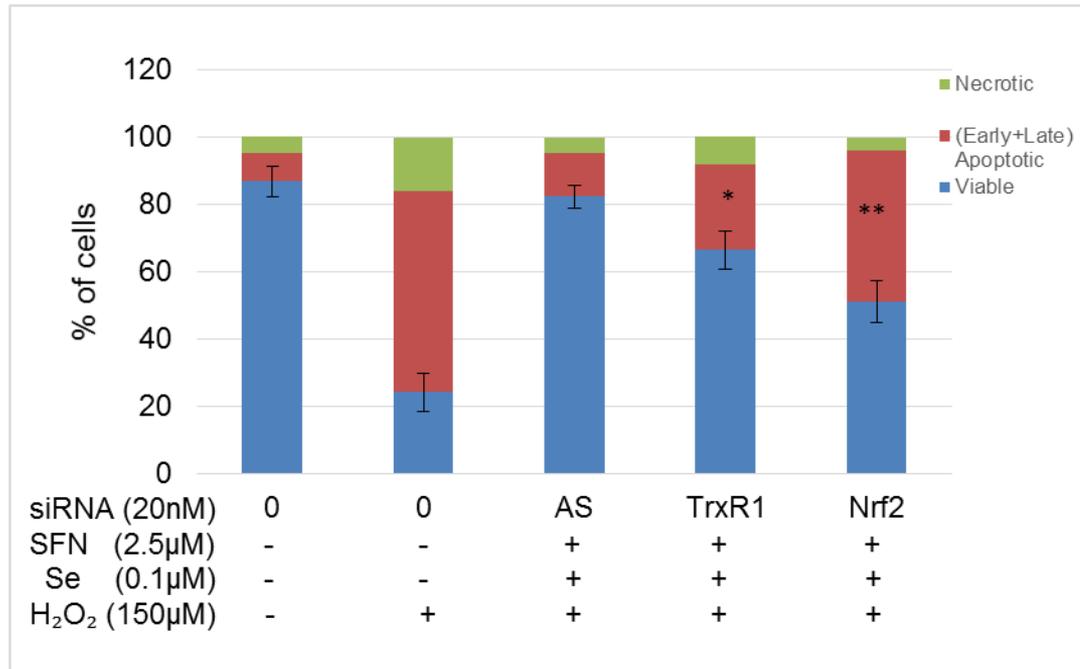


Fig 3



**Fig. 4.**

A



B

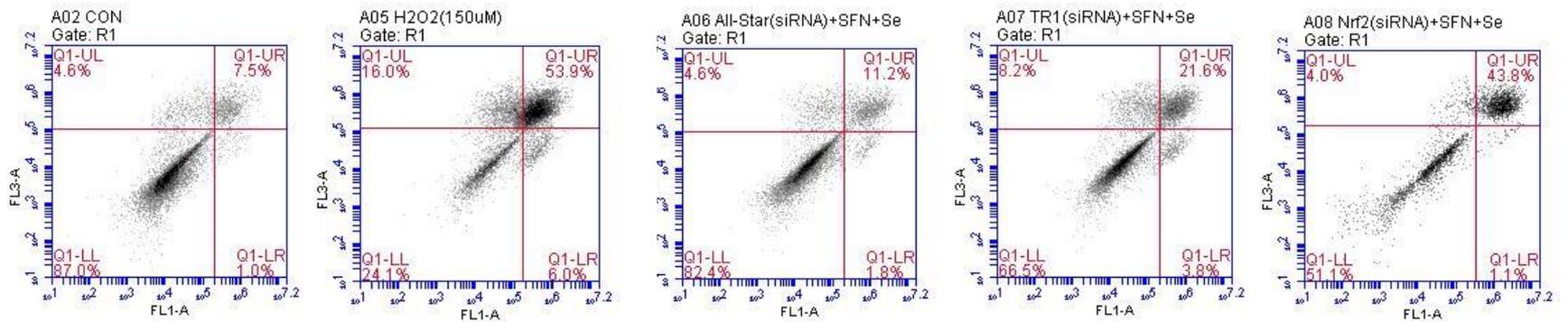


Fig. 5.