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Microemulsions as delivery systems of lemon oil and  $\beta$ -carotene into beverages: stability test under different light conditions

*Original*

*Availability:*

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*Publisher:*

*Published*

DOI:10.1002/jsfa.9973

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**Microemulsions as delivery systems of lemon oil and  $\beta$ -carotene into beverages: stability test under different light conditions**

Journal:	<i>Journal of the Science of Food and Agriculture</i>
Manuscript ID	Draft
Wiley - Manuscript type:	Short Communication
Date Submitted by the Author:	n/a
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Key Words:	Microemulsion, lemon oil, $\beta$ -carotene, phostability, shelf life

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Manuscripts

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3 1 **Microemulsions as delivery systems of lemon oil and  $\beta$ -carotene into beverages: stability test**  
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5 2 **under different light conditions**  
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9 4 Sonia Calligaris <sup>a</sup>, Lara Manzocco <sup>a</sup>, Fabio Valoppi <sup>b,c</sup>, Piergiorgio Comuzzo <sup>a</sup>, Maria Cristina Nicoli

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28 13 *Running title*

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30 14 *Photostability of beverages containing microemulsions*  
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3 15 **ABSTRACT**

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5 16 *Background*

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7 17 Microemulsions have been proposed as delivery systems for different lipophilic substances in  
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9 18 transparent water-based systems. The chemical stability of the delivered compounds is a key factor  
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11 19 to broad the application of microemulsions in the food sector. The stability of a model beverage  
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13 20 containing microemulsions delivering  $\beta$ -carotene and lemon oil was tested under increasing light  
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15 21 intensity up to 6000 lux at 20 °C.

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17 22 *Results* Transparent microemulsions resulted physically stable during storage indicating that no  
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19 23 coalescence phenomenon occurred. On the contrary, both colour and flavour of the microemulsion  
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21 24 degraded as a consequence of limonene and  $\beta$ -carotene oxidation. Kinetic data obtained at  
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23 25 increasing light were used to estimate the light dependence of beverage spoilage and the  
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25 26 mathematical relationship obtained was used to predict spoilage rate under different light  
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27 27 conditions. Finally, a shelf life predictive model was proposed.

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29 30  
30 31 *Conclusions*

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32 33 Transparent microemulsions can be successfully used to deliver into beverages flavour oil and  
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34 34 colorants. However, the photostability of the delivered compounds should be carefully studied to  
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36 35 estimate product shelf life. To this aim, the availability of models predicting shelf life as a function  
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38 36 of light conditions could largely contribute to speed up the process.  
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44 40 **KEYWORDS**

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46 41 Microemulsion, lemon oil,  $\beta$ -carotene, beverages, phostability, shelf life  
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## 38 INTRODUCTION

39 Microemulsions are thermodynamically stable aqueous dispersions of oil droplets with mean radii  
40 in the 2 – 100 nm range<sup>1</sup>. This reduced particle size confers transparent appearance to the system.

41 Microemulsions are usually produced by low energy emulsification methods allowing the  
42 spontaneous self-assembly of components under appropriate compositional and environmental  
43 conditions<sup>1,2</sup>. Based on these unique features, microemulsions have been proposed in literature as  
44 delivery systems for different lipophilic substances (e.g. essential oils, bioactive compounds and  
45 drugs) in transparent water-based systems<sup>1</sup>.

46 Recently, Valoppi et al.<sup>3</sup> developed transparent microemulsions stabilized with Tween 80 and  
47 delivering large amount of lemon oil, which is one of the major flavor oil used by the beverage  
48 industry. These microemulsions were formed by applying the phase inversion temperature method  
49 (PIT). The latter relies on coarse emulsion heating above the surfactant PIT, followed by rapid  
50 cooling. The abrupt temperature change induces phase inversion thanks to the ability of the  
51 surfactant to recovery its original molecular geometry<sup>1</sup>. To obtain a high load of lemon oil in  
52 microemulsions, lemon oil was mixed with peanut oil<sup>3</sup>. This strategy allowed to include in  
53 transparent systems up to 15 % lemon oil. It was suggested that the presence of an oil rich in long-  
54 chain fatty acids beside lemon oil promoted Tween 80 optimum curvature increasing the lemon oil  
55 loading capacity.

56 In the food sector, microemulsions can be considered as stock emulsions containing high levels of  
57 the target substances, which are generally lipophilic flavors and/or colorants. Microemulsions are  
58 intended for dilution with water to prepare the final beverages<sup>4</sup>. Since mosy microemulsions are  
59 formed at limited combinations of their constituents, their dilutability needs being tested to be  
60 potentially exploited as delivery systems of lipophilic compounds in transparent beverages.  
61 Moreover, being the latter generally packed in see-through materials and displayed on highly  
62 enlighten shelves to attract consumers, liposoluble compounds delivered by microemulsions might  
63 undergo oxidation during beverage storage. The chemical stability of the delivered

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3 64 flavour/colourants is thus an additional key factor to be considered to broad the application of  
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5 65 microemulsions. However, up to now, there is limited information on this aspect.

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7 66 Three main concomitant events leading to quality depletion during storage of transparent beverages  
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9 67 delivering flavour and colors might be expected: i) physical instability with loss of transparency due  
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11 68 to oil droplets coalescence and flocculation, ii) color modifications due to pigment depletion and iii)  
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13 69 flavour changes due to the degradation of volatile compounds. The challenge is to understand the  
14  
15 70 relative rate of the spoilage events to determine the most critical for the product stability and shelf  
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17 71 life.

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20 72 This work was planned to study the potential exploitation of microemulsions as delivery systems of  
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22 73 flavour and colours in transparent beverages. To this aim, microemulsions delivering  $\beta$ -carotene  
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24 74 and lemon oil were used to prepare beverages. The latter were submitted to a storage stability test  
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26 75 under different light intensity (from 800 to 6000 lux) at 20 °C. Turbidity,  $\beta$ -carotene and limonene  
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28 76 content - chosen as indicator of lemon flavour degradation - were monitored during storage under  
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30 77 different light conditions to compute kinetic rate constants. Kinetic data obtained at increasing light  
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32 78 were used to estimate the light dependence of beverage spoilage with the final aim to develop a  
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34 79 predictive stability model exploiting light as acceleration factor<sup>5,6</sup>. The mathematical relationship  
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36 80 between beverage spoilage rate and light intensity was used to predict spoilage rate under different  
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38 81 light conditions and estimate shelf life.

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## 43 83 **MATERIALS AND METHODS**

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### 47 48 85 ***Materials***

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50 86 Peanut oil and sucrose were purchased in a local market. Essential lemon oil was kindly provided  
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52 87 by Enrico Giotti S.p.A. (Scandicci, Italy). Tween 80, citric acid monohydrate and (*R*)-(+)-limonene  
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54 88 were purchased from Sigma-Aldrich (Milan, Italy). NaCl, and sodium benzoate were purchased  
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56 89 from Carlo Erba (Milan, Italy). All solutions were prepared using milli-Q water.

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**91 *Microemulsion preparation***

92 The emulsion was prepared following the methodology proposed by Valoppi et al<sup>3</sup>. The aqueous  
93 phase consisted of 30% (w/w) Tween 80 dispersed in NaCl aqueous solutions (0.8 M). The mixture  
94 was stirred overnight at 300 rpm in order to dissolve the surfactant before use. The lipid phase was  
95 composed of a mixture of lemon oil and peanut oil (3:1) containing 0.6 mg/g of  $\beta$ -carotene.

96 The aqueous phase and lipid phase were mixed at 600 rpm for 10 min at ambient temperature to  
97 form a coarse emulsion. Aliquots of 8 g of the coarse emulsion were transferred into 10 mL vials,  
98 sealed and heated for 30 min at 90 °C in a water bath. Samples were then hand shaken until a  
99 homogeneous system was obtained and finally cooled in an ice bath until reaching 20 °C.

100

**101 *Beverage preparation***

102 To simulate commercial beverage, an aqueous solution containing citric acid (8.4 g/L; pH 2.1),  
103 sucrose (100 g/L) and sodium benzoate (0.8 g/L) use as preservative was prepared. Finally, 5 g/L of  
104 the microemulsion was added to the water phase. This concentration was chosen considering the  
105 Acceptable Daily Intake (ADI) of Tween 80, as reported by EFSA<sup>7</sup>. Since the surfactant has  
106 a maximum ADI of 25 mg/kg die, the calculation was performed considering an average man of 70  
107 kg consuming a maximum amount of 1 L beverage/day<sup>3</sup>.

108

**109 *Beverage storage***

110 Aliquots of 8 mL of beverage were introduced into 10 mL capacity clear glass vials and  
111 hermetically sealed with butyl septa and metallic caps with air in the headspace (Carlo Erba,  
112 Milano, Italy). The vials were stored into an incubator (Climacell 222, MMM Medcenter,  
113 Einrichtungen GmbH, Graefling, Germany) at different distances from the SLI Activa-172  
114 fluorescent tubes (34.2 W, Sylvania, SLI Lighting, Raunheim, Germany) positioned vertically in the  
115 internal part of the door of the incubator. Irradiance of the fluorescent tubes was 1.199 mW/cm<sup>2</sup> and

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3 116 their emission spectrum was within 250 and 780 nm. Temperature was set at 20 °C and no  
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5 117 temperature changes were observed as a consequence of lightning. A control sample was stored  
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7 118 inside the incubator in a black box (dark conditions). According to the enlightening level measured  
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9 119 by a portable luminometer (HD-2102.2 Delta Ohm, Padova, Italy), samples resulted to be exposed  
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11 120 to 0, 800, 200 and 6000 lx.

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### 122 *Analytical determination*

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#### 124 *Particle size*

125 Particle size was determined using a Particle Sizer 380 ZLS analyzer (PSS NICOMP Particle Sizing  
126 system, Goleta, USA). Before analysis, emulsions were diluted with deionized water in order to  
127 avoid multiple scattering effects. Mean particle diameter was expressed as volume weighted mean  
128 diameter  $\pm$  standard deviation (SD).

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#### 130 *Turbidity*

131 Aliquots of 2 mL of simulated beverages were introduced in glass cuvette and turbidity was  
132 measured using a UV-2501 PC UV-VIS (Shimadzu, Kyoto, Japan) spectrophotometer recording the  
133 absorbance at 600 nm.

134

#### 135 *$\beta$ -carotene*

136 The changes of sample absorbance at 450 nm (Cary 1E UV/VIS spectrophotometer, Varian, Palo  
137 Alto, California) were taken as an index of  $\beta$ -carotene degradation. Data were elaborated as relative  
138 percentage of  $\beta$ -carotene as a function of storage time.

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#### 140 *Limonene*

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3 141 Limonene was determined by SPME-GC-MS on a GC-17A gas chromatograph, coupled with a QP-  
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5 142 5000 mass spectrometer (both from Shimadzu, Kyoto, Japan). Solid-phase microextraction was  
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7 143 carried out on 0.5 mL of beverage, at 10 °C, by using a 2 cm 50/30 µm  
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9 144 divinylbenzene/carboxen/polydimethylsiloxane fiber (Supelco, Bellefonte, PA, USA), with a  
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11 145 sampling time of 1 min. Vials were pre-conditioned for 10 min before microextraction to allow their  
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13 146 thermal equilibration.

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16 147 Volatile compounds were separated on a SLB-5ms capillary column (30 m x 0.25 mm i.d., 0.25 µm  
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18 148 film thickness), purchased from Supelco (Bellefonte, PA, USA), with the following operating  
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20 149 conditions: initial temperature 40 °C, 4 °C /min up to 180 °C, then 25 °C/min up to 260 °C and a  
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22 150 final holding of time of 10 min. Injection was performed in split mode (split ratio 1:200) and  
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24 151 temperatures of injection port and transfer line were set at 260 °C. Carrier gas was helium, at a  
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26 152 linear flow rate of 36 cm/s. Detector voltage was set at 1.4 kV. Electron impact mass spectra were  
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28 153 recorded at 70 eV and the identification of limonene was carried out by comparison of mass spectra  
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30 154 and retention times with those of a commercial standard.

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### 34 35 156 ***Data analysis and modelling***

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37 157 All determinations were expressed as the mean ± standard error (SE) of at least two measurements  
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39 158 from two experiment replicates (n ≥ 4).

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42 159 β-carotene and limonene degradation data were fitted to a pseudo-first order kinetic reaction and  
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44 160 apparent reaction rate constant ( $k_L$ , hours<sup>-1</sup>) at each light intensity (L) were calculated by linear  
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46 161 regression:

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$$\ln\left(\frac{c}{c_0}\right) = -k_L t \quad (1)$$

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3 165 Where  $C$  is  $\beta$ -carotene or limonene content at storage time  $t$  and  $C_0$  is their content at time zero.  
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5 166 Regression significance was evaluated by considering determination coefficients ( $R^2$ ) and  
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7 167 probability value ( $p$ ).  
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9 168 Shelf life equation based on the pseudo first order was as follows:  
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$$11 \quad 169 \quad SL_L = \frac{\ln a - \ln b}{k_L} \quad (2)$$

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17 170 where  $SL_L$  is the shelf life at the selected light intensity ( $L$ ),  $a$  and  $b$  are the final (corresponding to  
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19 171 the end of shelf life) and the initial quality index value, respectively.  
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## 22 172 **RESULTS AND DISCUSSION**

### 23 173 *Microemulsion physical stability upon beverage preparation*

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26 174 Starting from our previous research<sup>3</sup>, beverage prototypes were prepared by diluting transparent  
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28 175 microemulsion loaded with lemon oil (15% w/w) as flavouring ingredient and  $\beta$ -carotene as  
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30 176 bioactive/colorant compound. In these experiments,  $\beta$ -carotene was solubilized in a 3:1 lemon oil-  
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32 177 peanut oil mixture before microemulsion preparation. The resulted microemulsions had a mean  
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34 178 particle diameter lower than 30 nm, giving reason of yellow transparent systems. This transparency  
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36 179 was maintained upon microemulsion dilution to obtain a beverage with pH 2.1. This was  
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38 180 demonstrated by the very low turbidity value ( $\sim 0.1$  O.D. at 600 nm) of the beverage, confirming  
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40 181 data previously reported<sup>3</sup>.  
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### 45 182 46 183 *Light-induced quality depletion of beverage*

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48 184 The beverage delivering  $\beta$ -carotene and lemon oil was stored at 20 °C under different light  
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50 185 intensities for increasing time up to 30 days. Transparency, taken as an indicator of emulsion  
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52 186 stability, color changes due to  $\beta$ -carotene degradation and flavor profile modifications associated to  
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54 187 limonene changes were monitored.  
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3 188 As regard physical stability, no appreciable changes of absorbance at 600 nm were observed under  
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5 189 both dark and light conditions. This result, in agreement with Valoppi et al<sup>3</sup>, highlighted that  
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7 190 microemulsion oil droplets were stable in the diluted systems upon storage, confirming the  
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9 191 effectiveness of microemulsions as delivery systems of liposoluble components, such as flavor oils  
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11 192 and bioactive compounds.

13 193 Given the beverage physical stability during storage, samples were analyzed for  $\beta$ -carotene and  
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15 194 limonene content (Figure 1). As the light intensity increased, the bleaching rate of  $\beta$ -carotene also  
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17 195 increased, indicating that light exerted a dramatic effect on  $\beta$ -carotene oxidation (Figure 1a). This is  
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19 196 in agreement with literature data demonstrating the photosensitivity of  $\beta$ -carotene<sup>8,9</sup>. On the other  
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21 197 hand, also limonene content progressively decreased during storage<sup>10,11</sup> (Figure 1b). However, the  
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23 198 effect of light appeared different from that observed for  $\beta$ -carotene degradation. The beverages  
24  
25 199 exposed to 800 and 2000 lux showed limonene content changes comparable to that observed in the  
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27 200 control sample stored in the dark. Only the exposure to the highest light intensity considered (6000  
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29 201 lux) caused an intense limonene depletion. These observations can be better highlighted by  
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31 202 observing the pseudo-first rate constants computed by fitting data shown in Figure 1 as a function of  
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33 203 storage time (Table 1). The goodness of the statistical parameters confirmed the exponential decay  
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35 204 of both selected indices. Reaction rates showed that storage under increasing light intensity  
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37 205 progressively affected  $\beta$ -carotene degradation rate, while a discontinuity point was observed for  
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39 206 limonene degradation rate between 2000 and 6000 lux. It could be inferred that due to the high  
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41 207 antioxidant capacity of  $\beta$ -carotene, the latter might progressively oxidized, protecting limonene  
42  
43 208 from degradation. However, this protecting effect would not be efficacious when the beverage is  
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45 209 exposed to dramatically intense light, such as 6000 lux.

50 210 Based on the acquired data, the colour changes associated to  $\beta$ -carotene degradation can be  
51  
52 211 considered the earliest indicator of the quality changes occurring during the beverage storage. Thus,  
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54 212  $\beta$ -carotene kinetic data were used to evaluate the possibility to develop stability, and eventually  
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56 213 shelf life, prediction models.

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217 *Stability and shelf life prediction models*

218 In order to produce a model to estimate product stability under different lighting conditions, the rate  
219 of  $\beta$ -carotene degradation was studied as a function of light intensity (Figure 2). This approach was  
220 previously proposed by Manzocco et al.<sup>5,6</sup>, dealing with the development of protocols for the shelf  
221 life testing of photosensitive foods, such as beverages and oils. These authors proposed the used of  
222 light as unconventional acceleration factor in shelf life accelerated test (ASLT) to reduce the time  
223 needed to obtain a reliable shelf life estimation of photosensitive foods.

224 Observing Figure 2, it is evident the linear relation ( $R^2=0.998$ ) between  $\beta$ -carotene degradation rate  
225 and light intensity. This result is consistent with those obtained by Manzocco et al.<sup>5</sup> studying the  
226 light dependence of crocin bleaching rate. The linear relation between  $\beta$ -carotene degradation rate  
227 and light intensity confirms the exploitability of light as acceleration factor in stability or shelf life  
228 tests. Thus, by measuring the bleaching rate under increasing light intensity and then extrapolating  
229 the rate at milder conditions, it can be possible to estimate the beverage degradation rate under dark  
230 but also under milder light conditions, usually experienced by the product on the retail shelves.

231 The knowledge of the photo-stability of the beverages could allow to generate a shelf life predicting  
232 model based on light as accelerating factor. To convert a stability model into a shelf life model, it is  
233 necessary to select the shelf life acceptability limit (that is the  $b$  value in the equation 2). As  
234 reported by Manzocco<sup>12</sup>, the choice of acceptability limit value for products without compulsory  
235 indications, such as the considered beverages, is prevalently based on company policy. For the  
236 considered beverages and based on the equation reported in Figure 2, the shelf life model (eq. 3)  
237 was as follows:

$$238 \quad SL_L = \frac{\ln a - \ln b}{1 \cdot 10^{-5} L + 0.0156} \quad (3)$$

239 Equation 3 represents a simple model allowing prediction of the shelf life of the beverage at  
240 different light intensities (L). For instance, by choosing the acceptability limit in correspondence of  
241 50%  $\beta$ -carotene degradation and applying equation (3), the shelf life under dark resulted 250 days.  
242 On the contrary, considering the typical light intensity of market shelves (about 600 lux), the shelf  
243 life became about 86 days.

## 244 CONCLUSIONS

245 The use of transparent microemulsions can be regarded as successful strategy to deliver liposoluble  
246 molecules, such as lemon oil and  $\beta$ -carotene, into beverages. The latter resulted physically stable  
247 during storage, indicating that no coalescence phenomenon occurred during storage. On the  
248 contrary, beverages resulted photosensitive showing intense colour fading and flavour depletion  
249 during storage as a consequence of limonene and  $\beta$ -carotene oxidation. This means that in the  
250 attempt to develop beverages containing microemulsions as delivery system, the photostability of  
251 the delivered compounds should be carefully studied. To this aim, validated mathematical models  
252 able to predict shelf life as a function of light intensity are definitively needed to speed up the  
253 process.

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For Peer Review

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3 289 **Figure captions**

4  
5 290 Figure 1.  $\beta$ -carotene (a) and limonene (b) changes as a function of beverage storage time 20 °C  
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7 291 under different light conditions.

8  
9 292 Figure 2. Light dependence of first order rate constant ( $k$ ) of  $\beta$ -carotene degradation as a function of  
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11 293 light intensity. Linear regression results and determination coefficient are also shown.

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295 Table 1. First order degradation rate ( $k_L$ ) of  $\beta$ -carotene and limonene in beverages stored at 20 °C  
 296 under different light intensity.

Light intensity (lux)	$\beta$ -carotene		Limonene	
	$k_L$ (day <sup>-1</sup> )	R <sup>2</sup>	$k_L$ (day <sup>-1</sup> )	R <sup>2</sup>
0	0.0142±0.0010	0.996	0.0135±0.0021	0.935
800	0.0223±0.0011	0.995	0.0158±0.0026	0.879
2000	0.0430±0.0010	0.984	0.0145±0.0026	0.856
6000	0.0812±0.0023	0.997	0.0432±0.0058	0.915
P<0.01				

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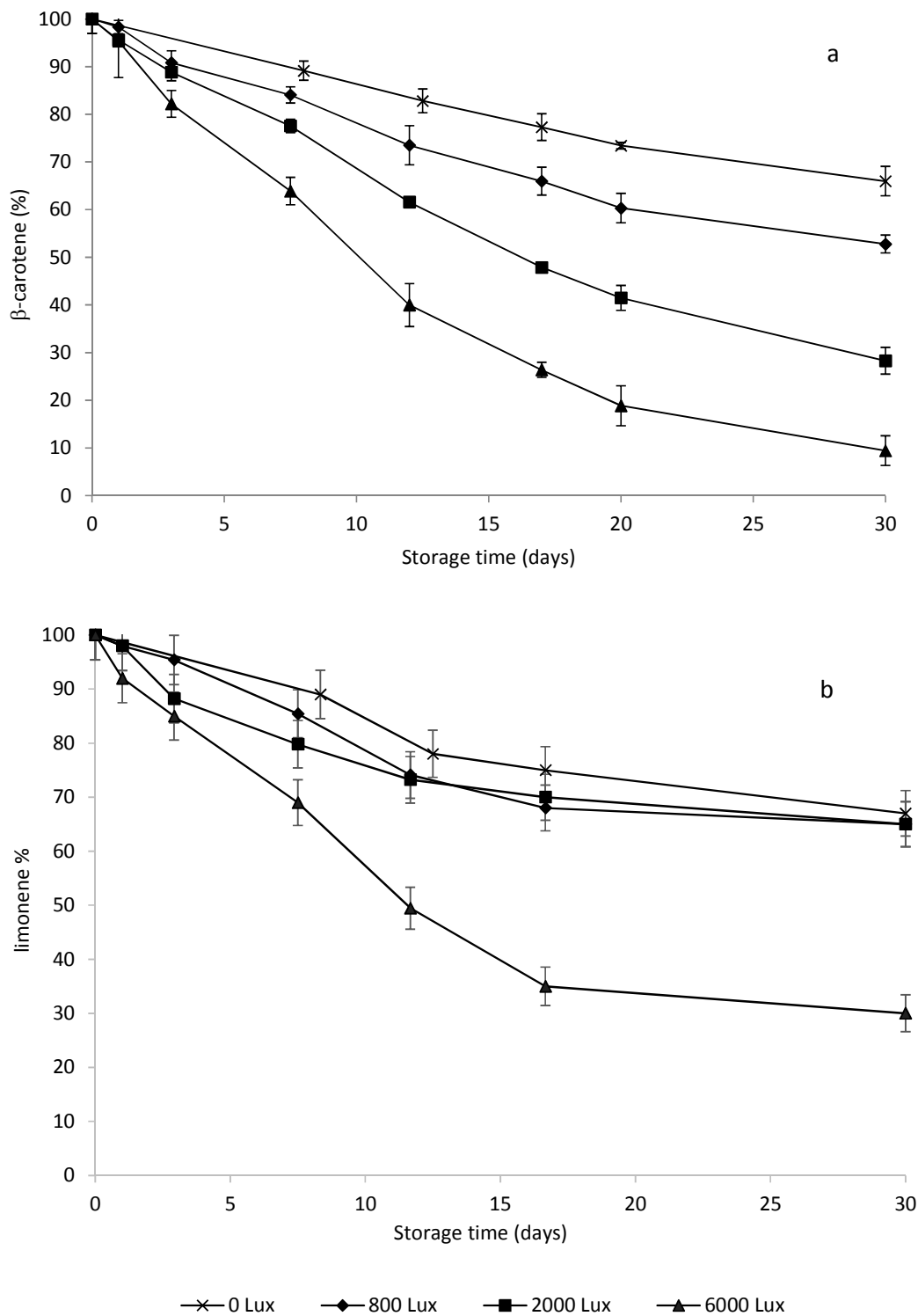


Figure 1.  $\beta$ -carotene (a) and limonene (b) changes as a function of beverage storage time 20 °C under different light conditions.

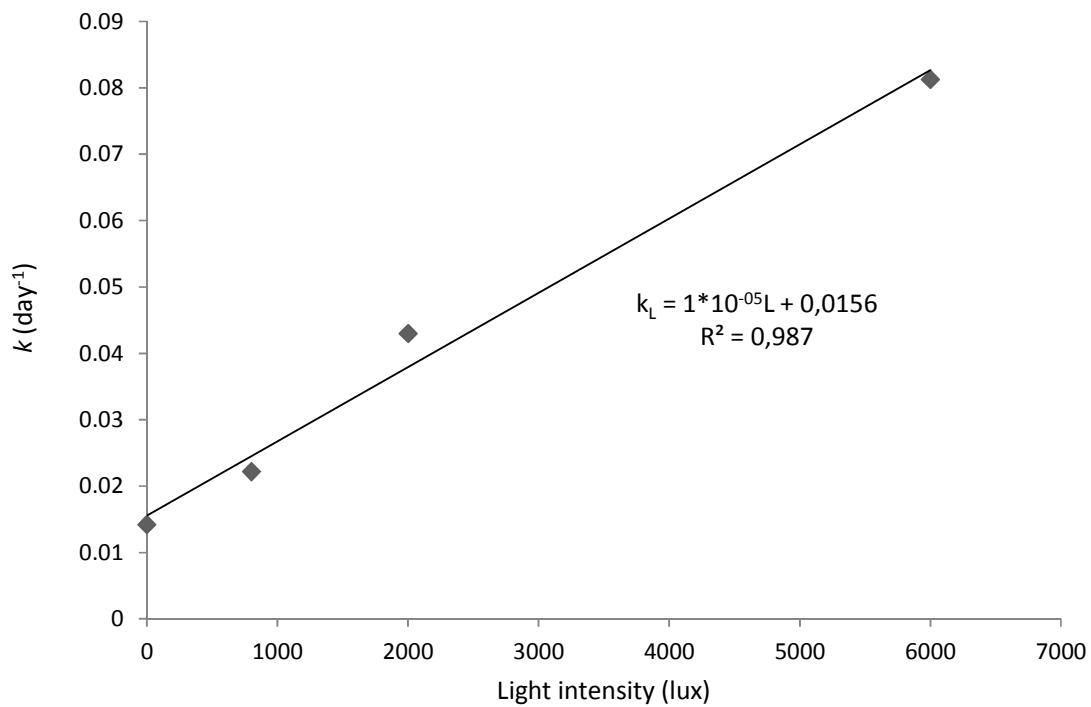


Figure 2. Light dependence of first order rate constant ( $k$ ) of  $\beta$ -carotene degradation as a function of light intensity. Linear regression results and determination coefficient are also shown.