Conjugated linoleic acid (CLA)-enriched milk fat inhibits growth and modulates CLA-responsive biomarkers in MCF-7 and SW480 human cancer cell lines

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Milk enriched in conjugated linoleic acid (CLA) was obtained from cows on pasture supplemented with full-fat rapeseeds (FFR; 2.26 g cis 9, trans 11 -CLA/100 g fatty acid methyl esters) and full-fat soybeans (1.83 g cis 9, t11-CLA/100 g fatty acid methyl esters). A control milk fat (1.69 g cis 9, t11-CLA/100 g fatty acid methyl esters) was obtained from cows fed on pasture only. The present study assessed the potency of the CLA-enriched milk fats to modulate biomarkers that had previously been observed to respond to cis 9, trans 11-CLA in the MCF-7 and SW480 cell lines. Cell numbers decreased (P<0.05) by up to 61 and 58 % following the incubation of MCF-7 and SW480 cells, respectively, for 4 d with milk fats (yielding CLA concentrations between 60·2 and 80·6 m). The FFR milk fat, containing the highest CLA content, increased (P<0.05) [14C]arachidonic acid (AA) uptake into the monoacylglycerol fraction of MCF-7 and SW480 cells while it decreased (P<0.05) uptake into the phospholipid fraction of the latter. This milk fat also decreased (P<0.05) [14C]AA conversion to prostaglandin (PG) E₂ while increasing conversion to PGF₉α in both cell lines. All milk-fat samples increased (P<0.05) lipid peroxidation as measured by 8-epi-PGF₂α in both cell lines. In SW480 cells the milk-fat samples decreased (P<0.05) bcl-2 and cytosolic glutathione levels while increasing (P<0.05) membrane-associated annexin V levels. All milk-fat samples decreased (P<0.05) the expression of ras in SW480 cells. These data suggest that milk-fat CLA was effective at modulating synthetic CLA-responsive biomarkers.

Milk fat: Conjugated linoleic acid: Eicosanoids: Apoptosis

A growing number of dietary components with putative health-promoting properties are being identified and a new class of foods, so-called functional foods, has emerged (Milner, 1999). Research is unveiling milk fat as a source of bioactive components including minerals, peptides derived from milk proteins and lipid components (Boland et al. 2001; Calder, 2002). Of particular interest is the fatty acid conjugated linoleic acid (CLA), which has consistently been shown to inhibit chemically induced tumour development in animal models at a number of sites including skin (Belury et al. 1996), mammary gland (Iq et al. 1994), forestomach (Ha et al. 1990) and colon (Liew et al. 1995). In addition, cell culture studies have shown CLA to inhibit the growth of human cancer cell lines including those of the colon (Miller et al. 2001; Palombo et al. 2002), breast (Park et al. 2000; Miller et al. 2001) and prostate (Palombo et al. 2002) at micromolar concentrations. CLA is produced in ruminant animals and as a result milk fat is among the richest natural sources of CLA, with the cis 9, trans 11 (c9, t11)-CLA isomer being the predominant form, accounting for up to 90 % of total milk-fat CLA (Chin et al. 1992). While CLA is formed in ruminant animals as a first intermediate in the microbial biohydrogenation of linoleic acid (LA) by the action of a bacterial LA isomerase (Kepler & Tove, 1967), endogenous synthesis from trans-11-vaccenic acid (TV)A represents a more significant source of c9, t11-CLA in milk fat (Griinari et al. 2000).

Because of the health-promoting properties associated with CLA, attempts have been made to enrich its content in milk fat. Animal diet has a major impact on the CLA content of milk fat and several studies have shown that it can be elevated by modifying the dietary regimen of the dairy cow (Lawless et al. 1998; Chilliard et al. 2000), thus offering the possibility of producing CLA-enriched

Abbreviations: AA, arachidonic acid; c9, t11, cis 9, trans 11; CLA, conjugated linoleic acid; FFR, full-fat rapeseed; FFS, full-fat soybean; GSH, reduced glutathione; LA, linoleic acid; MG, monoacylglycerol; PBST, PBS containing 0·1 % (v/v) Tween 20; PG, prostaglandin; TVA, trans-vaccenic acid.

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dairy products. Ip et al. (1999) have reported that feeding CLA-enriched butterfat (41 mg/g fat) alters mammary gland morphogenesis and reduces mammary cancer risk in rats by the same magnitude as a synthetic mixture of CLA isomers and a synthetic c9, t11-CLA preparation. The group consuming the butterfat consistently accumulated more total CLA in their tissues compared with the group consuming the synthetic CLA preparations and the authors suggested that TVA in the butterfat may have been a precursor for the endogenous synthesis of CLA. In a more recent study, this CLA-enriched butterfat effectively suppressed the proliferative activity and the expression of cell cycle regulating proteins (cyclin D1 and A) in the developing rat mammary epithelium (Ip et al. 2001).

It has previously been reported that the mammary MCF-7 and colon SW480 cancer cell lines were sensitive to the cytotoxic effect of a CLA mixture of isomers and the c9, t11-CLA isomer (Miller et al. 2001). The CLA-induced cytotoxicity was related to an increase in lipid peroxidation (O’Shea et al. 1999; Miller et al. 2001). The cytotoxicity was also related to alterations in the mobilisation and metabolism of arachidonic acid (AA) (Miller et al. 2001), a reduction in the level of the anti-apoptotic bcl-2 protein, which triggered a cascade of events leading to apoptosis (Miller et al. 2002) and the modulation of ras expression (McGrath et al. 2001). CLA-enriched milk fat was previously reported to be taken up by MCF-7 cells and to be more effective than synthetic CLA at decreasing MCF-7 cell numbers and increasing lipid peroxidation after an 8 d incubation period (O’Shea et al. 2000). These effects were independent of the variable composition of the milk-fat samples, suggesting that CLA may be the active ingredient responsible for the cytotoxic effect in MCF-7 cells. The present study investigated whether fatty acids (LA, TVA and oleic acid) present in CLA-enriched milk fats could influence the growth of MCF-7 and SW480 cells. The potency of CLA-enriched milk fats to modulate CLA-responsive biochemical and molecular biomarkers previously observed in the MCF-7 and SW480 cell lines (Miller et al. 2001, 2002) was assessed. Specifically, the effects of CLA-enriched milk fats on: (1) AA uptake, distribution and conversion to eicosanoid classes in MCF-7 and SW480 cell lines; (2) lipid peroxidation; (3) apoptotic markers in the SW480 cells line (reduced glutathione (GSH) levels, membrane annexin V levels and bcl-2 expression); (4) levels of ras expression in SW480 cells were assessed.

Materials and methods

Cell culture conditions

Human breast (MCF-7) and colon (SW480) cancer cell lines were obtained from the American Type Culture Collection (Manassas, VA, USA). Culture media and supplements were purchased from Sigma-Aldrich Ireland Ltd. (Dublin, Republic of Ireland). The SW480 cells were maintained in Dulbecco’s minimum essential medium supplemented with fetal bovine serum (5 %, v/v), 0.2 mm-l-glutamine, 1 mm-N2-(2-hydroxyethyl)piperazine-N-2-ethanesulfonic acid, and 1 unit each of penicillin and streptomycin/ml. The MCF-7 cells required an additional supplement of 10 nm-sodium pyruvate. Cells were grown in Falcon T-75 cm² flasks and maintained as previously described (O’Shea et al. 1999).

Milk-fat samples

The milk fats used in the present study were obtained following the supplementation of lactating dairy cows on pasture (control) or on pasture supplemented with full-fat rapeseeds (FFR) or full-fat soyabean (FFS) for 33 and 34 d, respectively (Lawless et al. 1998). Table 1 summarises the concentrations of CLA, oleic acid, TVA and LA in the milk-fat samples. The full fatty acid composition was as described by O’Shea et al. (2000).

Quantification of cell numbers

Cells were seeded in six-well plates and the MCF-7 and SW480 cells were seeded at densities of 1 × 10^5/well and 5 × 10^5/well respectively. Cells were cultured for 24 h to allow the cells to attach to the substratum. The medium was then replaced with media containing either FFR milk fat, FFS milk fat or control milk fat at a concentration of 1 mg/ml to yield CLA concentrations of 60.2, 65.2 and 80.6 μM, respectively. Control wells were supplemented with equivalent volumes of ethanol (0.1 % final concentration, v/v). In a separate experiment, the milk-fat content of the medium was varied between 0.8 and 1.2 mg/ml to yield a CLA concentration of 71.3 μM in all milk-fat samples. Cells were also incubated in the presence of c9, t11-CLA (95 % pure; Natural ASA, Hovebygda, Norway), LA, TVA or oleic acid (all 99 %; Sigma-Aldrich Ireland Ltd.) at concentrations similar to those found in the milk-fat samples. For all viability experiments, the cells were harvested in the presence of PBS containing 0.25 % (v/v) trypsin. Viable cell numbers were quantified using the trypan blue exclusion (0.4 %, w/v) assay.

Uptake of [14C]arachidonic acid and conversion to eicosanoids

Cells were seeded in T-25 cm² flasks at a density of 2 × 10^5/ flask and grown to 90 % confluency. The medium was then replaced with a medium containing [14C]AA at 0.2 μCi along with the milk-fat samples control, FFR or FOS (all added at a milk-fat concentration of 1 mg/ml yielding CLA concentrations of 60.2, 65.2 and 80.6 μM, respectively) or an equivalent volume of ethanol. After 24 h incubation, the cells were harvested to determine the uptake of

<table>
<thead>
<tr>
<th>Fatty acid</th>
<th>Control milk fat</th>
<th>FFS milk fat</th>
<th>FFR milk fat</th>
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<tbody>
<tr>
<td>CLA</td>
<td>1.69</td>
<td>1.83</td>
<td>2.26</td>
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<tr>
<td>Trans-vaccenic acid</td>
<td>3.14</td>
<td>4.41</td>
<td>4.64</td>
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<tr>
<td>Oleic acid</td>
<td>20.28</td>
<td>23.37</td>
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<tr>
<td>Linoleic acid</td>
<td>1.25</td>
<td>4.28</td>
<td>1.69</td>
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FFS, full-fat soyabean; FFR, full-fat rapeseed; CLA, conjugated linoleic acid.
Effects of conjugated linoleic acid on cultured cells

Measurement of reduced glutathione and annexin V levels

Cells were seeded in T-75 cm² flasks at a density of 1 x 10⁶ cells/flask and incubated for 24 h. The medium was then replaced with fresh media containing the milk-fat samples; control, FFS or FFR (1 mg/ml) as described earlier and incubated for 4 d, after which both floating and adherent cells were collected. Cells were then re-suspended in a PBS–phenylmethylsulfonylfluoride (100 mM-NaCl, 0.2 mM-phenylmethylsulfonylfluoride) containing 0.1 mM-leupeptin and 0.2 μg aprotinin/ml (both from Sigma-Aldrich Ireland Ltd.) as protease inhibitors, sonicated on ice and centrifuged at 100,000 g for 1 h at 4°C. The supernatant fraction (cytosolic fraction) was analysed for GSH levels according to the method of Hissin & Hilf (1995). The pellet was re-suspended in a lysis buffer (10 mM-sodium phosphate buffer (pH 7.2), 100 mM-NaCl, 0.2 mM-phenylmethylsulfonylfluoride) containing 0.1 mM-leupeptin and 0.2 μg aprotinin/ml (both from Sigma-Aldrich Ireland Ltd.) as protease inhibitors, sonicated on ice and centrifuged at 100,000 g for 1 h at 4°C. The supernatant fraction (cytosolic fraction) was analysed for GSH levels according to the method of Hissin & Hilf (1995). The supernatant fraction (cytosolic fraction) was analysed for GSH levels according to the method of Hissin & Hilf (1995). The supernatant fraction (cytosolic fraction) was analysed for GSH levels according to the method of Hissin & Hilf (1995).

Measurement of bcl-2 and ras expression

SW480 cells were seeded at 5 x 10⁶ cells/150 cm² flask and were cultured for 24 h to allow the cells to attach to the substratum. The medium was then replaced with fresh media containing the milk-fat samples; control, FFS or FFR (1 mg/ml). After 4 d of incubation, both floating cells and adherent cells were collected and pooled. Cells were washed twice in ice-cold PBS and re-suspended in the lysis buffer (described earlier). Lysates were sonicated using a Vibra Cell VCS02 (Sonics, Newtown, CT, USA) on ice and concentrated using Microcons® (Millipore, Cork, Republic of Ireland). Protein concentrations were determined using the Bio-Rad protein assay (Biorad). SDS-PAGE and Western blots were performed essentially by the methods of Laemmli (1970) and Towbin et al. (1979), respectively. Lysates containing approximately 70 μg protein were solubilised in a sample buffer (10 % (w/v) SDS, 600 mM-tri(hydroxymethyl)-aminomethane-HCl (pH 6.7), and 50 % (w/v) glycerol) containing β-mercaptoethanol and 50 μg bromophenol blue/ml. Samples were boiled for 2 min and proteins resolved by electrophoresis and blotted onto Hybond enhanced chemiluminescence membrane (Amersham, Little Chalfont, Buckinghamshire, UK) in a Trans-blot Electrophoretic transfer cell (Biorad). Blots were stained with Ponceau S solution (0·2 %, w/v) to ensure the transfer of proteins was complete and to determine if equivalent amounts of protein were loaded in each lane. The blots were destained with PBS containing 0·1 % (v/v) Tween 20 (PBST) and blocked with 5 % (w/v) non-fat dry milk dissolved in PBST. Blots were then incubated with monoclonal antibodies: anti-bcl-2 diluted to 1:1000 (Sigma-Aldrich Ireland Ltd.) or anti-ras diluted to 1:40 (Oncogene Science, Manhasset, NY, USA) in PBST containing 0·5 % (w/v) non-fat dry milk. Blots were washed extensively in PBST and re-incubated with a horseradish peroxidase-linked secondary antibody (Amersham) diluted 1:2000 in PBST containing 0·5 % (w/v) non-fat dry milk. The blots were then thoroughly washed in excess PBST and probed with the Super Signal detection system (Pierce, Rockford, IL, USA) and exposed to autoradiography films (Amersham) according to the manufacturer’s instructions. Densitometry (using NIH Image software; Research Services Branch, Bethesda, MD, USA) was performed on Ponceau S scans and autoradiographs.

Statistical analysis

Three independent experiments were performed in triplicate. One-way ANOVA, followed by post hoc testing by Tukey’s honestly significant difference test, was used to analyse the data. For treatments with more than one factor, factorial ANOVA followed by post hoc testing by Tukey’s honestly significant difference test was carried out.

Results

The effects of conjugated linoleic acid-enriched milk fat on cell viability

MCF-7 and SW480 cells were incubated for 4 d in the presence of milk fat (1 mg/ml) to yield CLA concentrations in the range from 60-2 to 80-6 μM. This allowed the examination of the effect of increasing milk-fat CLA concentration while the milk fat content was kept constant. A previous study had shown that there was a proportional increase in CLA uptake from these milk fats by MCF-7 cells (O’Shea et al. 2000), suggesting a cellular lipolytic competence for milk-fat triacylglycerols. Cell numbers following 4 d
of incubation with all three milk fats were significantly \((P<0.05)\) lower than the number of untreated control cells (Figs. 1 (A) and 1 (B)). A dose-dependent decrease in cell number was observed with increasing CLA content in the milk fats, with both FFS and FFR being significantly \((P<0.05)\) more potent than the control milk fat. Maximal growth inhibition of 61 and 58 \% occurred in the MCF-7 and SW480 cells, respectively, following treatment with the highest milk-fat CLA concentration. A significant \((P<0.05)\) inhibitory effect on cell number was obtained following the incubation of both cell lines with \(c,9,\ t11\)-CLA at 60·2, 65·2 and 80·6 \(\mu M\), representing the concentrations present in the control, FFS and FFR milk fats, respectively (Figs. 1 (A) and 1 (B)). The respective percentages by which cell viability was reduced following the addition of \(c,9,\ t11\)-CLA to the medium were 43, 46 and 49 in the MCF-7 cell line and 41, 44 and 50 in the SW480 cell line. In the MCF-7 cell line, milk fat CLA (60·2 and 65·2 \(\mu M\)) was significantly \((P<0.05)\) more effective at decreasing cell numbers when compared with the synthetic \(c,9,\ t11\)-CLA at the same concentrations. In the SW480 cell line no significant difference was observed between the milk-fat CLA and synthetic \(c,9,\ t11\)-CLA treatments suggesting that lipase activities may differ between cell lines and may possibly be rate limiting in the MCF-7 cell line.

The milk-fat content of the medium was then varied between 0·8 and 1·2 mg/ml to yield a final CLA milk-fat concentration of 71·3 \(\mu M\). All milk-fat samples significantly \((P<0.05)\) lowered cell numbers compared with the untreated control cells after 4d incubation by approximately 58 and 53 \% in MCF-7 and SW480 cells respectively (Figs. 2 (A) and 2 (B)). No significant differences in final cell numbers were obtained for all milk-fat treatments in either cell line.

To elucidate the effects of individual fatty acids present in the milk fat on cell viability, cells were incubated in the presence of pure LA, TVA or oleic acid at concentrations similar to those found in the milk-fat samples and viability was assessed after 4d incubation (Figs. 3 (A) and 3 (B)). TVA significantly decreased \((P<0.05)\) cell viability by approximately 22–37 \% in both cell lines when added at the concentrations present in the three milk-fat samples (111·2, 156·1 and 164·2 \(\mu M\) in the control, FFS and FFR, respectively). The MCF-7 cells were more sensitive to the growth inhibitory effects of TVA. When cells were incubated in the presence of LA at the concentrations present in the three milk-fat samples (44·6, 152·5 and 60·2 \(\mu M\) in the control, FFS and FFR, respectively) differential effects on growth were observed. In the MCF-7 cell line, LA at a concentration of 44·6 \(\mu M\) significantly \((P<0.05)\) stimulated cell growth by 26 \% but at a concentration of 152·5 \(\mu M\) LA was cytotoxic to the cells inhibiting cell growth by 43 \%. LA at 60·2 \(\mu M\) had no significant effect on final cell numbers. In the SW480 cell line, LA at 44·6 and 60·2 \(\mu M\) stimulated cell growth but the increase was only significant at the higher LA concentration. When LA was added at a concentration of 152·5 \(\mu M\), SW480 cell growth was significantly \((P<0.05)\) inhibited by 40 \%. The latter cell line was more sensitive to the growth-modulatory effects of oleic acid than the MCF-7 cell line. Incubation with oleic acid significantly decreased cell numbers in the MCF-7 only at the highest concentration of 952·9 \(\mu M\), which was representative of the concentration found in the FFR milk-fat sample. In contrast,

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**Fig. 1.** Growth of (A) MCF-7 and (B) SW480 cells incubated with milk-fat samples (\(\bullet\)) or synthetic \(c,9,\ t11\)-conjugated linoleic acid (CLA) (\(\square\)) containing varying levels of CLA for 4d. \(^{a,b,c}\) Mean values within a concentration with unlike superscript letters were significantly different \((P<0.05)\) or significantly different from the control \((P<0.05)\).

**Fig. 2.** Growth of (A) MCF-7 and (B) SW480 cells incubated with milk-fat samples containing 20 \(\mu g\) conjugated linoleic acid (CLA)/ml (71·3 \(\mu M\)-CLA) for 4d. CF, control fat; FFS, full-fat soyabean; FFR, full-fat rapeseed. \(^{*}\) Mean values were significantly different to those for the control cells \((P<0.05)\).
incubation of SW480 cells with oleic acid at 717·8, 827·3 and 952·9 μM, representing the concentrations present in control, FFS and FFR milk fats respectively, significantly (P<0·05) decreased cell viability by 13, 26 and 39 %, respectively.

**Effect of conjugated linoleic acid-enriched milk fat on incorporation of [14C]arachidonic acid into cellular lipid fractions**

In order to examine if growth inhibition by milk fat could be attributed to an altered pattern of AA distribution and eicosanoid formation, the effects of the three milk-fat samples on the incorporation of [14C]AA into the cellular lipid fractions of MCF-7 and SW480 cells were investigated. The control fat, FFS and FFR milk fats were added at 1 mg/ml milk fat to yield CLA milk-fat concentrations of 60·2, 65·2 and 80·6 μM, respectively. Levels of [14C]AA uptake into phospholipid, triacylglycerol and MG were 64, 27 and 9 %, respectively, in control MCF-7 cells and 74, 22 and 4 %, respectively, in control SW480 cells (Figs. 4 (A) and 4 (B)). These patterns of AA incorporation are similar to those previously reported in these cell lines (Miller et al. 2001). In both cell lines, only incubation with the FFR milk fat, containing the highest CLA levels (80·6 μM), caused perturbations in [14C]AA uptake (Figs. 4 (A) and 4 (B)). In the MCF-7 cell line, treatment with FFR milk fat significantly (P<0·05) increased [14C]AA uptake into the MG fraction by 10 %. In SW480 cells, FFR milk-fat treatment also resulted in a significant (P<0·05) increase in [14C]AA uptake into the MG fraction (by 8 %) and this was accompanied by a significant (P<0·05) decrease in uptake into the phospholipid fraction (by 12 %).

**Effect of conjugated linoleic acid-enriched milk fat on eicosanoid and 8-epi-prostaglandin F2α synthesis**

The effects of the control, FFS and FFR milk-fat treatments (all added at 1 mg milk fat/ml) on the enzymic conversion of AA to selected eicosanoids (PGD2, PGE2, and PGF2α and 5-hydroperoxyeicosatetraenoate) and on the oxidation to 8-epi-PGF2α were examined. In both cells lines, only the FFR milk-fat treatment altered the eicosanoid profile (Figs. 5 (A) and 5 (B)). Following the incubation of both cell lines with FFR milk fat, [14C]AA conversion to
PGE₂ was significantly ($P<0.05$) decreased (by approximately 21–25 %) while the conversion to PGF₂α was significantly ($P<0.05$) increased (by 23–27 %). A CLA dose-dependent increase in the isoprostane 8-epi-PGF₂α, a biomarker of lipid peroxidation, was observed in both cell lines following incubation with the three milk fats. Maximal stimulation of 8-epi-PGF₂α production by 73 and 92 % was observed in MCF-7 and SW480 cells respectively, following treatment with the FFR milk fat, which contained the highest CLA concentration. None of the milk-fat treatments significantly altered the production of 5-hydroperoxyeicosatetraenoate or PGD₂.

**Effect of conjugated linoleic acid-enriched milk fat on apoptotic markers in SW480 cells**

To determine if the cytotoxic effect of the milk-fat samples was executed via an induction of an apoptotic signalling pathway effects on cytosolic GSH content, membrane annexin V levels and bcl-2 expression were examined. The data demonstrate that treatment of SW480 cells with the milk-fat samples significantly ($P<0.05$) reduced bcl-2 protein expression by 23–36 % ($P<0.05$) in a milk-fat CLA concentration-dependent manner (Fig. 6). All milk-fat samples depleted cytosolic GSH by approximately 21–39 % in SW480 cells, with

*Fig. 4.* Percentage distribution of [¹⁴C]arachidonic acid (AA) radioactivity into phospholipids ( ), triacylglycerol ( ) and monoacylglycerol ( ) following 24 h treatment of MCF-7 (A) and SW480 (B) cells with milk-fat samples (1 mg/ml). FFR, full-fat rapeseed; FFS, full-fat soyabean; CF, control fat. *Mean values were significantly different to those for the control cells ($P<0.05$).

*Fig. 5.* Percentage distribution of arachidonic acid (AA) into eicosanoids following 24 h treatment of MCF-7 (A) and SW480 (B) cells with milk-fat samples (1 mg/ml) relative to control untreated cells (100 %). ( ), Control fat; ( ), full-fat soyabean; ( ), full-fat rapeseed; PG, prostaglandin; 5-HPETE, 5-hydroperoxyeicosatetraenoate. *Mean values were significantly different to those for the control cells ($P<0.05$).
both FFS and FFR milk fats exerting a more potent effect \((P < 0.05)\) than control milk fat (Fig. 7). All milk-fat treatments significantly \((P < 0.05)\) increased levels of annexin V (29–32%) in the cell membrane when compared with concentrations found in the membrane preparations of untreated SW480 cells (Fig. 7).

**Effect of conjugated linoleic acid-enriched milk fat on ras expression**

The effect of the milk-fat samples on total ras expression in the SW480 cell line, which overexpresses k ras (Geiser et al. 1989), was examined. Fig. 8 shows a representative example of a Western blot analysis of ras in cells treated with control fat, FFS or FFR milk fat for 4 d. Ras appeared as a doublet with the upper band representing farnesylated membrane-bound ras and the lower band representing non-lipid-modified ras p21. Incubation of SW480 cells with control, FFS and FFR milk-fat samples (at 1 mg/ml) decreased the amounts of total ras by 35, 45 and 52%, respectively, relative to untreated cells.

**Discussion**

A prospective cohort study in Finland revealed that women who developed breast cancer had consumed less milk than cancer-free women and suggested that CLA may be the component in milk providing the protective effect (Knekt et al. 1996). Another study revealed an inverse association between dietary intake and serum CLA and the risk of breast cancer in post-menopausal women (Aro et al. 2000). Individuals with a high consumption of milk had a potentially reduced risk of colon cancer (Jarvinen et al. 2001). Using food duplicate methodology, the \(c_9, t_{11}\)-CLA intake in the USA was estimated to be approximately 193 and 140 mg/d for men and women, respectively (Ritzenthaler et al. 2001). The authors of the present study suggest that \(c_9, t_{11}\)-CLA intake must be increased approximately 3-fold to achieve consumption levels that can exhibit a cancer-protective effect (i.e. 0·1 g/100 g diet). A natural approach to enhancing CLA in dairy products is to increase the CLA content of milk fat by modifying the dietary regimen of the dairy cow. The FFR milk fat used in the present study contained 1·3-fold higher \(c_9, t_{11}\)-CLA concentration than the control fat.

The present study confirmed the cytotoxic effect of milk-fat CLA in MCF-7 cells previously reported after 8 d incubation (O'Shea et al. 2000) and also showed that the SW480 cell line is sensitive to the growth-inhibitory effects of milk-fat CLA. Triacylglycerol-bound milk-fat CLA was as effective an anticancer agent as the non-esterified fatty acid form of the \(c_9, t_{11}\)-CLA in the SW480 cells and even better in the MCF-7 cells, suggesting that lipolysis is an active process in these cells and that lipase activity may be rate limiting in the MCF-7 cell line.

Evidence is emerging that individual fatty acids, even within the same fatty acid type (for example, \(c_9, t_{11}\)-CLA and LA) may have different effects on carcinogenesis, tumour growth and metastasis (Zhou & Blackburn, 1999). The present study evaluated the individual effect of four...
fatty acids, at concentrations similar to those found in the three milk-fat samples, on the cell growth of SW480 and MCF-7 human cancer cell lines. An inhibitory effect on cell growth was obtained following the incubation of both cell lines with the pure c9, t11-CLA isomer (at concentrations similar to those present in the three milk-fat samples), confirming the well-established cytotoxic effect of CLA in these two cell lines. When media were supplemented with synthetic TVA, at concentrations similar to those present in the three milk-fat samples, cell viability significantly decreased in both cell lines. It has been shown that TVA decreases cell growth and evidence has been provided to suggest that the growth-suppression responses of both cell lines to TVA are probably mediated by its desaturated form (11,13-CLA) (Khosravi-Far et al. 2001). The depletion of GSH (a newly recognised class of anticarcinogens) is a critical event in the induction of apoptosis. The treatment of cells with milk fats may influence ras signalling by reducing its expression. Further comparative studies with other fatty acids are required to validate the use of bcl-2 and/ or ras as specific biomarkers of CLA exposure.

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