Sterols are important structural components of cell and organelle membranes of higher organisms: they regulate membrane fluidity and permeability as well as membrane-associated metabolic processes (Kritchevsky, 1997). Whereas mammalian and fungal cells generally contain one major sterol, cholesterol and ergosterol respectively, plants have a characteristically complex sterol mixture of cholesterol analogues termed phytosterols (Bean, 1973). Sterols are the precursors of a vast array of compounds involved in cellular and developmental processes in animals (e.g. steroid hormones and bile acids), fungi (e.g. ecdysteroids, antheridiol and oogoniol) and higher plants (e.g. brassinosteroids) (Hartmann, 1996; Bishop & Yokota, 2001). Plant sterols resemble cholesterol structurally in that they all have a steroid nucleus, a 3β-hydroxy group, and a double bond between C atoms five and six. The major differences are in side-chain substitution and/or saturation (Fig. 1) (Fieser & Fieser, 1959). The principle plant sterols are β-sitosterol (24α-ethylcholesterol), which comprises 45–95 % of the total sterol present in plants, campesterol (24α-methylcholesterol), which may account for 30 % of the total sterols of seed oils, and stigmasterol (Δ22,24α-ethylcholesterol), which may account for as much as 25 % of the total sterol of seed oils (Weihrauch & Gardner, 1978).

An oxysterol is a sterol containing one or more additional oxygen functionalities and is formed as a result of oxidation of cholesterol, some of its immediate precursors or of its analogues. Oxysterols have been ascribed a number of important roles in connection with cholesterol turnover, atherosclerosis, apoptosis, necrosis, carcinogenesis, inflammation, immunosuppression and the development of gallstones (Björkhem & Diczfalusy, 2002). In the case of phytosterols, the terminology for oxidized plant sterols, termed oxyphytosterols, is similar to that described for oxysterols. Oxysterols and oxyphytosterols, as present in the human body, may be derived from absorption of oxidized sterols present in the food, as well as from endogenous origin. The cytotoxicity of oxyphytosterols has been examined by studies in a cultured-derived macrophage cell line, C57BL/6. Results indicate that the oxides of β-sitosterol and campesterol have similar patterns of toxicity compared with oxysterols, as indicated by LDL leakage, cell viability and mitochondria dehydrogenase activity (Adcox et al. 2001).

Oxysterols can be formed by physical processes such as heating and radiation, by non-enzymatic processes involving reactive oxygen and free radical species (Smith, 1981), or enzymatically, by specific cytochrome P450 monooxygenases (Russell & Setchell, 1992). The B ring

![Fig. 1. Sterol autoxidation products. R: H, cholesterol; CH₃, campesterol; C₂H₅, sitosterol; C₂H₅, Δ22, stigmasterol. *, Radical oxygen species: O₂, O₂⁻, E = h · v, T.](https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/sterol-autoxidation-from-phytosterols-to-oxyphytosterols/15127A18F126C2B57A5F0D3D8D46B51C)
\(\Delta^5\) unsaturation and positions allylic to it are particularly susceptible to oxidative attack (Fig. 1). The primary products of cholesterol and phytosterol autoxidation are instable peroxyl radicals, which are finally reduced to hydroxyl groups. The epoxides and their common hydration products, e.g. 5α-cholestane-3β,5,6β-triol from cholesterol or, in a common term, 5α,6β-dihydroxystanols from sterols, are exclusively formed by sterol autoxidation (Fig. 1).

Oxysterols and oxyphytosterols are most often present in the proximity of their parent compounds cholesterol and phytosterols. This constitutes a large risk of quantitation artifacts, as even minor sterol autoxidation during sample storage and processing would yield substantial elevations of oxysterol and oxyphytosterol concentrations. During the last few years various techniques have evolved to minimize this potential error source: (1) sample processing and purification under an inert atmosphere; (2) addition of chelators that bind transition metal ions, thereby preventing radical initiation reactions; (3) addition of antioxidants that quench free radical reactions; (4) addition of isotope-labelled sterols in order to trace and quantitate autoxidation during sample processing (Dzeletovic et al. 1995; Guardiola et al. 2002). The development of GLC using a fused-silica capillary allows the use of highly sensitive detection systems, such as selective ion monitoring–MS. Advanced liquid chromatography combined with MS increases the sensitivity and specificity of normal HPLC with electrochemical or UV-absorbance detectors.

Recently, we found that oxyphytosterols were present in markedly elevated concentrations in serum from sitosterolaemic patients, while the concentrations of serum oxyphytosterols in healthy control subjects was below the limit of detection (Plat et al. 2001). Patients with sitosterolaemia hyperabsorb and retain all sterols, including plant sterols. Oxysterols and oxyphytosterols are present in plasma of healthy human subjects.

References


