

1 **In-vitro study** of the Inhibitory Activity of the Fractions of Onion (*Allium cepa*)  
2 **and Shallot Bulb (*Allium ascalonicum*) Extracts on Angiotensin-converting**  
3 **Enzyme (ACE)**

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6  
7 **ABSTRACT**

8  
9 The impact of hypertension as being the leading cause of death in industrialized  
10 societies pressed the importance of low-cost and accessible therapeutic agents  
11 present in food sources. This study was undertaken to evaluate the in-vitro  
12 Angiotensin-converting Enzyme (ACE) inhibitory activity of flavonoid-rich Onion and  
13 Shallot bulb **extracts**. Ethyl acetate, Butanol and Aqueous fractions of onion and  
14 shallot bulb **extracts** at varying concentrations were obtained through purification by  
15 solvent extraction. Positive control was the prototype ACE-inhibitor, Captopril. ACE-  
16 inhibitory activity was determined using the ACE-kit commercially manufactured by  
17 Dojindo, Inc. (Japan). All fractions of onion and shallot bulb extracts exhibited greater  
18 than 50% inhibitory activity towards ACE. The aqueous fractions of both bulbs  
19 showed the highest ACE-inhibitory activity exceeding the flavonoid standard,  
20 Quercetin, and were comparable with the prototype ACE-I, Captopril.  
21 Based on the study findings, onion and shallot bulbs can be potential sources of  
22 bioactive compounds that can inhibit the activity of ACE which **can be used to**  
23 **provide a natural, perhaps safer, cost-effective alternative in reducing blood**  
24 **pressure.**

25  
26 **Keywords:** ACE Inhibition, Natural products, Hypertension, Onion, Shallot

## INTRODUCTION

27

28 Hypertension is a chronic disease that has become one of the major health  
29 problems worldwide. In both developing and developed countries, hypertension is  
30 the leading cause of mortality. [Kearney et al. \(2005\)](#) estimated that more than 1.56  
31 billion people worldwide are expected to have hypertension by 2025, making the  
32 disease more alarming to healthcare providers.

33 Hypertension is defined clinically as an average of at least 2 measurements of  
34 resting systolic blood pressure (SBP) of  $\geq 140$  mmHg and/or a diastolic blood  
35 pressure (DBP) of  $\geq 90$  mmHg). In the great majority of cases, hypertension is the  
36 result of dysfunction of the mechanisms used by the circulation for the long-term  
37 rather than short term control of arterial pressure [\(Ahmed et al. 2011\)](#). There is a  
38 strong positive and continuous correlation between blood pressure and the risk of  
39 target organ damage that in the long-term results in diseases such as coronary  
40 artery disease, stroke, myocardial infarction, heart failure, and renal disease, and  
41 thus mortality [\(Bazzano et al. 2008\)](#). Furthermore, chronic hypertension can lead to  
42 dysfunction of the endothelium and damage to the endothelial cells that produces a  
43 number of proliferative responses, including arteriosclerosis. The challenges of  
44 managing hypertension and preventing the development of these latter outcomes  
45 are unlikely to relent; the global burden of hypertension is projected to increase by  
46 60% to affect approximately 1.6 billion adults worldwide by 2025 [\(Saputri et al.  
47 2017\)](#).

48 According to the [World Health Organization \(WHO\)](#), the leading causes of  
49 death among Filipinos are ischemic heart disease (15.4%) and stroke (11.1%). Both  
50 of these non-communicable diseases are rooted on the uncontrolled elevation of  
51 blood pressure and blood glucose levels. Additionally, the Philippines' Department of

52 Health (DOH) stated that about eight out of ten people who had their first stroke are  
53 diagnosed with hypertension and is responsible for worsening the quality of lives of  
54 some 14 million Filipinos. The DOH also revealed that more than 276 Filipinos die of  
55 heart disease on a daily basis and at least one Filipino suffers from stroke every nine  
56 minutes.

57 The renin-angiotensin-aldosterone system (RAAS) has an important  
58 contribution in the maintenance of vascular tone and involved in controlling blood  
59 pressure. The key enzyme in the RAAS is angiotensin converting enzyme (ACE).  
60 ACE is a cell membrane peptidase that plays a central role in the regulation of blood  
61 pressure through the production of angiotensin II, the potent vasoconstrictor  
62 (Antonios and MacGregor 1995). The use of an angiotensin-I-converting enzyme  
63 inhibitor (ACEI) is well established as one of the primary therapeutic agents for the  
64 treatment of hypertension. However, it's quite costly to maintain taking these drugs  
65 every day. These drugs are also associated with adverse effects like cough and  
66 angioedema which can be intolerable to some patients. A good ACE-I alternative can  
67 be obtained from natural products and it can be isolated from various plants. Some  
68 of edible plants and traditional medicines are known for containing compounds that  
69 have the same functions and actions with ACE-inhibitors that are present in the  
70 marketplace. As a result, studies regarding ACE-inhibitory activity of various edible  
71 plants through natural product isolation are becoming rampant. One related study  
72 published last 2018 by Tutor et al. evaluated the ACE-inhibitory activity of the  
73 Fractions from Eleusine indica Leaf Extracts. Phenolic compounds, such as  
74 flavonoids, in some plants were reported to lower blood pressure through inhibition  
75 and decrease the expression of ACE (Rumiyati et al. 2016). These flavonoids can be  
76 easily found in the most edible plants, and two examples of edible plants which

77 contain abundant flavonoids are onion bulbs (*Allium cepa*) and shallot bulbs (*Allium*  
78 *ascalonicum*). These plants are ubiquitous and present in what most people eat  
79 every day (Slimestad et al. 2007). Both onion and shallot bulbs are notoriously  
80 abundant with high concentrations of the flavonoid compound quercetin (Fattorusso  
81 et al. 2002). Studies of Guerrero et al. (2012) on the inhibition of ACE activity show  
82 that Quercetin has inhibitory activity against ACE with Inhibitory concentration 50  
83 (IC<sub>50</sub>) of 43. Therefore, the investigation of new, natural product-based ACE  
84 inhibitors could greatly benefit hypertensive patients.

85 Hence, with the alarming increase in the number of hypertensive individuals in  
86 the Philippines and in the world, with expensive hypertensive medications present in  
87 the market nowadays, intolerable adverse effects of hypertensive drugs, and poor  
88 lifestyle choices, this study aimed to provide a natural, perhaps safer, cost-effective  
89 alternative by using onion bulbs and shallot bulb **extracts** in reducing blood pressure  
90 through the determination of its inhibitory activity on Angiotensin-converting enzyme  
91 using ACE kit-WST and comparing it with the positive control which is an ACE-  
92 inhibitor available in the market, Captopril.

93 Thus, this study determined the inhibitory activity of the fractions of onion  
94 (*Allium cepa*) and shallot bulb (*Allium ascalonicum*) **extracts** on Angiotensin-  
95 converting enzyme (ACE). Moreover, the study also characterized the organic  
96 compounds and functional groups present in both the onion and shallot bulbs  
97 including the quantification of quercetin, the standard flavonoid, touted to be  
98 responsible for its ACE-inhibitory activity.

## 99 **MATERIALS AND METHODS**

### 100 **Plant Collection and Authentication**

101 The plants, bulbs of onion (*Allium cepa*) and shallot (*Allium ascalonicum*),  
102 were obtained from an exclusive supplier in a public market in Davao City. The  
103 samples of the plants from the same supplier were obtained for verification. All the  
104 bulbs were stored at room temperature. Plant verification was done by a certified  
105 taxonomist in Department of Agriculture Region XI office, Philippines. (See Appendix  
106 A for the plant verification certificate)

### 107 **Crude Extraction, Fractionation and Lyophilization**

108 The bulbs of onion (*Allium cepa*) and shallot (*Allium ascalonicum*) were  
109 cleaned, peeled, air-dried and minced. They were macerated at room temperature  
110 with 5 L of concentrated methanol (99%) for 24 hours, filtered, and macerated again  
111 for another 24 hours to ensure exhaustive extraction. A polar organic solvent  
112 (methanol) was employed in an attempt to extract as many compounds as possible.  
113 This is based on the ability of alcoholic solvents to increase cell wall permeability,  
114 facilitating the efficient extraction of large amounts of polar and medium- to low-  
115 polarity constituents (Sarker and Nahar 2012). The filtrate was concentrated in vacuo  
116 utilizing a rotary evaporator at 85-95 rpm and 40°C. Water was then added to make  
117 95% aqueous solution.

118 Fractionation process then commenced after concentrating the methanolic  
119 extract of the two plants. Purification by solvent extraction using partition coefficient  
120 was utilized in getting all the fractions. The concentrated methanolic extract was then  
121 extracted with an equal volume of n-hexane. Hexane (96% concentration) was  
122 utilized to “defat” the concentrated methanolic extracts 6 times to give a fraction  
123 containing nonpolar compounds, such as lipids, chlorophylls, and so on. The  
124 methanolic layer was then again concentrated using rotary vacuum evaporator. After

125 which, it was dissolved in equal volume of distilled water and then successively  
126 extracted with equal volumes of chloroform (99%), ethyl acetate (99%), and butanol  
127 (99%) obtaining the different fractions. The different fractions obtained were then  
128 concentrated in vacuo using a rotary evaporator. Analytical grade solvents were  
129 used in the fractionation process and were purchased from a supplier of chemicals  
130 from Scharlau Laboratories. A table top type Freeze Dryer from Biobase (Shandong,  
131 China) was used in lyophilizing the fractions obtained.

### 132 **Chromatographic Analysis and Quantification of Quercetin**

133 Onion bulb and Shallot bulb extracts were characterized using Reversed  
134 Phase-HPLC Analysis. This equipment is used to determine and quantify the  
135 quercetin content of the onion bulb and shallot bulb extracts. An HPLC instrument  
136 (Prominence Shimadzu) with a CBM-20A System Controller, LC-20AP preparative  
137 pump, SIL-10AP autosampler, and a SPD-M20A Photodiode Array Detector was  
138 used. An LC stop time was set at 15 minutes. The total flow was 1 ml/min and the  
139 mobile phase was 1% orthophosphoric acid with 65% methanol HPLC grade. The  
140 detection was carried out using a PDA detector set at 250-400 nm.

#### 141 a. Preparation of the sample

142 1. Onion bulb and shallot bulb extracts were dissolved in methanol HPLC  
143 grade to prepare the stock solution. 0.5 mL from the stock was withdrawn and  
144 added to 4.5 mL of HPLC grade methanol to create the 0.05% dilution and  
145 this method was repeated another time to create the 0.005% dilution.

146 2. Aliquot portions from the stock, 0.05% and 0.005% were filtered via 0.45  
147  $\mu\text{m}$  isodisk before injection.

#### 148 b. Preparation of the standard

149 1. Quercetin standard was obtained from Sigma-Aldrich Corporation  
150 (Missouri, USA).

151 2. The standard was diluted in methanol HPLC grade.

152 3. The solution was then filtered three times via a 0.45 $\mu$ m isodisk.

### 153 c. High Performance Liquid Chromatographic Analysis

154 1. To ensure that no foreign debris were present which may hamper the  
155 process, the sample underwent isodisk filtration for three times prior to making  
156 the injections.

157 2. The mobile phase underwent the process of filtration and degassing for  
158 three times

159 3. A syringe was used to withdraw the solvent. Afterwards, all air bubbles  
160 were removed.

161 4. To facilitate and increase the flow rate, the silica gel C-18 column was  
162 moved in an upward and downward motion for 45 minutes. The eluent system  
163 consisted of a gradient program from 1% orthophosphoric acid with 65%  
164 methanol HPLC grade. Monobasic sodium phosphate and concentrated  
165 phosphoric acid served as buffer solutions. This was observed at a flow rate  
166 of 1.0 ml/min and a column temperature of 40°C.

167 5. 20 $\mu$ L filtered samples was then injected. Care was taken to not inject large  
168 volumes of samples as it may cause damage to the column, and  
169 subsequently affect the chromatogram's resolution.

170 6. Analysis conditions for the aforementioned were as follows:

- 171 i. Column- (ODS C18, 5 $\mu$ , 150mm  $\times$  4.6mm)
- 172 ii. Detection- 250-400nm
- 173 iii. Flow Rate- 1ml/minute
- 174 iv. Injection Volume-20 $\mu$ L
- 175 v. Mobile Phase- 1% orthophosphoric acid, 65% HPLC grade methanol
- 176 vi. Retention time of quercetin: 11.7 min
- 177 vi. Retention time of shallot bulbs: 11.754 min
- 178 vii. Retention time of onion bulbs: 11.737 min
- 179 viii. Run time: 15 min

180 **Identification of Organic Compounds using Fourier-transform infrared**  
181 **spectroscopy**

182 The methanolic extracts onion and shallot bulbs were placed on the sample  
183 chamber of FT-IR spectrophotometer to identify organic, polymeric, and inorganic  
184 materials. Spectra was recorded in the range of 3600–600  $\text{cm}^{-1}$  on IRAffinity-1S  
185 spectrometer. An Attenuated Total Reflection (ATR) accessory was used because it  
186 is ideal for strongly absorbing thick samples which often produce intense peaks  
187 when measured by transmission. Important absorption frequencies that appeared in  
188 functional group region as well as fingerprint region of the spectra were then noted  
189 using a He-Ne laser.

190 **Measurement of ACE-inhibitory Activity**

191 ACEI activity was measured by a fluorimetric assay following the method of  
192 Lam and Shimamura using the ACE kit-WST commercially manufactured by Dojindo

193 Molecular Technologies, Inc. (Japan). The procedure provided by Dojindo was the  
194 one that was followed in the determination of percent inhibitory rate. Borate buffer pH  
195 8.3 containing 380 mM NaCl was used as a buffer. Absorbance measurements were  
196 carried out at a wavelength of 450 nm and utilized a filter-based microplate reader  
197 for determination.

198 a. Preparation of Enzyme working solution ·

199 1. 2 mL of deionized water was added to enzyme B. ·

200 2. 1.5 mL of Enzyme B solution was added to Enzyme A to prepare the  
201 Enzyme working solution.

202 Since inside of each vial of Enzyme A and Enzyme B was under reduced  
203 pressure, deionized water or Enzyme B solution was added to the vial with a  
204 syringe in order to avoid the dispersal of powder.

205 Enzyme A refers to Angiotensin Converting enzyme while Enzyme B refers to  
206 Aminocyclase.

207  
208 b. Preparation of Indicator working solution

209 1. 3 mL of deionized water was added to each vial of Enzyme C and  
210 Coenzyme.

211 2. 2.8 mL of Enzyme C solution and Coenzyme solution was added to  
212 Indicator solution to prepare Indicator working solution.

213 Since inside of the vial of Enzyme C and Coenzyme was under reduced  
214 pressure, deionized water was added to the vial with a syringe in order to  
215 avoid the dispersal of powder.

216 Enzyme C refers to 3-hydroxybutyric acid dehydrogenase.

217 c. Preparation of Sample solution

218 1. Sample solution was prepared based on the concentration for each fraction  
219 which were 100 µg/mL, 300 µg/mL, 500 µg/mL.

220 d. General procedure for the assay

221 1) 20 µl of sample solution was added to a sample well and 20 µl of deionized  
222 water was added to blank 1 and blank 2 wells.

223 2) 20 µl of Substrate buffer was added to each well.

224 3) 20 µl of deionized water was added to blank 2 well.

225 4) 20 µl of Enzyme working solution was added to each sample well and blank  
226 1 well.

227 5) The 96 well microplate with the solutions mixed was incubated at 37°C for  
228 1 hour.

229 6) 200 µl of Indicator working solution was added to each well.

230 7) The well was again incubated at room temperature for 10 minutes.

231 8) The absorbance was read at 450 nm using a microplate reader.

232 The activity of each sample was tested in technical and biological triplicate.

233 The ACEI activity was calculated using the following formula:

234 ACE inhibitory activity (inhibition rate %) =  $[(A - C) / (A - B)] \times 100$

235 where A is the absorbance without the flavonoid solution, B is the absorbance  
236 without ACE and C is the absorbance in the presence of both ACE and the flavonoid  
237 solution.

### 238 **Determination of Acute Oral Toxicity**

239 Acute oral toxicity testing was done in accordance to OECD Guidelines for  
240 Testing of Chemicals (OECD 423). Determination of acute toxicity was carried out  
241 using 3 female, 3 months old, nulliparous and non-pregnant albino rats with weights  
242 not more than 20% deviation from each other. A certification from the Institutional  
243 Animal Care and Use Committee was obtained to ensure proper and humane  
244 handling of the test animals.

245 The animals were kept in their cages for 2 weeks prior to dosing to allow for  
246 acclimatization to the laboratory conditions (temperature of 25 °C, artificial lighting  
247 with 12 hours light then 12 hours dark). The rats were fed with conventional  
248 laboratory diets with an unlimited supply of drinking water. The rats were caged  
249 individually so as not to interfere with clear observations of each animal.

250 The rats were fasted prior to dosing. Food but not water was withheld. The  
251 rats were weighed and extracts of onion bulb and shallot bulb were administered  
252 orally via gavage at a dose of 2000 mg/kg of body weight. Single doses of 286 mg,  
253 324 mg, 314 mg were administered to rats in the Shallots group while single doses  
254 of 364 mg, 374 mg, 358 mg were administered to rats in the Onion group. The rats  
255 were observed during the first 30 minutes, periodically during the first 24 hours, with  
256 special attention given during the first 4 hours, and daily thereafter, for a total of 14  
257 days for the presence of any alterations on the animal's behavior, nervous  
258 manifestations and appearance of any signs of physical discomfort as stipulated in

259 the Humane Endpoints Guidance Document (OECD guideline 19) which include the  
260 following: changes in physical appearance (coat texture, hair soiled with urine or  
261 feces), changes in clinical signs (respiration rate; posture), changes in unprovoked  
262 behavior (self-mutilation, compulsive behavior), behavioral changes in response to  
263 external stimuli (excitability, righting reflex), changes in body weight, and related  
264 changes in food and water consumption.

265

266

267

## RESULTS AND DISCUSSION

268 The percent yield of ethyl acetate, butanol, and aqueous fractions of onion  
269 and shallots is shown in Table 1. The percent yield of quercetin was less than the  
270 total percent yield.

271 Table 1. Total percent yield of onion and shallot bulb extracts and amount of  
272 quercetin extracted.

Plant	Weight before extraction (dry wt, g)	Weight after extraction (dry wt, g)	Total % Yield	% Quercetin yield
Onion Extract	1,200	2.346	0.196	0.113
Shallot Extract	1,200	2.567	0.214	0.155

273

274 The ACE Inhibitory activity of the ethyl acetate, butanol, and water-soluble  
275 fractions of Onion (*Allium cepa*) and Shallot Bulb (*Allium ascalonicum*) extracts was  
276 compared using ACE-Kit WST in this study. The percent inhibition rate was  
277 computed following the equation presented on the manual of the ACE-Kit. As shown  
278 in Table 2, all of the fractions of onion and shallot bulb extracts showed greater than  
279 50% inhibitory rate. As the doses of the fractions increased from 100 ug/ml to 500  
280 ug/ml, the percent inhibitory rate also increased showing a linear relationship.

281 Among the three fractions, the water-soluble fraction of both Onion Bulb and Shallot  
 282 Bulb extracts showed the highest ACE Inhibitory activity. Moreover, all of the  
 283 fractions of the Onion Bulb (*Allium cepa*) extract were noted to have higher ACE  
 284 Inhibitory activity than that of the same fractions of Shallot Bulb (*Allium ascalonicum*)  
 285 extracts except for the water-soluble fraction at 100 µg/mL and 500 µg/mL  
 286 concentration.

287 Table 2. Percent inhibition rate of the fractions of Onion and Shallot Bulb Extracts  
 288 with its corresponding concentrations.  
 289

Plant Fractions	Percent Inhibition Rate (%)		
	100 µg/mL	300 µg/mL	500 µg/mL
Onion bulb			
Ethyl Acetate	88.49	88.95	91.77
Butanol	81.27	84.88	86.13
Water	92.39	96.56	97.29
Shallot bulbs			
Ethyl Acetate	62.38	63.11	74.40
Butanol	63.23	64.41	68.87
Water	94.42	95.94	96.22

290

291 The summary for the percent inhibition activity of the fractions of onion bulb  
 292 and shallot bulb extracts comparing it with Captopril and Quercetin are shown in  
 293 Figures 1 and 2, respectively. As being the positive control, Captopril showed the  
 294 highest ACE inhibitory activity. The water-soluble fractions of shallot and onion bulb  
 295 extracts were comparable to captopril in all three concentrations. The percent  
 296 inhibitory rate of the Quercetin standard was noted to be lower compared to the  
 297 water-soluble fractions of both onion and shallot bulbs.

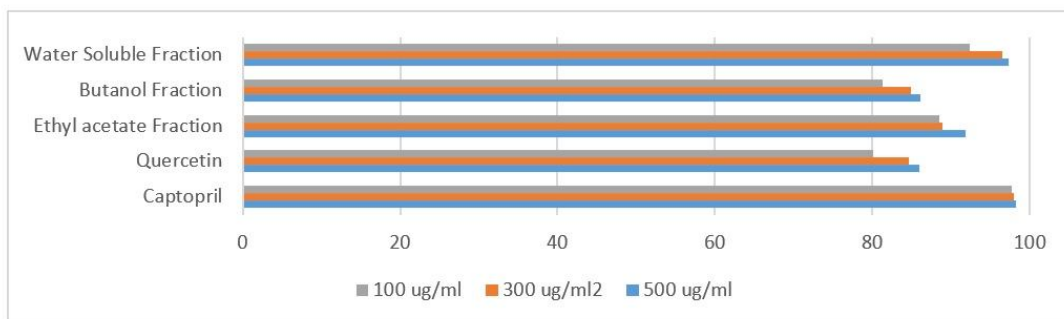


Figure 1. Comparison of the Percent Inhibition Rate of the Onion Bulb Fractions with Captopril and Quercetin

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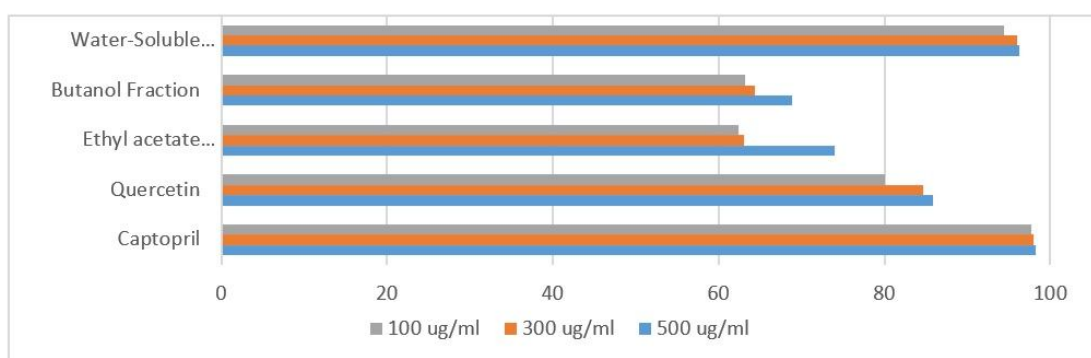


Figure 2. Comparison of the Percent Inhibition Rate of the Shallot Bulb Fractions with Captopril and Quercetin

299

300 Elbl and Wagner in 1991 developed one of the earliest assays for ACE  
 301 inhibition and stated that an extract is considered active if it is able to inhibit the  
 302 enzyme by more than 50%. Based on the results gathered, there were pronounced  
 303 activities for all fractions (ethyl acetate, butanol, and water-soluble) of both onion and  
 304 shallot bulbs which were all greater than 50%. The water-soluble fraction showed the  
 305 highest percent-inhibition rate with 97.29% inhibition at 500 ug/ml for onion bulb and  
 306 96.22% inhibition at 500 ug/ml for shallot bulb. These activities were comparable  
 307 with the activity of the positive control, captopril, which had a percent inhibition of  
 308 98.20% at 500 ug/ml. A study conducted in 2016 by Kharadi et al. noted that  
 309 aqueous extract of onion (*Allium cepa*) bulb showed high amounts of total flavonoids,  
 310 total phenolics, and a high DPPH (2,2-diphenyl-1-picrylhydrazyl) scavenging activity

311 which could be the reason why in the experiment, aqueous fraction of both onion and  
312 shallot bulbs showed the highest inhibitory activity on Angiotensin-converting  
313 enzyme compared to all other fractions because it does not contain only one  
314 flavonoid but a combination of phenolics suggesting a possibility of synergism  
315 between the active constituents. However, further identification of these proposed  
316 active biochemicals was not done which serves as the limitation of the study in terms  
317 of chemical characterization.

318 Quercetin standard, on the other hand, showed a lower percent-inhibitory rate  
319 at 86.01% at 500 ug/ml. The reason for the increased inhibitory activity of the  
320 fractions of onion and shallot bulbs extracts compared to Quercetin standard could  
321 be attributed to the synergism of active constituents present in the fractions.  
322 Synergistic effect is a phenomenon in which activity is lost in purified fractions (Elbl  
323 and Wagner 1991).

324 During HPLC analysis, the peak for quercetin was detected at 11.7 minutes  
325 retention time using a standard calibrated curve for quercetin validating the supplier's  
326 claim of the identity of the standard via linearity method. Table 1 shows the percent  
327 quercetin yield of onion and shallot bulbs, computed as the amount of HPLC-  
328 detected quercetin over the amount of crude extract. The HPLC Analysis showed  
329 that the onion and shallot bulbs contain quercetin, which is the standard flavonoid  
330 that has been shown to have in-vitro ACE-inhibitory activity. Abilities of different  
331 flavonoids to inhibit the activity of ACE confirmed that the principal structural features  
332 for their inhibitory activity are as follows: (a) the double bond between C2 and C3 at  
333 the C-ring; (b) the catechol group in the B-ring (3',4'-dihydroxy); and (c) the ketone  
334 group at the C4 carbon on the C-ring which is a functional group that has been  
335 observed to be essential for inhibiting ACE. It was confirmed that a distinguishing

336 feature for ACE inhibition by flavonoids is the presence of an unsaturated 2–3 bond  
337 conjugated with a 4-oxo- function, aside from the 3',4'-catechol B-ring pattern as  
338 what is seen in quercetin (Guerrero et al. 2012). However, the key molecular  
339 flavonoid sub-structures that dictate effective ACE inhibition activity have not yet  
340 been characterized.

341 Table 3 shows the functional groups present in the onion bulb and shallot bulb  
342 extracts using the IRAffinity-1S machine. All peaks below 1400 were not included as  
343 they are in the fingerprint vibration region, and hence not relevant. The results of FT-  
344 IR analysis signified that indeed hydrogen bonding is present in the extracts, which  
345 could be because of the presence of flavonols since flavonols are rich in phenolic -  
346 OH groups (Panche et al. 2016). The presence of several hydroxyl groups in the  
347 flavonoids seem be important for the extent of inhibition of the zinc  
348 metalloproteinases like ACE. Moreover, Guerrero at al. (2012) theorized that the  
349 exact position of this group has been revealed to be very important for ACE  
350 inhibition. Hydroxylation at the 4'-position of the B ring seems to be of particular  
351 relevance, and in addition, the presence of a catechol group in the B ring (3',4'-  
352 dihydroxy) appears to be fundamental to achieving an increased ACEI activity, as  
353 occurred in flavonoids like luteolin (as well as quercetin and rutin), which presented  
354 the highest ACEI efficiency. A number of other functional groups were also detected  
355 in the FT-IR analysis which proves that onion and shallot bulbs contain numerous  
356 other active biochemicals, not just flavonols.

357

358 Table 3. FTIR analysis of onion and shallot bulb extracts.

359

Signal to Noise Ratio (S/N)	Peak $\text{cm}^{-1}$	Bond	Functional Group
Onion Bulb Extract			
1	3332.99	OH	Alcohol and Phenol
2	2924.09	C-H	Aliphatic Group
3	2358.94	$\text{C}\equiv\text{C}$ , $\text{C}\equiv\text{N}$	Alkyne Group
4	1651.07	$\text{C}=\text{C}$	Alkene Group
Shallot Bulb Extract			
1	3307.92	OH	Alcohol and Phenol
2	3290.56	OH	Alcohol and Phenol
3	1645.28	C-H	Aliphatic Group

360  
361

362           There has been an established positive correlation between the consumption  
363 of foods and supplements rich in flavonoids and protection against cardiovascular  
364 diseases, notably hypertension (Loizo et al. 2008). However, this study is only limited  
365 in exploring the potential of onions in inhibiting ACE to modulate vascular function  
366 and blood pressure. The potential of the said plants appears to be related with the  
367 action of nitric oxide and its inhibition of the key component of the RAAS which is the  
368 enzyme ACE. There are three parts in the active site of ACE: a carboxylate binding  
369 functionality such as guanidinium group of arginine, a sieve that accommodates a  
370 hydrophobic side chain of C- terminal amino acid residues and lastly, a zinc ion. The  
371 carbonyl of the penultimate peptide bond of the substrate coordinates to the zinc ion  
372 making it polarized and vulnerable to nucleophilic attack. Thus, flavonoids are able to  
373 inhibit the activity of ACE through generating chelate complexes within the active

374 center of ACE (Wagner et al. 1991). Thus, through its ACE inhibition, blood pressure  
375 is reduced and hypertension is prevented.

376 For Acute Oral Toxicity Testing, the rats were observed immediately after  
377 administration, after 30 minutes, after 1 hour and 30 mins., after 4, 16, 20, and 24  
378 hours after the administration of a single dose of 2,000 mg/kg. There were no  
379 nervous manifestations and mortality noted. Also, no signs of alteration in the  
380 behavior of rats were observed. Results of test showed that the onion and shallot  
381 bulb extracts are not toxic if taken orally at 2,000mg/kg weight of laboratory rats  
382 signifying that these extracts can be formulated in nutritional supplements or in oral  
383 pharmaceutical formulations that can be studied further to better assess its in-vivo  
384 anti-hypertensive ability through ACE inhibition.

385 This preliminary evaluation of the fractions of Onion and Shallot bulb extracts  
386 showed that these plants are potential sources of bioactive compounds that can  
387 inhibit the activity of ACE.

388

389

### **CONCLUSION**

390 In this study, the water-soluble fraction of both onion and shallot bulbs  
391 showed a promising ACE-inhibitory activity which was comparable with the activity of  
392 the prototype ACE-inhibitor present in the market, Captopril. Nevertheless, the  
393 remaining fractions of onion and shallots bulb extracts showed greater than 50%  
394 inhibitory activity which signified that the extracts are all active in inhibiting ACE.  
395 HPLC analysis showed there was indeed quercetin present in the extracts.  
396 Furthermore, FT-IR analysis supported the claim by elucidating abundance of  
397 phenolic compounds. Hence, onion and shallot bulbs are potential sources of

398 phenolic compounds and can be good candidates for developing alternative ACE-  
399 inhibiting drugs for hypertension.

400

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**Department of Agriculture**  
**Regional Field Office- XI**  
**Davao City**

Date April 24, 2018

**TO WHOMEVER IT MAY CONCERN**

Mr. Gezer Gandeza 2nd year medical student of Davao Medical School Foundation Inc. brought samples of two variety of onions namely onion bulb (*Allium cepa*) and shallot bulbs (*Allium ascalonicum*) for plant verification. The items that accompany this letter had been analyzed based on morphological features and verified by the Department of Agriculture.

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