

# Gelsemium Low doses Increases Bioenergetics and Neurite Outgrowth

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## Research Article

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# 1 **Gelsemium low doses increases bioenergetics and neurite** 2 **outgrowth**

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## 9 **Abstract**

10 **Background:** *Gelsemium sempervirens* (GS) is a traditional medicinal plant, described at ultra-  
11 low doses as a remedy for a variety of psychological and behavioral symptoms of anxiety and  
12 depression. Changes in neural plasticity have been shown to play a significant role in the onset  
13 and development of those mental illnesses. Mitochondria play an extremely important role in  
14 the central nervous system by being the main energy producer through the oxidative  
15 phosphorylation and being involved particularly in the regulation of cell survival or death, as  
16 well as synaptic plasticity. Neurite outgrowth is the differentiation process by which neurons  
17 establish synapses through the protrusion of neurons and their extension.

18 **Methods:** Because the effects of GS dilutions on mitochondrial function and neuroplasticity  
19 remain elusive, we aimed to investigate whether a treatment with GS at low doses (centesimal  
20 dilutions, C) improved bioenergetics parameters such as ATP production, mitochondrial  
21 respiration as well as cellular glycolysis before to characterize its effects on neurite outgrowth.

22 Nerve growth factor (NGF), which is known as a promotor of cell growth and survival, was  
23 used as a positive control.

24 **Results:** Our results demonstrate that GS dilutions (3C and 5C) efficiently ameliorated the  
25 bioenergetics of SH-SY5Y neuroblastoma cells by increasing cellular ATP level and  
26 mitochondrial respiration as well as promoting the cell survival. In addition, GS dilutions  
27 significantly improved neurite extension in the 2D as well as 3D culture model after 3 days of  
28 treatment. 3C and 5C dilutions showed similar functional effects than those obtained with the  
29 positive control nerve growth factor (NGF).

30 **Conclusions:** These findings indicate that GS dilutions modulate the mitochondrial  
31 bioenergetic phenotype and improve the neurite formation. The mitochondrial function  
32 improving properties of GS dilutions might represent one possible important pathway  
33 contributing to its neuroprotective effectiveness.

34 **Key words:** Gelsemium dilutions, mitochondria, bioenergetics, neurite outgrowth.

35

## 36 **Background**

37 Homeopathic Materia Medica suggested that *Gelsemium sempervirens* (GS) can be used as  
38 remedy of neurological and behavioural symptoms, including general prostration, drowsiness,  
39 tiredness, mental apathy, lack of muscular coordination, anxiety, depression (1). GS itself is  
40 originally known as a toxic plant (2). The toxic effects of the plant seem to be due to the high  
41 concentrations of alkaloids (2). Therefore, GS is currently used in homeopathic dilutions only  
42 (3). In contrast, there are no safety concerns for the use of ultra-low doses of GS (4). GS  
43 dilutions have been shown to act on the emotional reactivity of mice by exerting anxiolytic-  
44 like effects (5, 6). Basic evidence supported the existence of cellular effects of GS dilution 5C  
45 in the rat limbic system namely, hippocampus and amygdala, regions that are well-known to

46 pivotally modulate anxiety (7). The pharmacological mechanisms involved in the mediation of  
47 the action of the GS dilution 5C in hippocampus and amygdala were induced by the production  
48 of the neurosteroid allopregnanolone ( $3\alpha,5\alpha$ -THP) (7), an endogenous steroid that is able to  
49 rescue neuronal cells from oxidative stress-induced death through bioenergetic improvement  
50 (8).

51 Mitochondria are the main energy producer of adenosine triphosphate (ATP) through oxidative  
52 phosphorylation (OXPHOS) and this energy is required for almost all cellular processes, from  
53 cell survival and death, to the regulation of synaptic plasticity and intracellular calcium  
54 homeostasis (9-11). Neurite outgrowth is an energy-consuming process where the neurons  
55 generate new projections as they grow in response to guidance cues. Neurotrophins, such as  
56 NGF, are one family of stimuli that modulate neurite growth (12). Marzotto and colleagues  
57 (13) have shown that in SH-SY5Y cells, a human neuronal cell line, the GS dilution 2C  
58 modulated the expression of genes involved in neuronal functions such as G-protein coupled  
59 receptor signaling pathways known to play key roles in synaptic plasticity by strengthening or  
60 weakening synapses and/or shaping dendritic spines (14). However, there is no evidence  
61 demonstrating that GS dilutions themselves can modulate mitochondrial function and/ or  
62 neuroplasticity. To gain more insights into the underlying cellular mechanisms of the mode of  
63 action of GS 3C and 5C dilutions, our first aim was to investigate its ability to modulate  
64 mitochondrial function via the determination of ATP levels, mitochondrial respiration and  
65 cellular glycolysis as well as cell survival. Then, we evaluated the effect of GS dilutions on  
66 several parameters of neuroplasticity.

## 67 **Methods**

### 68 ***Gelsemium sempervirens* plant**

69 GS plants also known as Yellow Jessamine were purchased from Herb's International Service  
70 SARL (France; Batch H140503595) in respect of the Good Agricultural and Collection  
71 Practices (GCAP) (15). A double identification of GS plant is realized by the supplier and  
72 Boiron's quality control. The GS plant is not present in the International Union for  
73 Conservation of Nature (IUCN) lists as an endangered species (16). In the present study, a GS  
74 batch sample used to manufacture the Mother Tincture is conserved at Boiron laboratories  
75 (Messimy, France).

76  
77

### 78 **Chemicals and reagents**

79 Dulbecco's-modified Eagle's medium (DMEM), fetal calf serum (FCS),  
80 penicillin/streptomycin, Dimethylsulfoxid (DMSO) were from Sigma-Aldrich (St. Louis, MO,  
81 USA). Glutamax was from Gibco Invitrogen (Waltham, MA, USA). B27 supplement was from  
82 Gibco Invitrogen (Waltham, MA, USA). NGF was from Lubio (Zürich, Switzerland). GS  
83 dilutions were prepared by Boiron laboratory (Messimy, France) based on the 1.1.10 method  
84 of the European Pharmacopoeia (Ph. Eur.) guidelines for the production of homeopathic  
85 remedies (17). The Mother Tincture (MT) is produced by macerate for 10 days of dried *G.*  
86 *sempervirens* (L.) J.St.-Hil. plant roots with a 65% v/v ethanol solution. The ratio was 1g of  
87 plant for 9g of hydroalcoholic solution. Gelsemine is the major active principle of Gelsemium  
88 in the homeopathic monograph. The concentration of gelsemine estimated from the analyses  
89 of *G. sempervirens* mother tincture (batch number: M4090578, voucher number: 191138) was  
90  $6,49 \times 10^{-4} \text{M}$  (0,023%). All the centesimal (C) dilutions tested were prepared in sterile water  
91 (OTEC, France) in order to avoid cell toxicity of alcohol. To obtain the first centesimal (1C)  
92 dilution, one volume of MT was diluted in 99 volumes of water and vigorously agitated using  
93 a mechanical shaker. The subsequent serial 100× dilutions, 3C and 5C GS dilutions were  
94 prepared by the same procedure with an final ethanol concentration largely below 0,0001%

95 (v/v). The vehicle control was prepared according to the same procedure described above using  
96 only sterile water (OTEC). All GS dilutions as well as vehicle or control solutions were stored  
97 at 4 °C before use.

98

### 99 **Cell culture**

100 Human SH-SY5Y neuroblastoma cells (ATCC CRL-2266) were cultured in DMEM  
101 supplemented with 10% (v/v) heat-inactivated FCS, 2 mM Glutamax and 1% (v/v)  
102 penicillin/streptomycin and incubated at 37°C in a humidified incubator chamber under an  
103 atmosphere of 7.5% CO<sub>2</sub>. The cells were grown in 10 cm<sup>2</sup> dishes and splitted twice a week.  
104 When they reached around 80% confluence the cells were plated, 2 days prior treatment.

105 In the 2D cell culture method, collagen type I (Rat tail BD Bioscience) at 0.05 mg/ml was used  
106 to coat the cell plates. In the 3D cell culture method, a BD PuraMatrix Peptide Hydrogel (BD  
107 Catalog #354250 packaged in one vial containing 1% solution (w/v) of purified synthetic  
108 peptide) was used. Cell plates were coated with 5mg/ml of PuraMatrix (0.5% diluted in sterile  
109 water, 50 µl for a 96-well plate) and gelation was induced by slowly and carefully adding  
110 medium to each well (100 µl for a 96-well plate). After 1 hour of incubation of the plates for a  
111 complete gelation, the medium was exchanged twice over a period of 1 hour to promote a  
112 physiological pH of the growth environment. Cells were seeded at a concentration of 5x10<sup>3</sup>  
113 cells/ well (18).

114

### 115 **Treatment paradigm**

116 In accordance with the treatment protocol and findings that were recently described (19), the  
117 effects of the GS dilutions 3C and 5C were investigated in this study. One day after plating,  
118 SH-SY5Y cells were treated in DMEM + 10% FCS either with DMEM alone (untreated control  
119 condition, CTRL) or NGF (positive control at a final concentration of 50 ng/mL), or vehicle

120 control or the different dilutions of GS. Bioenergetic phenotype (OCR/ECAR profil) and effect  
121 on neurite outgrowth were investigated after treatment with CTRL or NGF (50 ng/ml), or 3C  
122 and 5C dilutions. Values were normalized to the untreated control group (CTRL).

123

#### 124 **MTT assays**

125 To assess cell viability, MTT reduction assays were performed in accordance with the protocol  
126 from Mensah-Nyagan laboratory (20) and confirmed preliminary MTT assay readout data  
127 generated by the Mensah-Nyagan laboratory. Briefly, SH-SY5Y cells were seeded at  $5 \times 10^3$   
128 cells/ well into 96-well plate in replicates and allowed to attach. 48 h after the plating, the  
129 treatments were initiated. After 24H treatments, cells were incubated with MTT (3-(4,5-  
130 dimethylthiazol-2-yl)-2,5- diphenyl-tetrazolium bromide) in DMEM for 3 hours. MTT is  
131 reduced to a violet formazan derivative by mitochondrial enzymatic activity. At the end of the  
132 reaction cells were dissolved in a MTT cell lysis buffer (DMSO). MTT absorbance was  
133 measured at 550 nm using the multi label plate reader Cytation3 (BioTek). MTT signal detected  
134 for the CTRL cells is arbitrary normalized to 100 %.

135

#### 136 **ATP levels**

137 Total ATP content of SH-SY5Y cells was determined using a bioluminescence assay  
138 (ViaLigh<sup>TM</sup> HT, Cambrex Bio Science, Walkersville, MD, USA) according to the instruction  
139 of the manufacturer, as previously described (21, 22). SH-SY5Y cells were seeded at  $5 \times 10^3$   
140 cells cells/well into a white 96-well cell culture plate in 5 replicates (21, 22). The  
141 bioluminescent method measures the generation of light from ATP and luciferin by luciferase.  
142 The emitted light was linearly correlated to the ATP concentration and was dertermined using  
143 the Cytation 3 cell imaging multi-mode reader (21, 22).

144

145 **Determination of oxygen consumption rate (mitochondrial respiration) and extracellular**  
146 **acidification rate (glycolysis):**

147 The Seahorse Bioscience (North Billerica, MA, USA) XF24 Analyser was used to perform a  
148 simultaneous real-time measurement of oxygen consumption rate (OCR) and extracellular  
149 acidification rate (ECAR). XF24 cell culture microplates (Seahorse Bioscience) were coated  
150 with 0.1% gelatine and SH-SY5Y cells were plated at a density of  $2.5 \times 10^4$  cells / well in 100  
151  $\mu$ l of the medium containing 10% FCS, 1 g/l glucose and 4 mM pyruvate and treated with  
152 CTRL or NGF or 3C and 5C dilutions After 24 h of treatment, all the cells were washed with  
153 PBS and incubated with 500  $\mu$ l of assay medium (DMEM, without NaHCO<sub>3</sub>, without phenol  
154 red, with 1g/l glucose, 4 mM pyruvate, and 1% L-glutamine, pH 7.4) at 37°C in a CO<sub>2</sub>-free  
155 incubator for 1 hour.

156 The OCR and ECAR values from the basal respiration state were recorded simultaneously.  
157 Data were extracted from the Seahorse XF-24 software, and the bioenergetics profiles using the  
158 OCR and ECAR values were calculated according to the guideline of the company (21).

159

160 **Neurite outgrowth**

161 For the 2D or 3D cell culture, SH-SY5Y neuroblastoma cells were cultured in coated 96 well  
162 plates (black with clear bottom). The following day, cell differentiation was initiated by adding  
163 neurobasal medium containing 1 % fetal bovine serum and 10  $\mu$ M retinoic acid (RA) for 3  
164 days. Then, cells were treated either with CTRL, NGF (50 ng/ml) or with 3C and 5C dilutions.  
165 After 3 days of treatment, cells were fixed with 2% paraformaldehyde. All media were  
166 exchanged every 2 days to ensure the availability of growth factors and GS dilutions  
167 components in the culture (18).

168

169 **Immunostaining**



170 The protocol was used with 2D or 3D surface cultures of cells in plates. For 96-well black  
171 microplates with a clear bottom, it was possible to directly image the samples without  
172 transferring the gel to a glass slide. Immunolabeling of neurites was performed using an anti  
173  $\beta$ III-tubulin (R&D Systems, Biotechne, Minneapolis, MN, USA) and Alexa Fluor 488-  
174 conjugated secondary antibody (Thermofisher scientific, Waltham, MA, USA) (22). DraQ5  
175 (Biostatus, Shepshed, Leicestershire, UK) or DAPI (Thermofisher scientific, Waltham, MA,  
176 USA) were used for the nucleus staining.

177

### 178 **Microscopy and analysis (Software)**

179 Images were obtained randomly using an inverted confocal microscope (Leica Microsystems  
180 TCS SPE DMI4000, 10x objective) connected to an external light source for enhanced  
181 fluorescence imaging (Leica EL6000). Axially, all the cells were entirely present within the  
182 confocal volume for the pinhole settings. One layer was taken for the 2D culture method. To  
183 visualize the whole 3D network, z-stacks were generated (3-4 layers). The maximum intensity  
184 projection was then used for 2D pictures analysis that was performed using ImageJ  
185 (Neurophology plugin) software to investigate parameters of neuroplasticity such as Neurite  
186 count, Total neurite length, attachment point (Number of branching points), endpoint (Number  
187 of contact points) (18).

188

### 189 **Statistical analysis**

190 Data are given as the mean  $\pm$  SEM. Values were normalized to the untreated control group  
191 (=100%). Statistical analyses were done using the Graph Pad Prism software version 5.02.  
192 One-way ANOVA followed by Dunnett's multiple comparison tests *versus* the control group  
193 were used for statistical comparisons of more than two groups. Student unpaired *t*-test was used  
194 for statistical comparisons of two groups. The experimental data are investigated using the

195 GraphPad-Prism program (GraphPad-Prism, San Diego, CA, USA). P values<0.05 were  
196 considered statistically significant.

197

## 198 **Results**

### 199 **GS dilutions increased ATP levels and cell viability**

200 We first investigated the effects of the GS dilutions 3C and 5C on ATP production and cell  
201 survival in human neuroblastoma cells (SH-SY5Y) after 24h of treatment (**Figure 1**). The GS  
202 dilutions 3C and 5C significantly increased ATP levels compared to untreated control cells  
203 (**Figure 1a**) (3C: +7%; 5C: +8%) as well as to vehicle treated cells (3C: +10%; 5C: +11%).  
204 GS dilutions 3C and 5C raised the ATP level at the same range as the positive control NGF  
205 (+6% vs CTRL). The treatment with the vehicle solution was not different to the untreated  
206 control condition.

207 We next assessed whether a treatment with GS dilutions was able to improve cell survival in  
208 SH-SY5Y cells (**Figure 1b**). After 24h of treatment, the dilutions 3C and 5C significantly  
209 increased the viability of the SH-SY5Y cells when compared to untreated control cells (3C:  
210 +23%; 5C: +40%) as well as to vehicle treated cells (3C: +26%; 5C: +43%).

211 Because vehicle treatment was without any effect in both assays, we compared the effects of  
212 the GS dilutions to the untreated control condition in the following experiments.

213

### 214 **GS dilutions activated the metabolic state of the human neuroblastoma cells**

215 ATP molecules are mainly produced by the mitochondrial oxidative phosphorylation  
216 (OXPHOS) and the cellular glycolysis. Therefore, we evaluated the efficiency of 3C and 5C,  
217 and the positive control NGF to modulate one or both pathways. Seahorse Bioscience XF24  
218 Analyzer was used to simultaneously monitor in real-time the OCR, an indicator of  
219 mitochondrial respiration and the ECAR, an indicator of glycolysis (**Figure 2**). A treatment

220 with 3C and 5C induced a strong and significant improvement of the basal OCR compared to  
221 CTRL with +45% and +41% of increase respectively, while NGF induced a +58% increase  
222 compared to the control (**Figure 2a**). The 3C dilution had a similar effect than NGF (+52%) in  
223 ameliorating significantly the glycolysis compared to CTRL, while 5C was more efficient by  
224 inducing an increase up to 85% (**Figure 2b**). The bioenergetic phenotype of the cells (**Figure**  
225 **2c**), represented by OCR versus ECAR of the basal respiration, revealed that treatments with  
226 3C and 5C were particularly efficient to improve both parameters, switching the cells to a  
227 metabolically more active state, with a comparable effect between NGF and 3C.

228

### 229 **GS increased the neurite extension in 2D and 3D surface culture**

230 To investigate the effect of GS dilutions on neurite outgrowth, 3C and 5C dilutions were tested  
231 on differentiated SH-SY5Y cells after 3 days of treatment. NGF (50 ng/ml) was again used as  
232 positive control because of its action as a promotor of survival and neuritic growth.

233 After 3 days of treatment, 3C and 5C were able to improve the neurite outgrowth when  
234 compared to the untreated control cells and with a higher effect than the positive control NGF  
235 itself (**Figures 3 and 4**).

236 In fact, after 3 days treatment with GS dilutions 3C and 5C increased significantly the neurite  
237 count (about +94.1% and +133.2% of increase respectively), total neurite length (about  
238 +173.3% and +214.4% of increase respectively), attachment point (up to 300% of increase) as  
239 well as the endpoint (up to 330% of increase) when compared to untreated control cells  
240 (**Figures 4**). NGF ameliorated significantly the neurite outgrowth of about +73.5% of increase  
241 for the neurite count, +130% of increase for the total neurite length, up to 176.9% of increase  
242 for attachment point as well as the endpoint with 187.7% of improvements compared to  
243 untreated control cells (**Figure 4**).

244 Based on the above results, we confirmed the beneficial effect of the GS dilutions on neurite  
245 extension using the 3D cell culture method to obtain a 3D view of the neuroplasticity. **Figure**  
246 **5** displays a 3D view of the enhanced neurite length into the 3D-matrix after a treatment with  
247 3C and 5C dilutions compared to the untreated control cells. We observed that GS dilutions  
248 treatment is able to ameliorate the neurite outgrowth by enhancing the formation of neurite  
249 extension (**Figure 5**).

250

## 251 **Discussion**

252 In the present study, we showed that the GS dilutions 3C and 5C were able to improve the  
253 mitochondrial bioenergetic metabolism, as well as to initiate the neurite outgrowth by: (1)  
254 ameliorating the cellular ATP levels; (2) promoting the cell survival; (3) stimulating the  
255 mitochondrial respiration and the cellular glycolysis; and (4) inducing neurite extension in the  
256 2D, as well as 3D cell culture model.

257 In details, the 3C and 5C dilutions increased significantly the ATP levels, OCR as well as  
258 ECAR, switching the SH-SY5Y cells to a more metabolically active state. We highlighted a  
259 similar efficacy of the GS dilutions in comparison to the positive control NGF in modulating  
260 the OXPHOS-derived energy production and neurite outgrowth. In a recent study, we already  
261 demonstrated that NGF plays a crucial role in the stimulation of neurite outgrowth of SH-SY5Y  
262 cells by increasing the neurite count and length as well as the attachment point and the endpoint  
263 parameters (18). In line with this study, we showed that, after 3 days of incubation, 3C and 5C  
264 dilutions induced a significant increase of the neurite extension in neuroblastoma cells. These  
265 effects were comparable with those of the positive control NGF. GS dilutions-induced neurite  
266 outgrowth was confirmed in 3D-matrix of SH-SY5Y cultures. In accordance with the  
267 beneficial effect of GS dilutions reported in many studies as a treatment for several neuroses  
268 including anxiety and depression (2, 23, 24), we propose that the efficacy of 3C and 5C is

269 mediated by their ability to boost the mitochondrial activity, particularly the bioenergetics. It  
270 is an attractive hypothesis since mitochondrial function represents one of the important  
271 mechanisms involved in the neurite outgrowth (25). Indeed, the brain requires a considerable  
272 amount of energy in order to activate, sustain, and consolidate neuronal functions and plasticity  
273 (11). Nerve cells present a significant energy demands due to their postmitotic polarization  
274 state (11). In mitochondria, the energy in the form of ATP produced by OXPHOS is directed  
275 by the neurons into the development of interconnections, the synapses (10). Apart from the  
276 production of energy, other pathways could be implicated in the GS dilutions effect because  
277 mitochondria are the key modulators of brain cell survival and death by controlling redox  
278 equilibrium (which can in turn affects neuronal plasticity) and generating reactive oxygen  
279 species (ROS) (11). Furthermore, the regulation of mitochondrial dynamics plays an important  
280 role in neurite outgrowth via the mechanisms of extension, regeneration, and branching that  
281 require a continuous supply of energy (25-27).

282 Additional investigations will be necessary to characterize the specific mechanisms of action  
283 or cell signalling triggered by the GS dilutions 3C and 5C for the modulation of cellular  
284 bioenergetics and the cell survival as well as the stimulation of the neuroplasticity. A possible  
285 mechanisms of action would rely on the ability of GS dilution (5C) to induce the production of  
286 the neurosteroid allopregnanolone, as already shown in the rat hippocampus and amygdala (7).  
287 These effects might be mediated by the GS compound Gelsemine (7, 28, 29). Interestingly,  
288 allopregnanolone was also shown to rescue neuronal cells from oxidative stress-induced death  
289 through bioenergetic improvement (8). Besides, a recent study showed that another compound  
290 of GS, Koumine, an alkaloid, exerted cytoprotective effects against oxidative stress-induced  
291 apoptosis in a porcine intestinal epithelial cell line by suppressing the reactive oxygen species  
292 production, inhibiting the caspase-3 activity and influencing the expression of Bax and Bcl-2,  
293 regulators of mitochondrial function (30). These findings suggest that Gelsemine and Koumine

294 might act on pathways involved in the regulation of reactive oxygen species generation or the  
295 redox equilibrium, probably through the action of a single component or synergistic interaction  
296 with other still not identified constituents of GS dilutions.

## 297 **Conclusions**

298 The present study suggests that GS dilutions may markedly promote neurite outgrowth via the  
299 stimulation of the mitochondrial bioenergetics and the cell survival. The beneficial effect of  
300 GS dilutions through the modulation of the mitochondrial function lead to new working  
301 hypotheses on the anxiolytic and anti-depressant action of this plant as well as an appreciation  
302 of GS dilutions as a potential agent for neuroprotection.

303

## 304 **List of abbreviation**

305 3-(4,5-dimethylthiazol-2-yl)-2,5- diphenyl-tetrazolium bromide (MTT)

306 Adenosine triphosphate (ATP)

307 Control cells (CTRL)

308 Dimethylsulfoxid (DMSO)

309 Dulbecco's-modified Eagle's medium (DMEM)

310 Extracellular Acidification Rate (ECAR)

311 Fetal calf serum (FCS)

312 *Gelsemium sempervirens* (GS)

313 Human neuroblastoma cells (SH-SY5Y)

314 Nerve growth factors (NGF)

315 Oxidative phosphorylation (OXPHOS)

316 Oxygen Consumption Rate (OCR)

317 Retinoic acid (RA)

318 Standard error of the mean (SEM)

319 Three-Dimensional (3D)

320 Two-Dimensional (2D)

321 Volume/ volume (v/v)

## 322 **Declaration**

### 323 **Ethics approval and consent to participate**

324 Plant: GS as a traditional medicinal plant is no longer used because of its toxicity (3). It is  
325 currently used in homeopathic dilutions only (3). In the present paper, GS dilutions were  
326 prepared by Boiron laboratory (Messimy, France) based on the 1.1.10 method of the  
327 European Pharmacopoeia (Ph. Eur.) guidelines for the production of homeopathic remedies  
328 (17).

329 Source: It is not present in the International Union for Conservation of Nature (IUCN) lists  
330 as an endangered species (16).

331 Animals: not applicable.

332 Humans: There were no humans participating in this study and therefore there are no ethical  
333 issues that should be addressed. The biological materials that were used are anonymized and  
334 are excluded from the Human Research Act (HRA). Origin of the cells: Human SH-SY5Y  
335 neuroblastoma cells (ATCC CRL-2266, Virginia, USA, ATCC company).

336 **Consent for publication.**

337 Not applicable.

338 **Availability of data and materials**

339 All relevant data are within the manuscript and its supporting information files.

340 **Competing interest**

341 AE received an investigator research grant from Boiron Laboratory, France. NB and PT are  
342 employed by Boiron Laboratory, France. IL and AG declare that they have no competing  
343 interests.

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347 Boiron laboratory, France.

348 **Author Contributions**

349 Conceptualization, A.E. and I.L.; Formal analysis, I.L.; Funding acquisition, A.E.;  
350 Investigation, I.L.; Methodology, I.L.; Project administration, A.E.; Resources, N.B., P.T. and  
351 A.E.; Supervision, A.E. and I.L.; Writing original draft, I.L., A.G., N.B., P.T. and A.E. All  
352 authors have read and agreed to the published version of the manuscript.



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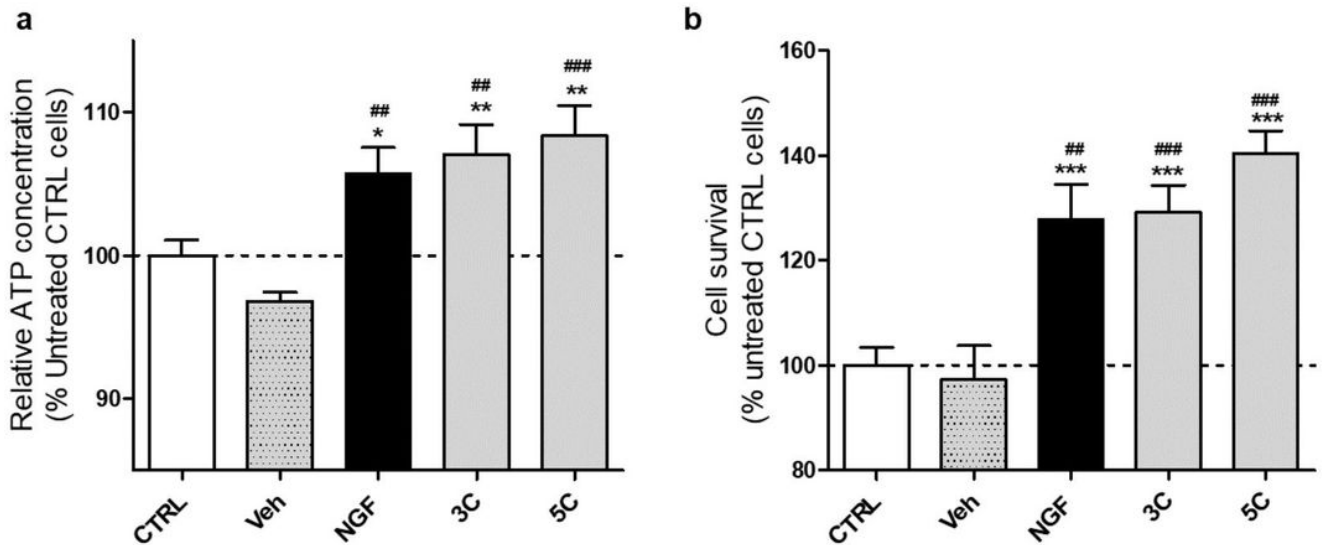
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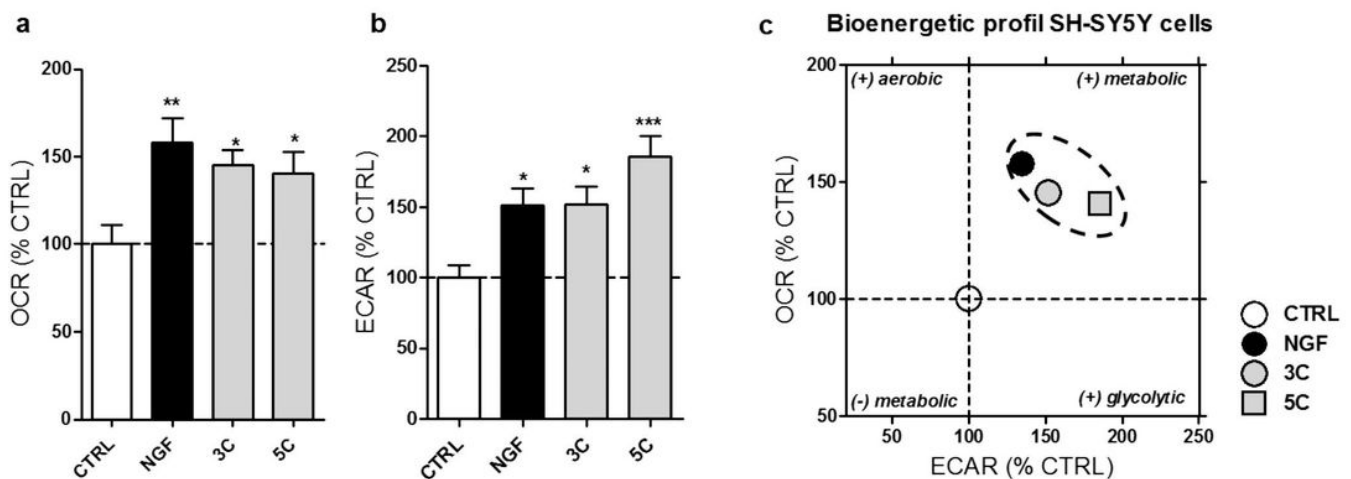
426

# Figures



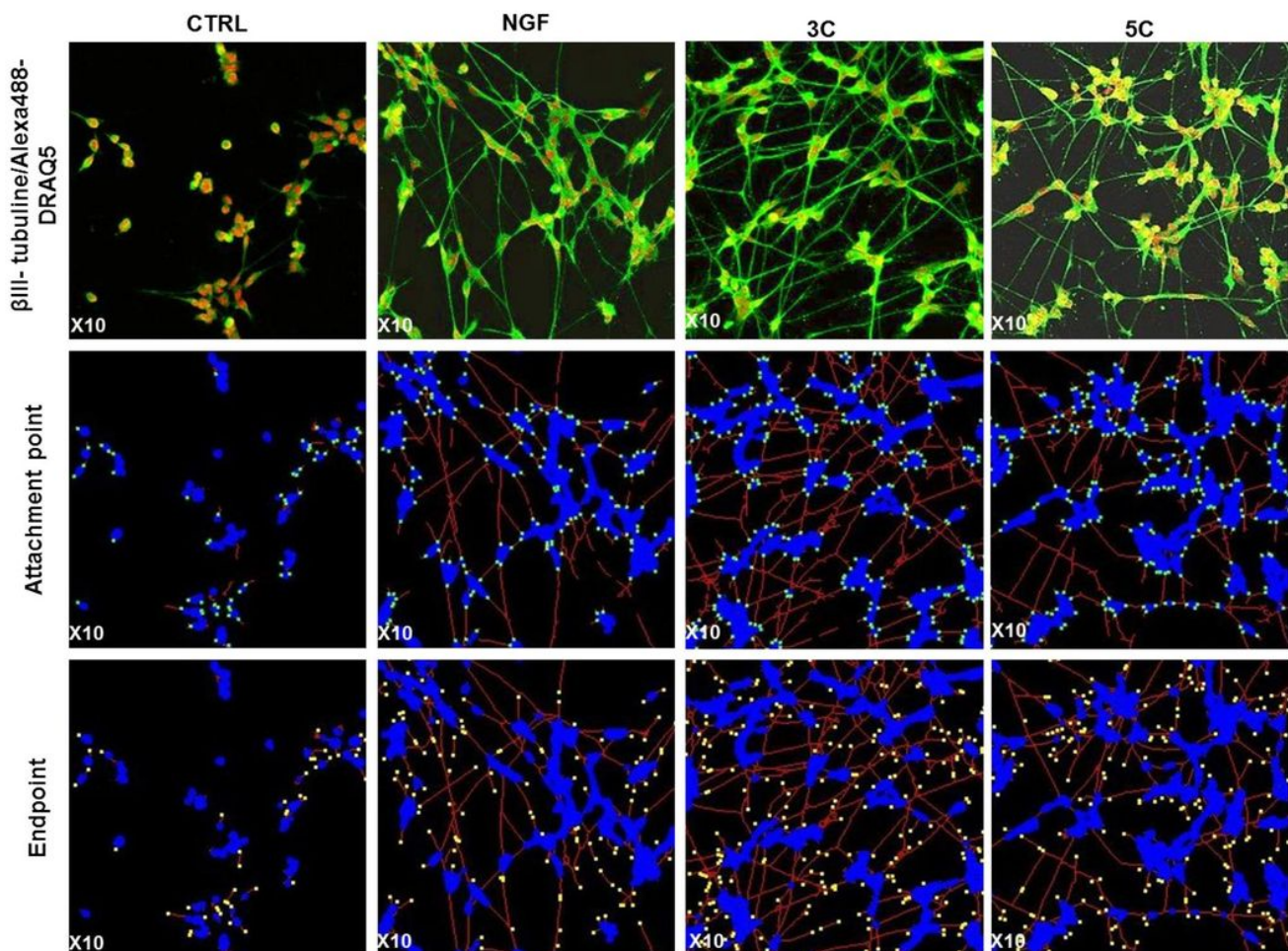
**Figure 1**

Effect of GS dilutions on ATP levels and cell viability after 24h treatment. 3C and 5C increased both parameters: (a) the ATP production and (b) the cell survival. Vehicle (Veh) treatment had no effect on ATP levels compared to CTRL cells. Values represent the mean  $\pm$  SEM (n = 13-18 replicates) of five independent experiments and were normalized to the untreated control group (CTRL, 100%, S1 Table). One-way ANOVA ((a, b):  $P \leq 0.0001$ ) and post hoc Dunnett's multiple comparison test versus untreated control cells, \* $P < 0.05$ , \*\* $P < 0.01$ , \*\*\* $P < 0.001$ . One-way ANOVA and post hoc Dunnett's multiple comparison test versus vehicle treated cells, ## $P < 0.01$ , ### $P < 0.001$ .



**Figure 2**

GS dilutions positively regulates bioenergetic activity in SH-SY5Y neuroblastoma cells. (a) Oxygen consumption rate (OCR) and (b) the extracellular acidification rate (ECAR) were measured simultaneously in SH-SY5Y cells after treatment (24h) with the GS dilutions 3C and 5C as well as the positive control NGF and compared to the untreated control cells after normalization using a XF24 Analyser (Seahorse Bioscience). Values represent the mean  $\pm$  SEM (n = 19-39 replicates) of four independent experiments (S2 Table). (c) Bioenergetic phenotype (OCR versus ECAR) of SH-SY5Y cells revealed an increased metabolic activity after treatment with 3C and 5C. Values represent the mean of each group (mean of the ECAR in abscissa/ mean of the OCR in ordinate) and were normalized to the untreated control group (CTRL, 100%). One-way ANOVA ((a):  $P=0.0031$ , (b)  $P=0.0001$ ) and post hoc Dunnett's multiple comparison test versus untreated control cells \* $P<0.05$ , \*\* $P<0.01$ , \*\*\* $P<0.001$ . OCR, Oxygen Consumption Rate (mitochondrial respiration); ECAR, Extracellular Acidification Rate (Glycolysis).



**Figure 3**

The GS dilutions 3C and 5C improved the neurite outgrowth of neuroblastoma cells after 3 days of treatment in a 2D cell culture. Pictures were taken using a confocal microscope (x10). Pictures in the

upper panel (S1 Figure) display neurite extension between the cells ( $\beta$ III-tubuline/Alexa488, green) and DraQ5 (nucleus, red). Quantification of the neurite outgrowth parameters such as the attachment points (middle panels) and the endpoint numbers (lower panels), after NGF or GS treatment are shown in the middle and lower panel (Blue: soma, red: neurite, green point: attachment point, yellow point: endpoint). CTRL: untreated control cells.

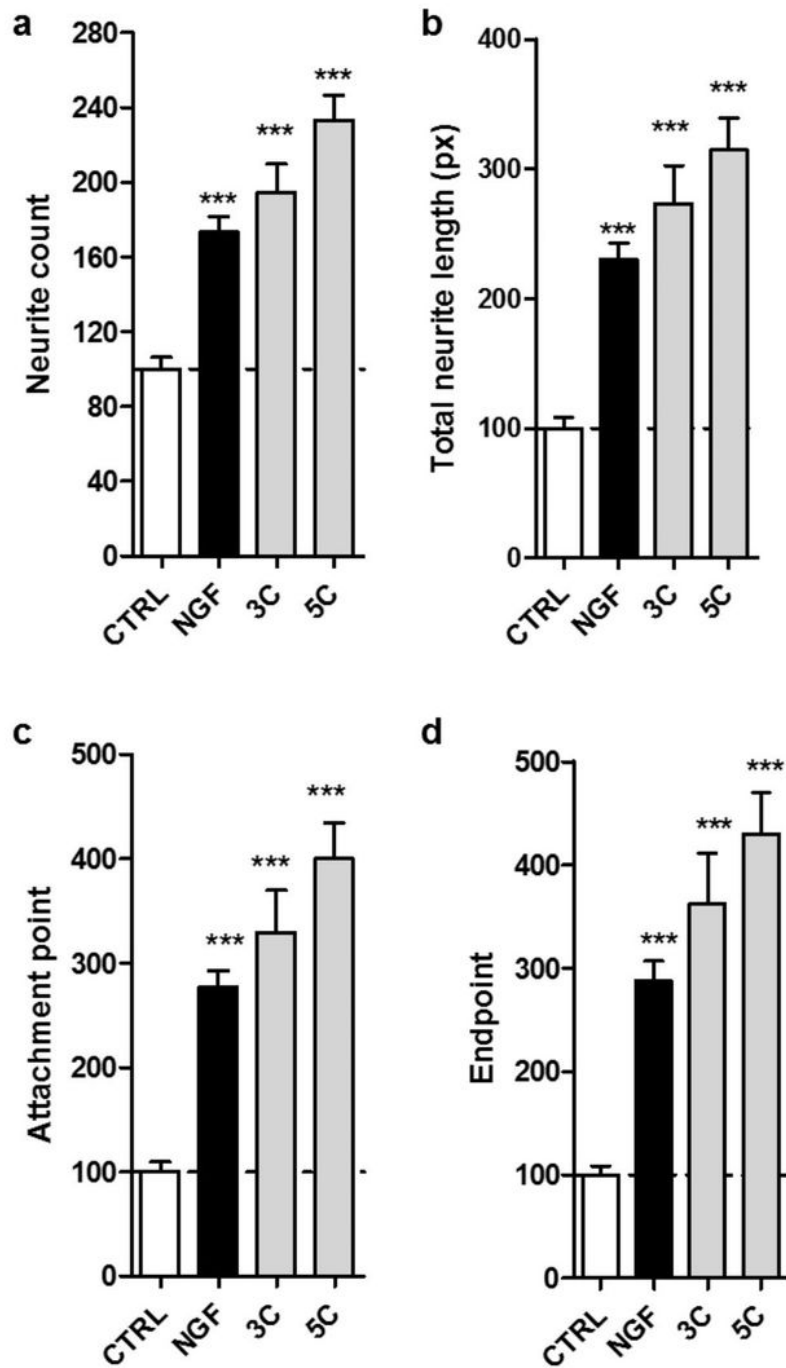
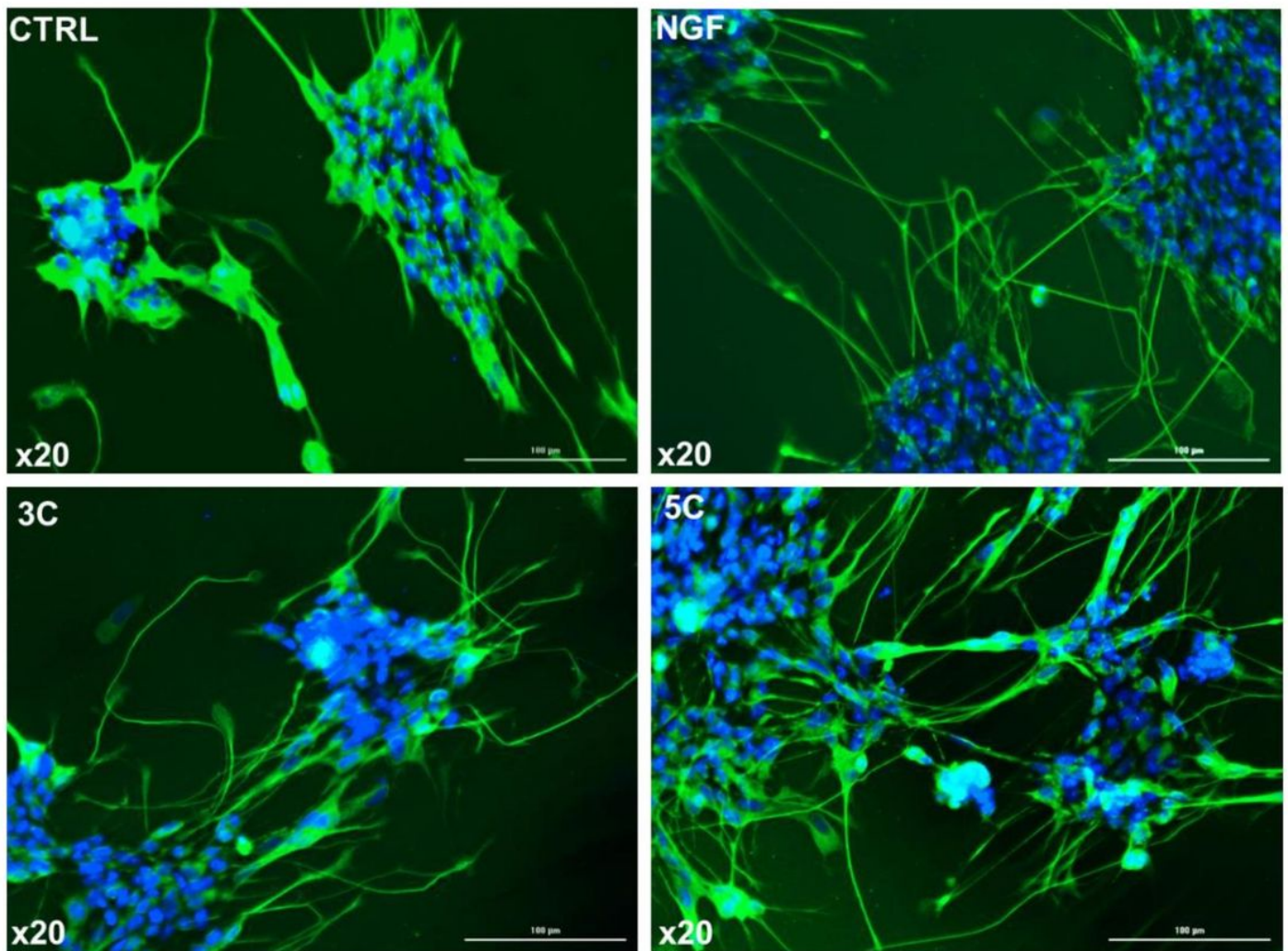


Figure 4



GS dilutions 3C and 5C increased the neurite outgrowth of neuroblastoma cells after 3 days of treatment in a 2D cell culture. Quantification of Figure 3 using NeurophologyJ (S3 Table). 3C and 5C significantly increased: (a) number of neurites (neurite count), (b) total neurite length, (c) number of attachment points and (d) number of endpoint. The effect of GS dilutions was similar than the positive control NGF when compared to the untreated cells. Values represent the mean  $\pm$  SEM of three independent experiments and were normalized to 100% of untreated control cells (CTRL). One way ANOVA (a-d:  $P \leq 0.0001$ ) and post hoc Dunnett's multiple comparisons versus untreated control cells  $***P < 0.001$ .



**Figure 5**

GS dilutions 3C and 5C induced neurite extension in a 3D-matrix by increasing the neurite outgrowth of neuroblastoma cells after 3 days of treatment. Pictures were obtained by merging 3–4 layers of cells (z-stack projection) on 3D-matrix using the multi-label plate reader Cytation3 (x20). Pictures display neurite extension between the cells (Immunostaining (IMS) with  $\beta$ III-tubuline/Alexa488 (green) and DAPI (blue)). CTRL: untreated control cells.

## Supplementary Files

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- [Supplementarymaterialfile.docx](#)