1	Effects of Lactobacillus reuteri MG5346 on RANKL-induced osteoclastogenesis and
2	ligature-induced experimental periodontitis rats
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25	Running Title: Lactobacillus reuteri MG5346 on bone absorption

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 28 ligature-induced experimental periodontitis rats

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30 Abstract

Effects of culture supernatants of Lactobacillus reuteri MG5346 (CS-5346) on receptor 31 activator of nuclear factor-kappa B ligand (RANKL)-induced osteoclastogenesis were 32 33 examined. CS-MG5346 treatment up to 400 µg/mL significantly reduced tartrate-resistant acidphosphatase (TRAP) activity, the phenotype biomarker of osteoclast, without affecting cell 34 viability. CS-MG5346 inhibited the expression of osteoclast specific transcriptional factors (c-35 fos and nuclear factor-activated T cells c1) and their target genes (TRAP, cathepsin, and matrix 36 *metallo-proteinase-9*) in a dose-dependent manner (p < 0.05). The administration of L. reuteri 37 MG5346 (2 \times 10⁸ CFU/day) for 8 wks significantly improved furcation involvement, but no 38 difference was observed in alveolar bone loss in ligature-induced experimental periodontitis 39 rats. The elevated RANKL/osteoprotegerin ratio, the biomarker of periodontitis, was 40 significantly lowered in the gingival tissue by administration of L. reuteri MG5346 (p < 0.05). 41 42 L. reuteri MG5346 showed excellent stability in simulated stomach and intestinal fluids and did not have antibiotic resistance. Based on the results, L. reuteri MG5346 has the potential to 43 be a promising probiotic strain for oral health. 44

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Keywords: *Lactobacillus reuteri* MG5346, culture supernatant, osteoclastogenesis, osteoclast
 specific gene expression, ligature-induced experimental periodontitis

49 Introduction

Gingivitis and periodontitis are common chronic inflammatory diseases and these
periodontal diseases occur in about 20-50% of the world's population. Moreover, periodontal
diseases increase the risk of systemic diseases, such as cardiovascular disease (Nazir, 2017).
The surgical intervention and antibiotic treatment may not be sufficient to control periodontitis
because of the complex etiology involved in oral microbiota (Gatej et al., 2017).

Probiotics are defined as safe live microorganism exerting health benefits and disease 55 prevention when consumed in adequate amounts (Pinero and Stanton, 2007). The composition 56 of oral microbiota was significantly different between healthy and periodontitis patients, and 57 adequate oral lactobacilli, such as Lactobacillus paracasei and Lactobacillus plantarum, were 58 able to reduce the occurrence of dental caries by inhibiting the growth and colonization of 59 cariogenic bacteria (Ko"ll-Klais et al., 2005). Lactobacillus casei 393 and Lactobacillus 60 61 plantarum B719-fermented milk increased osteoblast activity and prevented bone loss in ovariectomized rats (Kim et al., 2009; Lee et al., 2020). In addition to probiotics, postbiotics 62 refer to non-viable bacterial components or metabolites of probiotics, mitigate various 63 inflammatory diseases, such as inflammatory bowel disease, rheumatoid arthritis, and obesity 64 (Bungau et al., 2021; Cristofori et al., 2021). 65

As an ongoing effort to develop oral probiotics, *Lactobacillus reuteri* MG5346 (**MG5346**) has been selected from our preliminary screening study. *L. reuteri* is a Gram-positive bacterium that inhabits various locations in the human body, including the gastrointestinal tract, urinary tract and skin (Mu et al., 2018). *L. reuteri* showed an immune modulation effect by inducing anti-inflammatory regulatory T cells while reducing pro-inflammatory cytokines (He et al., 2017; Hsieh et al., 2016). *L. reuteri* lozenges helped to treat chronic periodontitis as an adjuvant treatment and delayed recolonization for up to 6 months in the follow-up study (Tekce et al., 2015). In our previous study, probiotic culture supernatant (CS) inhibited both *Streptococcus mutans*-induced biofilm formation and receptor activator of the nuclear factor κ B ligand (RANKL)-induced osteoclast formation (Jung et al., 2021). The inhibitory activity of CS on biofilm formation and osteoclastogenesis varied depending on the probiotic strain. These results suggested that the efficacy of oral probiotics, such as *L. reuteri*, are also strain-specific.

The objective of the present study was to examine the efficacy of MG5346 as an oral probiotic. To achieve this goal, the effects of the CS-MG5346 on RANKL-mediated osteoclastogenesis were analyzed. In addition, the effect of MG5346 administration on alveolar bone loss and tissue damage was evaluated using ligature-induced periodontitis rats.

82

83 Materials and methods

84 Materials

Dulbecco's modified Eagle's medium (DMEM), α-minimum essential Eagle's
medium (α-MEM), penicillin-streptomycin solution, and fetal bovine serum (FBS) were
purchased from Welgene, Inc. (Gyeongsan, Korea). TaqMan Gene Expression Master Mix,
TaqMan probes (5'-fluorescein based reporter dye; 3'-TAMRA quencher), and High-Capacity
RNA-to-cDNA Kit were purchased from Applied Biosystems (Foster City, CA, USA). RANKL
was purchased from purchased ProSpec (Rehovot, Israel). All other reagents used in the
experiment were purchased from Sigma-Aldrich Inc. (St. Louis, MO, USA).

92

93 Preparation of CS-MG5346

MG5346 was originally isolated from fermented foods. CS-MG5346 was prepared by
the method described previously (Jung et al., 2021) and kindly provided by Mediogen (Jecheon,
Korea).

97

98 Gastrointestinal tolerance of MG5346

The gastrointestinal tolerance of MG5346 was determined by the method of Tokatlı et al. (2015) with slight modification. MG5346 was harvested ($3,460 \times g, 10 \text{ min}$) after being cultured in MRS media at 37°C for 24 h. The MG5346 pellets were washed twice with sterile saline solution (0.85% NaCl, w/v) and resuspended to 10^{7} - 10^{8} CFU/mL in simulated gastric fluid (**SGF**; 3 g/L of pepsin in sterile saline solution, pH 2.5) or simulated intestinal fluid (**SIF**; 1 g/L of pancreatin, 0.3% bile salt in sterile saline solution, pH 8.0). The survival rate of MG5346 was determined after incubation at 37°C for 4 h in SGF and 6 h in SIF, respectively. The viable

106 cells were counted on MRS agar and expressed by the following formula:

107 Survival rate (%) =
$$\frac{\text{Log CFU of survived viable cells}}{\text{Log CFU of initial inoculated cells}} \times 100$$

108

109 Antibiotic susceptibility

The antibiotic susceptibility of MG5346 was determined by the minimum inhibitory
concentration (MIC) test strip method described previously (Jung et al., 2022).

112

113 Osteoclast differentiation from RAW 264.7 cells

114 The murine RAW 264.7 cell line was purchased from the American Type Culture

115 Collection (ATCC, Manassas, VA, USA). The cells were cultured in DMEM supplemented 116 with 10% FBS and penicillin-streptomycin (100 untis/mL) at 37°C in a 5% CO₂ humidified 117 atmosphere. Osteoclastogenesis was induced by replacing the α -MEM medium with the 118 medium containing RANKL (100 ng/mL) and M-CSF (50 ng/mL). Cytotoxicity of CS-119 MG5346 was measured using the 3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyltetrazolium 120 bromide (MTT) assay (Lee and Imm, 2017).

121

122 Tartrate-resistant acid phosphatase (TRAP)-positive activity

123 RAW 264.7 cells were seeded in 96-well plates at a density of 3×10^3 cells/well for 24 124 h and were cultured in the presence of RANKL (100 ng/mL), M-CSF (50 ng/mL), and CS-125 MG5346 for another 7 days. The cells were lysed using 0.05% Triton X-100/saline solution 126 and were dispersed in 50 mM citrate buffer (pH 4.7) containing 10 mM sodium tartrate and 10 127 mM *p*-nitrophenylphosphate. TRAP activity was determined according to the method of Kim 128 et al. (2019)

129

130 Animal experiment

Animal experiments were conducted according to the guideline of the Institutional Animal Care and Use Committee (approval number: KNOTUS 21-KE-032). Male Sprague-Dawley rats (6 wks old; Orient Bio, Korea) were housed in an animal facility and maintained under the conditions of a 12-h light-dark cycle at $23 \pm 3^{\circ}$ C, $55 \pm 15^{\circ}$ humidity. After acclimation for 7 days, rats were randomly divided into three groups: 1) untreated control (n = 10), 2) ligature + vehicle (n = 10), 3) ligature + MG5346 (2 × 10⁸ CFU/day; n = 10). The

ligature was placed around the right second molar of the mandible using a sterile 4-0 silk under 137 anesthesia with zoletil 50 (Virbac, Carros, France) and xylazine (Rompun, Bayer AG, 138 Leverkusen, Germany). Maintenance of the ligature was checked regularly during the entire 139 experimental period (8 wks). 140

141

Alveolar bone loss and tissue damage measurement using micro-CT analysis 142

143 Mandibular jaws of all rats were scanned using a micro-CT (vivaCT 80, Scanco Medical, Switzerland) after 8 wks of ligation induction and MG5346 administration. The 144 cement-enamel junction (CEJ)-alveolar bone crest (ABC) distance and degree of maxillary 145 molar furcation involvement were used as an index of alveolar bone loss and periodontal tissue 146 damage. 147

148

Quantitative real-time PCR (qRT-PCR) 149

Total RNA was extracted using NucleoZOL reagent (Macherey-Nagel, Düren, 150 Germany), and qRT-PCR analysis was performed using cell lysates (nuclear factor-activated T 151 cells c1 [NFATc1], TRAP, c-Fos, TRAP, and cathepsin K) and rat gingival tissue (RANKL and 152 osteoprotegerin [OPG]) as described previously (Jung et al., 2022). The relative expression of 153 osteoclast-specific transcriptional factor and target genes were analyzed using the following 154 (Mm00607939 s1), (Mm00475698 m1), Κ 155 probes: β-actin TRAP cathepsin (Mm00484039 m1), NFATc1 (Mm00479445 m1), c-Fos (Mm00487425 m1), RANKL 156 (Rn00589289 m1), and OPG (Rn00563499 m1). qRT-PCR was performed using the StepOne 157 Plus Real-Time PCR System (Applied Biosystems), and the expression of target genes was 158

159 normalized to the housekeeping gene, β -actin.

160

161 Statistical analysis

162 All analytical experiments were performed in triplicate, and SPSS Statistics (SPSS 26; 163 SPSS, Inc., Chicago, IL, USA) software was used for statistical analysis. Data were expressed 164 as mean \pm standard deviation (SD). Significant differences (p < 0.05) were assessed using a 165 one-way analysis of variance (ANOVA), followed by Duncan's post-hoc test.

166

167 **Results and Discussion**

168 Gastrointestinal tolerance of MG5346

The acid resistance and bile salt tolerance of probiotics are the most important 169 requirements to ensure health benefits to the host (Tokatlı et al., 2015). As shown in Table 1, 170 MG5346 showed 91% and 92% survival rates in SGF and SIF, respectively. L. reuteri is one 171 172 of the few resident *Lactobacillus* species found in various sites in the human body human body, including the gastrointestinal tract (Valeur et al., 2004). This high adaptability of L. reuteri 173 might be related to its tolerance in the gastrointestinal environment. Chen et al. (2019) reported 174 that L. reuteri WHH1689 contained various stress-resistant genes related to acid (FoF1-ATP 175 synthase and the sodium proton antiporter) and bile (choloylglycine hydrolase and inorganic 176 177 pyrophosphatae) tolerance.

178

179 Antibiotic resistance of MG5346

180

The antibiotic resistance of probiotics is a principal safety consideration because

181 probiotics can be a source of transferable resistance genes to pathogens (Li et al., 2020). Thus, the MIC of eight antibiotics against MG5346 was determined. MG5346 showed much lower 182 MIC values for eight antibiotics than corresponding cut-off MIC values. This result indicates 183 that MG5346 does not have antibiotic resistance. According to the report of Jose et al. (2015), 184 probiotics generally show resistance to vancomycin, ciprofloxacin, gentamicin and 185 streptomycin. Similar to the result of this study, 32 representative L. reuteri strains did not have 186 any transferable or acquired antibiotic resistance. In addition, they did not show virulence 187 188 potential in the gelatinase activity, and hemolysis test (Singh et al., 2012).

189

190 Effects of CS-MG5346 on TRAP activity in RANKL-stimulated RAW 264.7 macrophages

RANKL mediates the conversion of hematopoietic precursors, such as monocytes and 191 macrophages into osteoclasts with the cooperation of M-CSF (Kong et at., 1999). TRAP is 192 highly expressed in response to the conversion of macrophages to multinucleated osteoclasts, 193 and increased TRAP activity is often used as a phenotype marker for osteoclasts (Tanaka et al., 194 195 2005). TRAP activity was significantly increased by RANKL stimulation, while the addition 196 of CS-MG5346 decreased TRAP activity in a dose-dependent manner (Fig. 1A). This suggests that CS-MG5346 is able to inhibit osteoclast formation. Britten et al. (2014) reported that L. 197 reuteri ATCC 6475 released compounds inhibiting RANKL-induced osteoclastogenesis. 198 Although the exact nature of the inhibitory compounds for osteoclastogenesis was not clarified, 199 200 histamine might be associated with the suppression of osteoclast differentiation. Thomas et al. (2012) demonstrated that histamine released from L. reuteri inhibited TNF- α activity, which 201 promotes osteoclastogenesis. In addition, CS-MG5346 did not show a cytotoxic effect in the 202 MTT assay up to 400 µg/mL. Thus, a further experiment proceeded within this non-cytotoxic 203

206 Effect of CS-MG5346 on osteoclastogenesis-associated gene expression

207 Osteoclast differentiation requires transcription factors essential for the induction of target genes (Kim and Kim, 2014). The effects of CS-MG5346 on the gene expression of two 208 key osteoclast-specific transcriptional factors (c-Fos and NFATc1) were analyzed. CS-209 210 MG5346 treatment significantly downregulated RANKL-mediated elevated c-Fos and NFATc1 gene expression in a dose-dependent manner (Fig. 2A and 2B). The binding of 211 RANKL to RANK on the surface of osteoclast precursor cells recruits c-Fos at the early 212 osteoclast differentiation stage, which in turn, activates NFATc1, a master regulator of 213 osteoclastogenesis (Zhao et al., 2010). It has been reported that c-Fos-knock-out mice failed to 214 undergo osteoclast differentiation (Wang et al., 1992). Thus, the downregulation of *c-Fos* and 215 *NFATc1* can be a major contributor to the inhibition of osteoclastogenesis. 216

Stimulation of *NFATc1* promotes the expression of osteoclast-specific genes, such as *TRAP*, *cathepsin K*, and metallo-proteinase-9 (*MMP-9*), that causing the degradation of bone extracellular matrix proteins (Asagiri, 2007; Sundaram et al., 2007). Consistent with these reports, CS-MG5346 treatment significantly suppressed the expression of TRAP, cathepsin K, and MMP-9 (p < 0.05; **Fig. 2C, 2D**, and **2E**). The mRNA levels of TRAP, cathepsin K, and MMP-9 showed a high correlation with the level of bone resorption in patients with osteoarthritis and osteoporosis (Logar et al., 2007).

224

Effects of MG5346 on alveolar bone loss and furcation involvement in ligature-induced periodontitis rat model

The mechanisms for the initiation and progression of periodontitis are still unclear and a large number of oral bacteria are involved in etiology of chronic periodontitis (Graves et al., 2008). The rat ligature model is one of the most frequently used non-primate animal periodontitis models. The ligatures around teeth cause plaque accumulation and induce periodontal inflammation and subsequent alveolar bone loss (Xu and Wei, 2006).

The effect of MG5346 administration for 8 wks on alveolar bone loss was determined 232 in ligature-induced experimental periodontitis rats. The periodontal destruction was observed 233 234 in both vertical (CEJ-ABC) and horizontal (furcation involvement) direction in multi-rooted teeth (Pilloni and Rojas, 2018). Micro-CT tomography indicated that ligation significantly 235 increased both CEJ-ABC distance and furcation involvement. Although a decreasing tendency 236 was observed in the CEJ-ABC distance by L. reuteri MG5346 administration, there was no 237 significant difference between the ligation control and L. reuteri MG5346 group (1.60±0.22 238 239 vs.1.44±0.19). Conversely, furcation involvement was significantly decreased by administration of MG5346 (0.58±0.15 vs.0.46±0.0.9; p < 0.05; Fig. 3). The prolonged inflammation by 240 periodontitis leads to bone resorption and furcation defect, and reduced furcation involvement 241 242 significantly reduces the risk of bone loss (Parihar and Katoch, 2015). The adjuvant use of L. reuteri DSM 17938 (1 x 10⁸ CFU/lozenge) for 21 days ameliorated chronic periodontitis by 243 reducing gingival inflammation and deep periodontal pockets in smokers (Theodoro et al., 244 245 2019).

246

247 Effects of MG5346 on RANKL and OPG gene expression in gingival tissue

RANKL-RANK is a key pathway modulating the formation and differentiation of
osteoclasts. (Wada et al., 2006). OPG competitively binds to RANKL, subsequently interfering

with the binding of RANKL with RANK. The imbalance in RANKL/OPG led to increased bone resorption (Boyce and Xing, 2008). Periodontal tissue was isolated from rats, and the expression of *RANKL* and *OPG* was analyzed using qRT-PCR. The expression of *RANKL* increased by ligation while it was decreased by MG5346 administration (**Fig. 4A**). The expression of *OPG*, which was decreased by periodontitis induction was significantly recovered by administration of MG5346 (p < 0.05; **Fig 4B**). The RANKL/OPG ratio in MG5346-fed groups was close to the non-ligation control group (**Fig 4C**).

257 Although the modulation of bone metabolism by administration of probiotics has been reported (Jung et al., 2022; Yousf et al., 2015; Britton et al., 2014), the evidence is still 258 inconclusive. Hu et al. (2021) reported that extracellular vesicles (EVs) released from L. reuteri 259 might be involved in the mitigation of periodontitis. The administration of EVs from L. reuteri 260 BBC3 exerted an anti-inflammatory effect in lipopolysaccharide-stimulated chicken 261 262 macrophages and improved intestinal injury in chickens. Alternatively, the ability of probiotics to modulate C-X-C motif chemokine (CXCL8) was suggested as a potential mechanism of 263 probiotic immune modulation (Mendi et al., 2016). CXCL8 is a chemokine released from 264 265 various cell types, such as gum epithelial cells, and it recruits neutrophils to the site of infection (Yamamoto and Aizawa, 2021). Porphyromonas gingivalis-mediated CXCL8 inhibition 266 reduced the host immune response and enhanced periodontal tissue damage (Sochalska and 267 268 Potempa 2017). Probiotics, such as L. rhamnosus ATCC 9595, L. casei 324 m, and L. reuteri upregulated CXCL8 gene expression and counteracted P. gingivalis-mediated CXCL8 269 suppression (Albuquerque-Souza et al., 2021; Allaker and Stephen, 2017; Mendi et al., 2016). 270 Oral administration of *L. reuteri* tablet significantly reduced proinflammatory cytokine levels 271 (TNF- α , IL-1 β , and IL-17) in 18 out of 24 patients with chronic periodontitis. The clinical 272

indices, such as bleeding index, periodontal probe depth, and clinical adhesion level, were also
significantly improved (Szkaradkiewicz et al., 2014).

275

276 Conclusion

Probiotics are generally regarded as safe, except for specific health conditions, such as patients with immune-compromisation. The development of oral probiotics/postbiotics offers valuable options to prevent or alleviate periodontitis. Based on results in osteoclastogenesis and the ligature-induced periodontitis rat model, MG5346 can be a promising probiotic strain for oral health. Carefully designed clinical studies are required to warrant the efficacy of oral probiotics/postbiotics.

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290 **Conflicts of Interest**

YongGyeong Kim and Chang-Ho Kang are employees of Mediogen. Industry employees are involved in the study probiotic characterization, but they did not play a role in other data collection, analyses, or interpretation of data, writing of the manuscript, or in the decision to publish the results.

296 IRB/IACUC approval

- 297 Animal experiments were carried out after approval from the Institutional Animal Care and
- 298 Use Committee (KNOTUS 21-KE-032).

299

300 Author Contribution

- 301 Conceptualization: Imm J-Y and Kang C-H, Data curation: Jeong Y-J, Jung J-I, and Kim Y,
- 302 Investigation: Jeong Y-J, Jung J-I, and Kim Y, Writing original draft: Jeong Y-J and Kim Y,
- 303 Writing review & editing: Jeong Y-J, Kim Y, Kang C-H, and Imm J-Y.

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Table 1. Survival rate of *Lactobacillus reuteri* MG5346 under simulated gastrointestinal conditions

431

Strain	Initial count ^a (log CFU/mL)	Survival in SGF ^b		Survival in SIF ^c	
		log CFU/mL	%	log CFU/mL	%
L. reuteri MG5346	7.55 ± 0.19	6.85 ± 0.07	90.74	6.94 ± 0.03	91.87

432

433 The results are expressed as means \pm SD. ^aInitial counts evaluated at 0 h. ^bSurvival rate in

434 simulated gastric fluid (SGF, pH 2.5) was determined at 37°C after 4 h. °survival rate in

435 simulated intestinal fluid (SIF, pH 8.0) was determined at 37°C after 6 h.

437 Table 2. MIC of antibiotics for *Lactobacillus reuteri* MG5346

Microbiological cut-off values (mg/L)			
EFSA	L. reuteri MG5346		
2	0.06		
4	1		
4	< 0.016		
1	0.03		
8	0.38		
64	8		
64	4		
32	2		
	Microbiologica EFSA 2 4 4 1 8 64 64 64 64 32		

439 MIC (minimum inhibitory concentration) indicates the lowest concentration of antibiotic that

440 prevents visible bacterial growth. Antibiotic resistance was determined according to the

441 European Food Safety Authority (EFSA) guidelines.

Fig. 1. Effects of CS-MG5346 on (A) TRAP activity and (B) cell viability in RANKLstimulated RAW 264.7 macrophages. CS-MG5346, culture supernatant of *Lactobacillus reuteri* MG5346; TRAP, tartrate-resistant acid-phosphatase; RANKL, receptor-activator of nuclear factor-kappa B ligand. Different letters indicate significant differences at p < 0.05.

Fig. 2. Effects of CS-MG5346 on gene expression of (A) c-fos, (B) NFATc1, (c) TRAP, (D) cathepsin K, and (E) MMP-9 in RANKL-stimulated RAW 264.7 macrophages. CS-MG5346, culture supernatant of *Lactobacillus reuteri* MG5346; NFATc1, nuclear factoractivated T cells c1; TRAP, tartrate-resistant acid-phosphatase; MMP-9, matrix metalloproteinase-9; RANKL, receptor-activator of nuclear factor-kappa B ligand. Different letters indicate significant differences at p < 0.05.

465

Fig. 3. Effects of MG5346 on CEJ-ABC distance and furcation involvement in 466 experimental periodontitis rats. (A) Indication of cemento enamel junction-alveolar bone 467 crest (CEJ-ABC) and furcation involvement, (B) representative image of untreated control 468 group, (C) representative image of ligature control group, (D) representative image of ligature 469 + Lactobacillus reuteri MG5346 group, (E) CEJ-ABC distance, and (F) furcation involvement. 470 The cement-enamel junction (CEJ)-alveolar bone crest (ABC) distance and degree of 471 maxillary molar furcation involvement were used as an index of alveolar bone loss and 472 periodontal tissue damage. Bars with different letters indicate significant differences at p < 0.05. 473

474	Fig. 4. Effects of MG5346 on gene expression of (A) RANKL, (B) OPG, and (C)
475	RANKL/OPG ratio in gingival tissue of experimental periodontitis rats. MG5346,
476	Lactobacillus reuteri MG5346; RANKL, receptor activator of nuclear factor-kappa-B ligand;
477	OPG, osteoprotegerin, Bars with different letters indicate significant differences at $p < 0.05$.













546 Fig. 2-continued (E)



Fig. 3 559

571

572

573

574



Ligation

MG5346

Normal

0.4

0.2

0.0



