

Europass Curriculum Vitae

Personal information

First name(s) / Surname(s)
Work Address(es)
Telephone(s)
E-mail
Nationality
Date of birth
Marital Status

Professor Dimitrios Kouretas

Viopolis, Mezourlo, 41500, Larissa
+30 2410565277

dkouret@uth.gr

Greek

02-05-1962

Married to Charitini Nepka MD, PhD, Physician in the University Hospital of Larissa, a daughter born in 1995, student of Medicine School, University of Ioannina.

Title

Professor of Physiology-Toxicology

Work experience

Dates
Occupation or position held
Dates
Occupation or position held
Dates
Occupation or position held
Dates
Occupation or position held
Dates
Occupation or position held
Organization
Dates
Occupation or position held
Organization

2007- Today

Professor, Department of Biochemistry-Biotechnology, Animal Physiology- Toxicology
University of Thessaly.

2003 - 2007

Associate Professor, Department of Biochemistry-Biotechnology,
University of Thessaly.

1997 – 2003

Assistant Professor
University of Thessaly.

1995 - 1997

Lecturer in University of Thessaly

1993-1995

Researcher
Theagenion Cancer Hospital, Thessaloniki, Greece.

1990-1992

Post doc
Harvard Medical School, Boston, USA

Scientific distinction

- Award in 7th multi-conference on "Innovation & Development" for his contribution to the Innovation and Development. The selection was made by the Joint Committee of the German-Hellenic Chamber of Commerce and the organizing committee of the congress, 2014.
- Award of Academic and Scientific Excellence in the field of eco-innovation food by EU , 2013.

Education and training

PhD

1989:
PhD in Biochemistry, Faculty of Chemistry, University of Thessaloniki, Greece

BSc

1985:
BSc in Pharmacy, University of Patras, Greece

Research interests

- Molecular mechanisms of antioxidant activity of plant phenolics.
- Oxidative stress and exercise.
- Antioxidant activities of plant extracts
- Biofunctional foods in exercise

Administrative posts

2013-2015, Chairman of the Regional Council of Innovation, Region of Thessaly (http://liaison.uth.gr/attachments/2014/134-RIS3Thessaly_V2.pdf)
2013-2014, Associate Rector at the University of Thessaly
2013-2014, Scientific Coordinator of the Liaison Office in UTH (<http://liaison.uth.gr/index.php/el/>)
2012- Today, Scientific Coordinator of the Eatwalk spin-off company, dealing with functional foods (www.eatwalk.gr)
2015-today, Director of the Graduate Program in Toxicology, University of Thessaly (http://www.bio.uth.gr/index.php?option=com_content&view=article&id=742&Itemid=124&lang=en)
2017- today: President of Greek Toxicology Society
2017-2021 : member of SCHEER(European Commission experts group)

Editorial

Associate Editor Food and Chemical Toxicology (Elsevier , IF 3.5, top journal in Biochemical Toxicology)
Associate Editor Environmental Research (IF 3.8)
Associate Editor Toxicology Reports
Academic Editor : Oxidative Medicine and Cellular Longevity (IF 4.6)
Guest Editor: Food and Chemical Toxicology 2013

Reviewer

Sport Medicine, Molecular Endocrinology, Xenobiotica, Toxicology in Vitro, Chemico Biological Interactions, Toxicology Letters, Food and Chemical Toxicology, European Journal Of Applied Physiology, Chemical research in Toxicology, Mutation Research, Journal Of Physiology, Physiological research, Journal Of Medicinal Food, British Journal Of Pharmacology, Pharmacological Research, Toxicology, Scand. Journ. Of Sport Medicine, British Journal of Sport Medicine, Basic and Clinical Pharmacology Toxicology, Chinese Journal of Physiology, Fitotherapy, Biochemical Pharmacology, Exp. Ther. Medicine.

Funded Research Projects:

- PENED 2003 'Identification and assessment of biological active chemical compounds in Greek wines and respective Greek grape varieties (VITIS VINIFERA)- Investigation of their roles as chemopreventive compounds' (completed).
- EYREKA 2006-2008 'Exploitation of byproducts from tomato paste industry and processing of fruits through the regain of bioactive compounds of high added value'. Budget: 350000 euros.
- Biochemical monitoring of athletes of the Greek national team of classic athletics (SEGAS; 55000 euros) (2007-2008).
- INTERNATIONAL COLLABORATION in the context of Thrace's PEP 2006-2008 'Incorporation of bioactive plant extracts in the production and certification of biofunctional milk products of high added value'. Budget 400000 euros.
- 'Nutritional value and production of high quality biofunctional milk products by adding plant extracts enriched in antioxidants (budget: 260000 euros) From the grant Innovation poles of GSRT.
- 'Development of biofunctional flour by incorporation of plant extracts enriched in bioactive compounds'. In collaboration with the Kaplanides' Mills company (budget: 70000 euros).
- 'Human networks of research and technological education. Human network of education in the field of biofunctional foods'. It was funded by the GSRT with 200000 euros.
- Production of biofunctional milk products of high quality by adding plant extracts enriched in antioxidants (budget: 50000 euros) in collaboration with the Olympos company.
- Production of biofunctional foods from extracts of pharmaceutical plants from Kissavos (50.000 euros). Prefecture of Larissa (2009-2011).
- Study of co-existence of genetic modified with normal plants in Cyprus (150.000 euros). From Cypriot Government after international competition (2009-2012).
- Contract work for spin-off K-Meditura (105.000 euros for 3 years) (2010-2013).
- Incorporation of natural antimicrobials of plant origin to meat products of high added value in collaboration with 'Vogiatzoglou meat company' (30000 euros) (2011-2013).
- Assessment of the antioxidant activity of grape stem extracts - Incorporation of grape stem

extracts to bakery products and assessment of their in vivo antioxidant capacity in collaboration with 'Kaplanidis Mills' and 'Ntougkos Winery' (80000 euros) (2010-2013).

- Study of the agro-nutrient identity of foods in collaboration with 'Eat walk Hellas' company (60000 euros) (2012-2014).
- Study of oxidative stress biomarkers and metabolic profile in patients (300000 euros) (2012-2018).
- Effects of a product containing carbohydrates and proteins on oxidative stress biomarkers after administration to athletes (ESPA; 45000 euros) (2011-2014).
- Assessment of oxidative stress in physiological and pathophysiological conditions using the diagnostic system ORP of Luoxis company (47000 euros) (2013-2015).
- Study of the chemical composition and toxicity of liquids used in electronic cigarettes (Association of companies of electronic cigarette; 756000 euros) (2012-2018).
- Study of bioactivity of biofunctional foods from spirulina (20000 euros) (2014-2017).
- Assessment of oxidative stress in i) athletes, ii) septic patients, iii) patients with eating disorders, using the diagnostic tests ORP company Luoxis (budget EUR 45,000) (2014-2016).
- Study of functional properties of Coffee extracts (45.000 Euros). Cooperation with Coffee Island (2015-2017)
- Study of functional properties of olive oil extracts from Mount Athos olive oil (50.000 Euros). Cooperation with Tsantali Winery, Greece(2016-2018)
- Functional Food Development from grape stems: Cooperation in the frame of the action EREYNO-KAINOTOM0-DIMOURGO of Gsrt , Greece (450.000 euros), 2018-2020. SCIENTIFIC LEADER
- Study of Greek meat quality by a combination of molecular and other techniques: Cooperation in the frame of the action EREYNO-KAINOTOM0-DIMOURGO of Gsrt , Greece (850.000 euros), 2018-2020. PARTNER
- GIS study plus antioxidant profile of cherries in Greece , to the development of a tool for high added value of greek products: Cooperation in the frame of the action EREYNO-KAINOTOM0-DIMOURGO of Gsrt , Greece (400.000 euros), 2018-2020. SUBCONTRACTOR
- High added value dairy products from exploitation of olive mills water waste polyphenols: Cooperation in the frame of the action EREYNO-KAINOTOM0-DIMOURGO of Gsrt , Greece (450.000 euros), 2018-2020. SUBCONTRACTOR

Trainees in my lab

PhD students completed:

1. D. Stagos (2006) Study of biological properties of plant polyphenols and extracts from Greek grape varieties (*Vitis Vinifera*).
2. Ch. Spanou (2010) Study of biological properties of extracts from various plants of Leguminosae family.
3. A. Veskoukis (2010) Effects of allopurinol administration on oxidative stress during exercise.
4. A. El Hamitie (2013) Regulation of protein kinases by Cdc37 and chaperone proteins.
5. E. Varamenti (2012) Assessment of oxidative stress, inflammation and angiogenesis markers. during an annual period in water polo training.
6. E. Kerasioti (2011-2014) Effects of carbohydrate – protein product administration on markers of oxidative stress, inflammation and hypoxia after exercise in humans.
7. N. Gkoutzourelas (2013-2016) Study of the antioxidant administration on muscle and endothelial cells, and in vivo by a combination of molecular techniques.
8. K. Gerasopoulos (2013-2016) Production of natural extracts and antioxidants nanoencapsulated in powder from olive mill waste waters, and assessment of their bioactivity.

Ongoing

1. S. Makri (2014) Assessment of antioxidant capacity of bio-functional animal feed enriched with winery and oil mill products in broiler chickens and sheep.
2. Y. Spanidis (2015) Study of a new redox marker ORP (oxidation reduction potential) in various metabolic conditions.
3. A. Priftis (2015) Study of functional properties of coffee extracts in vitro and in vivo.
4. P. Kouka (2016). Study of functional properties of olive oil in vitro and in vivo.

Master students completed in my lab: 64

Undergraduate: 123

Publications in journals

(h index=37, citations 5000 , April 2018)

1. **Kouretas D**, Papageorgiou A, Antonoglou O. [Increased protective activity against acid precipitation of poly\(U\) in the serum of tumor-bearing mice.](#) Anticancer Res. 1988 Nov-Dec;8(6):1307-11.
2. **Kouretas D**, Kountouras J, Tsapas G, Anastasiades N, Tsakiri I, Antonoglou O. [Value of serum protective activity against acid precipitation of poly \(U\) in the differentiation between cirrhotic patients with and without hepatocellular carcinoma.](#) Anticancer Res. 1990 Jul-Aug;10(4):1025-8.
3. **Kouretas D**, Trnovsky J, Holdridge M, Theoharides TC. [Two-dimensional gel electrophoretic profile of rat basophilic leukemia \(RBL\) and mast cells.](#) Life Sci. 1991;49(18):1289-94.
4. **Kouretas D**, Karinch AM, Rishi A, Melchers K, Floros J. [Conservation analysis of rat and human SP-A gene identifies 5' flanking sequences of rat SP-A that bind rat lung nuclear proteins.](#) Exp Lung Res. 1993 Jul-Aug;19(4):485-503.
5. **Kouretas D**, Vaitopoulos J, Petropoulos P, Antonoglou O. [Characterization of the protein protecting RNA from Acid precipitation and its evaluation as tumor-marker in gastrointestinal and gynecological cancer.](#) Oncol Rep. 1995 Nov;2(6):1107-13.
6. **Kouretas D**, Voyatzi S, Sahpazidou D, Lazopoulos K, Antonoglou O. [Enzymatic conversion of dihydrotestosterone from 3-keto to 3-enol form in the rat prostate.](#) Anticancer Res. 1996 Sep-Oct;16(5A):2843-8.
7. Kala P, Koptides M, Diangelo S, Hoover RR, Lin Z, Veletzka V, **Kouretas D**, Floros J. [Characterization of markers flanking the human SP-B locus.](#) Dis Markers. 1997 Nov;13(3):153-67.
8. **Kouretas D**, Antonoglou O. [Ribonucleases protect RNA from acid precipitation.](#) Cell Mol Biol (Noisy-le-grand). 1997 Dec;43(8):1181-90.
9. Zeginiadou T, Koliass S, **Kouretas D**, Antonoglou O. [Nonlinear binding of sex steroids to](#)

- [albumin and sex hormone binding globulin](#). Eur J Drug Metab Pharmacokinet. 1997 Jul-Sep;22(3):229-35.
10. Papazisis KT, **Kouretas D**, Geromichalos GD, Sivridis E, Tsekrelis OK, Dimitriadis KA, Kortsaris AH. [Effects of melatonin on proliferation of cancer cell lines](#). J Pineal Res. 1998 Dec;25(4):211-8.
 11. Taitzoglou IA, Tsantariotou M, **Kouretas D**, Kokolis NA. [Gossypol-induced inhibition of plasminogen activator activity in human and ovine acrosomal extract](#). Andrologia. 1999 Dec;31(6):355-9.
 12. Drmanovic Z, Voyatzi S, **Kouretas D**, Sahpazidou D, Papageorgiou A, Antonoglou O. [Albumin possesses intrinsic enolase activity towards dihydrotestosterone which can differentiate benign from malignant breast tumors](#). Anticancer Res. 1999 Sep-Oct;19(5B):4113-24.
 13. **Kouretas D**, Laliotis V, Taitzoglou I, Georgellis A, Tsantariotou M, Mougios V, Amiridis G, Antonoglou O. [Sex-hormone binding globulin from sheep serum: purification and effects of pregnancy and treatment with exogenous estradiol](#). Comp Biochem Physiol C Pharmacol Toxicol Endocrinol. 1999 Jul;123(3):233-9.
 14. Nepka C, Asproдини E, **Kouretas D**. [Tannins, xenobiotic metabolism and cancer chemoprevention in experimental animals](#). Eur J Drug Metab Pharmacokinet. 1999 Apr-Jun;24(2):183-9. Review.
 15. Georgellis A, Kolmodin-Hedman B, **Kouretas D**. [Can traditional epidemiology detect cancer risks caused by occupational exposure to pesticides?](#) J Exp Clin Cancer Res. 1999 Jun;18(2):159-66. Review.
 16. Mylonas C, **Kouretas D**. [Lipid peroxidation and tissue damage](#). In Vivo. 1999 May-Jun;13(3):295-309. Review.
 17. Nepka C, Sivridis E, Antonoglou O, Kortsaris A, Georgellis A, Taitzoglou I, Hytiroglou P, Papadimitriou C, Zintzaras I, **Kouretas D**. [Chemopreventive activity of very low dose dietary tannic acid administration in hepatoma bearing C3H male mice](#). Cancer Lett. 1999 Jul 1;141(1-2):57-62.
 18. **Kouretas D**. [More on music therapy with children during invasive procedures](#). J Emerg Nurs. 1999 Jun;25(3):167. No abstract available.
 19. **Kouretas D**, Taitzoglou I. [Dexamethasone has a biphasic effect on the c-Jun mRNA expression in the fetal and adult rat lung, in vivo](#). Cell Mol Biol (Noisy-le-grand). 1999 Mar;45(2):219-23.
 20. Papazisis KT, Geromichalos GD, **Kouretas D**, Dimitriadis KA, Kortsaris AH. [CDK-inhibitor olomoucine inhibits cell death after exposure of cell lines to cytosine-arabioside](#). Cancer Lett. 1999 Apr 26;138(1-2):221-6. Erratum in: Cancer Lett 2000 Feb 28;149(1-2):227.
 21. Taitzoglou IA, Tsantariotou MP, Nepka C, Zervos I, Maltezos E, **Kouretas D**, Kokolis NA. [Dietary administration of tannic acid lowers plasminogen activator activity in the liver of C3H hepatoma bearing male mice](#). In Vivo. 2000 Nov-Dec;14(6):767-71.
 22. Margaritopoulos JT, **Kouretas D**, Tsitsipis JA. [A modified method for the detection of differentially expressed mRNAs without using radioactivity](#). In Vivo. 2001 May-Jun;15(3):245-7.
 23. Tsamis V, Mamuris Z, Panagiotaki P, **Kouretas D**. [Proteins from fish eggs that protect DNA from acid precipitation and inhibit DNA synthesis](#). Comp Biochem Physiol C Toxicol Pharmacol. 2001 Aug;129(4):369-76.
 24. Tsitsimpikou C, Spyridaki MH, Georgoulakis I, **Kouretas D**, Konstantinidou M, Georgakopoulos CG. [Elimination profiles of flurbiprofen and its metabolites in equine urine for doping analysis](#). Talanta. 2001 Dec 24;55(6):1173-80.
 25. **Kouretas D**, Mamuris Z, Stamatis C, Rodriguez-Burgos A, Tsamis V, Neofitou C. [Isolation and characterization of a protein from Mendole \(Spicara maena\) eggs that binds to DNA and inhibits its replication as well as its acid precipitation](#). In Vivo. 2001 Jan-Feb;15(1):49-52.
 26. Taitzoglou IA, Tsantariotou M, Zervos I, **Kouretas D**, Kokolis NA. [Inhibition of human and ovine acrosomal enzymes by tannic acid in vitro](#). Reproduction. 2001 Jan;121(1):131-7.
 27. Dakis D, **Kouretas D**. [Differential display of m-RNAs in fish gonads by modified DD-PCR](#). In Vivo. 2002 Mar-Apr;16(2):103-5.
 28. Khah EM, **Kouretas D**. [Influence of storage conditions on protein profile of pepper seeds, analyzed by SDS-PAGE](#). In Vivo. 2003 May-Jun;17(3):259-60.
 29. Panoutsopoulos GI, **Kouretas D**, Gounaris EG, Beedham C. [Enzymatic oxidation of 2-](#)

- [phenylethylamine to phenylacetic acid and 2-phenylethanol with special reference to the metabolism of its intermediate phenylacetaldehyde](#). *Basic Clin Pharmacol Toxicol.* 2004 Dec;95(6):273-9.
30. Panoutsopoulos GI, **Kouretas D**, Beedham C. [Contribution of aldehyde oxidase, xanthine oxidase, and aldehyde dehydrogenase on the oxidation of aromatic aldehydes](#). *Chem Res Toxicol.* 2004 Oct;17(10):1368-76.
 31. Panoutsopoulos GI, **Kouretas D**, Gounaris EG, Beedham C. [Metabolism of 2-phenylethylamine and phenylacetaldehyde by precision-cut guinea pig fresh liver slices](#). *Eur J Drug Metab Pharmacokinet.* 2004 Apr-Jun;29(2):111-8.
 32. Jamurtas AZ, Koutedakis Y, Paschalis V, Tofas T, Yfanti C, Tsiokanos A, Koukoulis G, **Kouretas D**, Loupos D. [The effects of a single bout of exercise on resting energy expenditure and respiratory exchange ratio](#). *Eur J Appl Physiol.* 2004 Aug;92(4-5):393-8. Epub 2004 Jun 17.
 33. Stagos D, Kouris S, **Kouretas D**. [Plant phenolics protect from bleomycin-induced oxidative stress and mutagenicity in Salmonella typhimurium TA102](#). *Anticancer Res.* 2004 Mar-Apr;24(2B):743-5.
 34. Spyridaki MH, Lyris E, Georgoulakis I, **Kouretas D**, Konstantinidou M, Georgakopoulos CG. [Determination of xylazine and its metabolites by GC-MS in equine urine for doping analysis](#). *J Pharm Biomed Anal.* 2004 Apr 1;35(1):107-16.
 35. Stagos D., Karaberis E., **Kouretas D**. Assessment of antioxidant/ anticarcinogenic activity of plant extracts by a combination of molecular methods. *In Vivo* (2005), 19:741-747.
 36. Stagos D., Kazantzoglou G., Magiatis P., Mitaku S., Anagnostopoulos K., Kouretas D. Effects of plant phenolics and grape extracts from Greek varieties of *Vitis vinifera* on Mitomycin C and topoisomerase I-induced nicking of DNA. *International Journal of Molecular Medicine* (2005), 15:1013-1022.
 37. Stagos D., Kazantzoglou G., Theofanidou D., Kakalopoulou G., Magiatis P., Mitaku S., Kouretas D. Activity of grape extracts from Greek varieties of *Vitis vinifera* against mutagenicity induced by bleomycin and hydrogen peroxide in *Salmonella typhimurium* TA102. *Mutation Research* (2006), 609:165-175.
 38. Nikolaidis MG, Jamurtas AZ, Paschalis V, Kostaropoulos IA, Kladi-Skandali A, Balamitsi V, Koutedakis Y, **Kouretas D**. Exercise-induced oxidative stress in G6PD-deficient individuals. *Med Sci Sports Exerc.* 2006 38(8):1443-50.
 39. Fatouros IG, Destouni A, Margonis K, Jamurtas AZ, Vrettou C, **Kouretas D**, Mastorakos G, Mitrakou A, Taxildaris K, Kanavakis E, Papassotiriou I. Cell-free plasma DNA as a novel marker of aseptic inflammation severity related to exercise overtraining. *Clin Chem.* 2006 52(9):1820-4.
 40. Jamurtas AZ, Theocharis V, Koukoulis G, Stakias N, Fatouros IG, **Kouretas D**, Koutedakis Y. The effects of acute exercise on serum adiponectin and resistin levels and their relation to insulin sensitivity in overweight males. *Eur J Appl Physiol.* 2006 97(1):122-6.
 41. Kostaropoulos IA, Nikolaidis MG, Jamurtas AZ, Ikonou G, Makrygiannis V, Papadopoulos G, **Kouretas D**. Comparison of the blood redox status between long-distance and short-distance runners. *Physiol Res.* 2006;55(6):611-6.
 42. Veskokouk A.S., **Kouretas D**, Panoutsopoulos G.I. Substrate specificity of guinea pig liver aldehyde oxidase and bovine milk xanthine oxidase for methyl- and nitrobenzaldehydes. *Eur J Drug Metab Pharmacokinet.* (2006) Jan-Mar; 31(1):11-6.
 43. Stagos D., Umstead T.M., Phelps D.S., Skaltsounis L., Charoutounian S., Floros J., **Kouretas D**. Inhibition of ozone-induced SP-A oxidation by plant polyphenols. *Free Radical Research* (2007), 41(3):357-366.
 44. Kyparos A, Salonikidis K, Nikolaidis MG, **Kouretas D**. Short duration exhaustive aerobic exercise induces oxidative stress: a novel play-oriented volitional fatigue test. *J Sports Med Phys Fitness.* 2007 47(4):483-90.
 45. Stagos D., Spanou C., Margariti M., Stathopoulos C., Mamuris Z., Kazantzoglou G., Magiatis P., **Kouretas D**. Cytogenetic effects of grape extracts and plant polyphenols on MMC-induced SCEs in human blood lymphocytes. *Journal of Agricultural and Food Chemistry* (2007), 55:5246-5252.
 46. Gougoura S, Nikolaidis MG, Kostaropoulos IA, Jamurtas AZ, Koukoulis G, **Kouretas D**. Increased oxidative stress indices in the blood of child swimmers. *Eur J Appl Physiol.* 2007 100(2):235-9.
 47. Paschalis V, Nikolaidis MG, Fatouros IG, Giakas G, Koutedakis Y, Karatzaferi C, **Kouretas**

- D, Jamurtas AZ. Uniform and prolonged changes in blood oxidative stress after muscle-damaging exercise. *In Vivo*. 2007 21(5):877-83.
48. Metsios GS, Flouris AD, Jamurtas AZ, Carrillo AE, **Kouretas D**, Germenis AE, Gourgoulialis K, Kiropoulos T, Tzatzarakis MN, Tsatsakis AM, Koutedakis Y. [A brief exposure to moderate passive smoke increases metabolism and thyroid hormone secretion.](#) *J Clin Endocrinol Metab*. 2007 Jan;92(1):208-11. Epub 2006 Oct 31.
 49. Nikolaidis MG, Kyparos A, Hadziioannou M, Panou N, Samaras L, Jamurtas AZ, **Kouretas D**. Acute exercise markedly increases blood oxidative stress in boys and girls. *Appl Physiol Nutr Metab*. 2007 32(2):197-205.
 50. Psochiou E, Mamuris Z, Panagiotaki P, **Kouretas D**, Moutou KA The response of digestive proteases to abrupt salinity decrease in the euryhaline sparid *Sparus aurata* L. *Comp Biochem Physiol B Biochem Mol Biol*. 2007 Jun;147(2):156-63. Epub 2007 Mar 3.
 51. Nikolaidis MG, Paschalis V, Giakas G, Fatouros IG, Koutedakis Y, **Kouretas D**, Jamurtas AZ. Decreased blood oxidative stress after repeated muscle-damaging exercise. *Med Sci Sports Exerc*. 2007 39(7):1080-9.
 52. Michailidis Y, Jamurtas AZ, Nikolaidis MG, Fatouros IG, Koutedakis Y, Papassotiriou I, **Kouretas D**. Sampling time is crucial for measurement of aerobic exercise-induced oxidative stress. *Med Sci Sports Exerc*. 2007 39(7):1107-13.
 53. Margonis K, Fatouros IG, Jamurtas AZ, Nikolaidis MG, Douroudos I, Chatzinikolaou A, Mitrakou A, Mastorakos G, Papassotiriou I, Taxildaris K, **Kouretas D**. [Oxidative stress biomarkers responses to physical overtraining: implications for diagnosis.](#) *Free Radic Biol Med*. 2007 Sep 15;43(6):901-10. Epub 2007 May 23. Erratum in: *Free Radic Biol Med*. 2008 Jun 15;44(12):2058.
 54. Spanou C, Stagos D, Tousias L, Angelis A, Aligiannis N, Skaltsounis AL, **Kouretas D**. [Assessment of antioxidant activity of extracts from unique Greek varieties of Leguminosae plants using in vitro assays.](#) *Anticancer Res*. 2007 Sep-Oct;27(5A):3403-10.
 55. Nikolaidis MG, Jamurtas AZ, Paschalis V, Fatouros IG, Koutedakis Y, **Kouretas D**. The effect of muscle-damaging exercise on blood and skeletal muscle oxidative stress: magnitude and time-course considerations. *Sports Med*. 2008 38(7):579-606.
 56. S. Veskokouk, M. G. Nikolaidis, A. Kyparos, D. Kokkinos, C. Nepka, S. Barbanis and **D. Kouretas**, Effects of xanthine oxidase inhibition on oxidative stress and swimming performance in rats, 2008, *Appl. Physiol. Nutr. Metab.*, 33: 1140-1154.
 57. Spanou, N. Aligiannis, A-L. Skaltsounis and **D. Kouretas**, Effect of Leguminosae family plant extracts and polyphenolic fractions on Topoisomerase I-induced nicking of DNA, 2008, *Review of Clinical Pharmacology and Pharmacokinetics*, 22 (2): 336-338.
 58. Veskokouk, A.S., Nikolaidis, M.G., Kyparos, A., Kokkinos, D., Varamenti, E., **Kouretas, D**. The effect of allopurinol on protein carbonyls and swimming performance in rats. *Review of Clinical Pharmacology and Pharmacokinetics*, 2008 22(2):360-362.
 59. Spanou C, Bourou G, Dervishi A, Aligiannis N, Angelis A, Komiotis D, Skaltsounis AL, **Kouretas D**. [Antioxidant and chemopreventive properties of polyphenolic compounds derived from Greek legume plant extracts.](#) *J Agric Food Chem*. 2008 Aug 27;56(16):6967-76. doi: 10.1021/jf800842p. Epub 2008 Jul 16.
 60. Kyparos A, Vrabas IS, Nikolaidis MG, Riganas CS, **Kouretas D**. Increased oxidative stress blood markers in well-trained rowers following two thousand-meter rowing ergometer race. *J Strength Cond Res*. 2009 23(5):1418-26.
 61. Kabasakalis A, Kalitsis K, Nikolaidis MG, Tsalis G, **Kouretas D**, Loupos D, Mougios V. Redox, iron, and nutritional status of children during swimming training. *J Sci Med Sport*. 2009 12(6):691-6.
 62. Veskokouk AS, Nikolaidis MG, Kyparos A, **Kouretas D**. Blood reflects tissue oxidative stress depending on biomarker and tissue studied. *Free Radic Biol Med*. 2009 47(10):1371-4.
 63. Fatouros IG, Chatzinikolaou A, Douroudos II, Nikolaidis MG, Kyparos A, Margonis K, Michailidis Y, Vantarakis A, Taxildaris K, Katrabasas I, Mandalidis D, **Kouretas D**, Jamurtas AZ. [Time-course of changes in oxidative stress and antioxidant status responses following a soccer game.](#) *J Strength Cond Res*. 2010 Dec;24(12):3278-86. doi: 10.1519/JSC.0b013e3181b60444.
 64. Kalafati M, Jamurtas AZ, Nikolaidis MG, Paschalis V, Theodorou AA, Sakellariou GK, Koutedakis Y, **Kouretas D**. [Ergogenic and antioxidant effects of spirulina supplementation in humans.](#) *Med Sci Sports Exerc*. 2010 Jan;42(1):142-51. doi: 10.1249/MSS.0b013e3181ac7a45.

65. Spanou C, Stagos D, Aligiannis N, **Kouretas D**. [Influence of potent antioxidant leguminosae family plant extracts on growth and antioxidant defense system of Hep2 cancer cell line](#). *J Med Food*. 2010 Feb;13(1):149-55. doi: 10.1089/jmf.2009.0058.
66. Veskoukis AS, Kyparos A, Stagos D, **Kouretas D**. [Differential effects of xanthine oxidase inhibition and exercise on albumin concentration in rat tissues](#). *Appl Physiol Nutr Metab*. 2010 Jun;35(3):244-50. doi: 10.1139/H10-013.
67. Fatouros IG, Jamurtas AZ, Nikolaidis MG, Destouni A, Michailidis Y, Vrettou C, Douroudos II, Avloniti A, Chatzinikolaou A, Taxildaris K, Kanavakis E, Papassotiropoulos I, **Kouretas D**. [Time of sampling is crucial for measurement of cell-free plasma DNA following acute aseptic inflammation induced by exercise](#). *Clin Biochem*. 2010 Nov;43(16-17):1368-70. doi: 10.1016/j.clinbiochem.2010.08.020. Epub 2010 Aug 25.
68. Kabasakalis A, Kyparos A, Tsalis G, Loupos D, Pavlidou A, **Kouretas D**. [Blood oxidative stress markers after ultramarathon swimming](#). *J Strength Cond Res*. 2011 Mar;25(3):805-11. doi: 10.1519/JSC.0b013e3181d0b109.
69. Spanou C, Veskoukis AS, Stagos D, Liadaki K, Anastasiadi M, Haroutounian SA, Tsouka M, Tzanakouli E, **Kouretas D**. [Effects of grape extracts on the in vitro activity of enzymes involved in oxidative stress regulation](#). *In Vivo*. 2011 Jul-Aug;25(4):657-62.
70. Tsarouhas K, Karatzaferi C, Tsitsimpikou C, Haliassos A, **Kouretas D**, Pavlidis P, Veskoukis A, Adamopoulos S, Kyriakides Z, Constantinou L, Koutedakis Y, Rentoukas E. [Effects of walking on heart rate recovery, endothelium modulators and quality of life in patients with heart failure](#). *Eur J Cardiovasc Prev Rehabil*. 2011 Aug;18(4):594-600. doi: 10.1177/1741826710397099. Epub 2011 Feb 25.
71. Tsitsimpikou C, **Kouretas D**, Tsarouhas K, Fitch K, Spandidos DA, Tsatsakis A. [Applications and biomonitoring issues of recombinant erythropoietins for doping control](#). *Ther Drug Monit*. 2011 Feb;33(1):3-13. doi: 10.1097/FTD.0b013e31820032c4. Review.
72. Kyparos A, Riganas C, Nikolaidis MG, Sampanis M, Koskoulou MD, Grivas GV, **Kouretas D**, Vrabas IS. [The effect of exercise-induced hypoxemia on blood redox status in well-trained rowers](#). *Eur J Appl Physiol*. 2012 Jun;112(6):2073-83. doi: 10.1007/s00421-011-2175-x. Epub 2011 Sep 27.
73. Tselepi M, Papachristou E, Emmanouilidi A, Angelis A, Aligiannis N, Skaltsounis AL, **Kouretas D**, Liadaki K. [Catalytic inhibition of eukaryotic topoisomerases I and II by flavonoid glycosides extracted from Vicia faba and Lotus edulis](#). *J Nat Prod*. 2011 Nov 28;74(11):2362-70. doi: 10.1021/np200292u. Epub 2011 Oct 20.
74. Tsarouhas K, Tsitsimpikou C, Haliassos A, Georgoulis P, Koutsioras I, **Kouretas D**, Kogias J, Liosis I, Rentoukas E, Kyriakides Z. [Study of insulin resistance, TNF- \$\alpha\$, total antioxidant capacity and lipid profile in patients with chronic heart failure under exercise](#). *In Vivo*. 2011 Nov-Dec;25(6):1031-7.
75. Veskoukis AS, Kyparos A, Nikolaidis MG, Stagos D, Aligiannis N, Halabalaki M, Chronis K, Goutzourelas N, Skaltsounis L, **Kouretas D**. [The antioxidant effects of a polyphenol-rich grape pomace extract in vitro do not correspond in vivo using exercise as an oxidant stimulus](#). *Oxid Med Cell Longev*. 2012;2012:185867. doi: 10.1155/2012/185867. Epub 2012 May 29
76. Ntalapascha M, Makris D, Kyparos A, Tsilioni I, Kostikas K, Gourgoulis K, **Kouretas D**, Zakyntinos E. Oxidative stress in patients with obstructive sleep apnea syndrome. *Sleep Breath*. 2012 in press.
77. Rentoukas E, Tsarouhas K, Kaplanis I, Korou E, Nikolaou M, Marathonitis G, Kokkinou S, Haliassos A, Mamalaki A, **Kouretas D**, Tsitsimpikou C. Connection between telomerase activity in PBMC and markers of inflammation and endothelial dysfunction in patients with metabolic syndrome. *PLoS One*. 2012 7(4):e35739.
78. Kerasioti E, Kiskini A, Veskoukis A, Jamurtas A, Tsitsimpikou C, Tsatsakis AM, Koutedakis Y, Stagos D, **Kouretas D**, Karathanos V. Effect of a special carbohydrate-protein cake on oxidative stress markers after exhaustive cycling in humans. *Food Chem. Toxicol*. 2012 50(8): 2805-10.
79. Stagos D, Amoutzias GD, Matakos A, Spyrou A, Tsatsakis AM, **Kouretas D**. Chemoprevention of liver cancer by plant polyphenols. *Food Chem. Toxicol*. 2012 50(6): 2155-70.
80. Spanou C, Veskoukis AS, Kerasioti T, Kontou M, Angelis A, Aligiannis N, Skaltsounis AL, **Kouretas D**. Flavonoid glycosides isolated from unique legume plant extracts as novel inhibitors of xanthine oxidase. *PLoS One*. 2012 7(3):e32214.

81. Yfanti C, Fischer CP, Nielsen S, Akerström T, Nielsen AR, Veskoukis AS, **Kouretas D**, Lykkesfeldt J, Pilegaard H, Pedersen BK. Role of vitamin C and E supplementation on IL-6 in response to training. *J. Appl. Physiol.* 2012 112(6): 990-1000.
82. Spanou CI, Veskoukis AS, Stagos D, Liadaki K, Aligiannis N, Angelis A, Skaltsounis AL, Anastasiadi M, Haroutounian SA, **Kouretas D**. Effects of Greek legume plant extracts on xanthine oxidase, catalase and superoxide dismutase activities. *J. Physiol. Biochem.* 2012 68(1): 37-45.
83. Veskoukis AS, Tsatsakis AM, **Kouretas D**. Dietary oxidative stress and antioxidant defense with an emphasis on plant extract administration. *Cell Stress Chaperones.* 2012 17(1): 11-21.
84. Flouris AD, Pouliantini KP, Chorti MS, Jamurtas AZ, **Kouretas D**, Owolabi EO, Tzatzarakis MN, Tsatsakis AM, Koutedakis Y. Acute effects of electronic and tobacco cigarette smoking on complete blood count. *Food Chem Toxicol.* 2012 50(10):3600-3.
85. Stagos D, Portesis N, Spanou C, Mossialos D, Aligiannis N, Chaita E, Panagoulis C, Reri E, Skaltsounis L, Tsatsakis AM, **Kouretas D**. Correlation of total polyphenolic content with antioxidant and antibacterial activity of 24 extracts from Greek domestic Lamiaceae species. *Food Chem. Toxicol.* 2012 50(11):4115-24.
86. Aggeloussi S, Theodorou AA, Paschalis V, Nikolaidis MG, Fatouros IG, Owolabi EO, **Kouretas D**, Koutedakis Y, Jamurtas AZ. Adipocytokine levels in children: effects of fatness and training. *Pediatr. Exerc. Sci.* 2012 24(3):461-71.
87. Tsitsimpikou C, Tzatzarakis M, Fragkiadaki P, Kovatsi L, Stivaktakis P, Kalogeraki A, **Kouretas D**, Tsatsakis AM. Histopathological lesions, oxidative stress and genotoxic effects in liver and kidneys following long term exposure of rabbits to diazinon and propoxur. *Toxicol.* 2013. 10(307):109-14
88. Varamenti EI, Kyparos A, Veskoukis AS, Bakou M, Kalaboka S, Jamurtas AZ, Koutedakis Y, **Kouretas D**. Oxidative stress, inflammation and angiogenesis markers in elite female water polo athletes throughout a season. *Food Chem. Toxicol.* 2013. 61:3-8.
89. Kerasioti E, Stagos D, Jamurtas A, Kiskini A, Koutedakis Y, Goutzourelas N, Pournaras S, Tsatsakis AM, **Kouretas D**. Anti-inflammatory effects of a special carbohydrate-whey protein cake after exhaustive cycling in humans. *Food Chem. Toxicol.* 2013. 61:42-6
90. Apostolou A, Stagos D, Galitsiou E, Spyrou A, Haroutounian S, Portesis N, Trizoglou I, Wallace Hayes A, Tsatsakis AM, **Kouretas D**. [Assessment of polyphenolic content, antioxidant activity, protection against ROS-induced DNA damage and anticancer activity of Vitis vinifera stem extracts.](#) *Food Chem Toxicol.* 2013 61:60-8.
91. Georgakouli K, Deli CK, Zalavras A, Fatouros IG, **Kouretas D**, Koutedakis Y, Jamurtas AZ. [A-lipoic acid supplementation up-regulates antioxidant capacity in adults with G6PD deficiency.](#) *Food Chem Toxicol.* 2013 ;61:69-73.
92. Hart N, Sarga L, Csende Z, Koltai E, Koch LG, Britton SL, Davies KJ, **Kouretas D**, Wessner B, Radak Z. [Resveratrol enhances exercise training responses in rats selectively bred for high running performance.](#) *Food Chem Toxicol.* 2013 61:53-9.
93. Kerksick CM, Willoughby D, **Kouretas D**, Tsatsakis A. [Intramuscular responses with muscle damaging exercise and the interplay between multiple intracellular networks: a human perspective.](#) *Food Chem Toxicol.* 2013 61:136-43.
94. Nikitovic D, Corsini E, **Kouretas D**, Tsatsakis A, Tzanakakis G. [ROS-major mediators of extracellular matrix remodeling during tumor progression.](#) *Food Chem Toxicol.* 2013 61:178-86.
95. Gubandru M, Margina D, Tsitsimpikou C, Goutzourelas N, Tsarouhas K, Ilie M, Tsatsakis AM, **Kouretas D**. [Alzheimer's disease treated patients showed different patterns for oxidative stress and inflammation markers.](#) *Food Chem Toxicol.* 2013 61:209-14.
96. Petridis L, Jamurtas AZ, Veskoukis A, **Kouretas D**. [The effects of a water polo game on the blood redox status of male water polo players.](#) *J Sports Med Phys Fitness.* 2013 ;53(5):551-8.
97. Juránek I, Nikitovic D, **Kouretas D**, Hayes AW, Tsatsakis AM. [Biological importance of reactive oxygen species in relation to difficulties of treating pathologies involving oxidative stress by exogenous antioxidants.](#) *Food Chem Toxicol.* 2013 ;61:240-7.
98. **Kouretas D**, Tsatsakis AM, Domingo JL, Wallace Hayes A. [Mechanisms involved in oxidative stress regulation.](#) *Food Chem Toxicol.* 2013 61:1-2.
99. Sahpazidou D, Geromichalos GD, Stagos D, Apostolou A, Haroutounian SA, Tsatsakis AM,

- Tzanakakis GN, Hayes AW, **Kouretas D**. [Anticarcinogenic activity of polyphenolic extracts from grape stems against breast, colon, renal and thyroid cancer cells](#). *Toxicol Lett*. 2014 (14)00062-9.
100. Kantsadi AL, Apostolou A, Theofanous S, Stravodimos GA, Kyriakis E, Gorgogietas VA, Chatzileontiadou DS, Pegiou K, Skamnaki VT, Stagos D, **Kouretas D**, Psarra AM, Haroutounian SA, Leonidas DD. [Biochemical and biological assessment of the inhibitory potency of extracts from vinification byproducts of Vitis vinifera extracts against glycogen phosphorylase](#). *Food Chem Toxicol*. 2014 67:35-43.
 101. Kerasioti E, Stagos D, Priftis A, Aivazidis S, Tsatsakis AM, Hayes AW, **Kouretas D**. [Antioxidant effects of whey protein on muscle C2C12 cells](#). *Food Chem*. 2014 15;155:271-8.
 102. Pechlivanis A, Chatziioannou AC, Veskoukis AS, **Kouretas D**, Mougios V, Theodoridis GA. [GC-MS analysis of blood for the metabonomic investigation of the effects of physical exercise and allopurinol administration on rats](#). *J Chromatogr B Analyt Technol Biomed Life Sci*. 2014 1;966:127-31.
 103. Samaras A, Tsarouhas K, Paschalidis E, Giamouzis G, Triposkiadis F, Tsitsimpikou C, Becker AT, Goutzourelas N, **Kouretas D**. [Effect of a special carbohydrate-protein bar and tomato juice supplementation on oxidative stress markers and vascular endothelial dynamics in ultra-marathon runners](#). *Food Chem Toxicol*. 2014 69:231-6.
 104. Zafiroopoulos A, Tsarouhas K, Tsitsimpikou C, Fragkiadaki P, Germanakis I, Tsardi M, Maravgakis G, Goutzourelas N, Vasilaki F, **Kouretas D**, Hayes A, Tsatsakis A. [Cardiotoxicity in rabbits after a low-level exposure to diazinon, propoxur, and chlorpyrifos](#). *Hum Exp Toxicol*. 2014. [Epub ahead of print].
 105. Manthou E, Kanaki M, Georgakouli K, Deli CK, **Kouretas D**, Koutedakis Y, Jamurtas AZ. [Glycemic response of a carbohydrate-protein bar with ewe-goat whey](#). *Nutrients*. 2014 12;6(6):2240-50.
 106. Matthaïou CM, Goutzourelas N, Stagos D, Sarafoglou E, Jamurtas A, Koulocheri SD, Haroutounian SA, Tsatsakis AM, **Kouretas D**. [Pomegranate juice consumption increases GSH levels and reduces lipid and protein oxidation in human blood](#). *Food Chem Toxicol*. 2014 1;73C:1-6. [Epub ahead of print].
 107. Kolyva AS, Zolota V, Mpatsoulis D, Skroubis G, Solomou EE, Habeos IG, Assimakopoulos SF, Goutzourelas N, **Kouretas D**, Gogos CA. The role of obesity in the immune response during sepsis. *Nutr Diabetes*. 2014 4:e137.
 108. Goutzourelas N, Stagos D, Demertzis N, Mavridou P, Karterolioti H, Georgadakis S, Kerasioti E, Aligiannis N, Skaltsounis L, Statiri A, Tsioutsouliti A, Tsatsakis AM, Hayes AW, **Kouretas D**. Effects of polyphenolic grape extract on the oxidative status of muscle and endothelial cells. *Hum Exp Toxicol*. 2014 33(11):1099-112.
 109. Goutzourelas N, Stagos D, Housmekeridou A, Karapoulou C, Kerasioti E, Aligiannis N, Skaltsounis AL, Spandidos DA, Tsatsakis AM, **Kouretas D**. Grape pomace extract exerts antioxidant effects through an increase in GCS levels and GST activity in muscle and endothelial cells. *Int J Mol Med*. 2015 36(2):433-41.
 110. Margină D, Ilie M, Grădinaru D, Androutsopoulos VP, **Kouretas D**, Tsatsakis AM. Natural products-friends or foes? *Toxicol Lett*. 2015 Aug 5;236(3):154-67.
 111. Stagos D, Goutzourelas N, Ntontou AM, Kafantaris I, Deli CK, Poullos A, Jamurtas AZ, Bar-Or D, **Kouretas D**. Assessment of eccentric exercise-induced oxidative stress using oxidation-reduction potential markers. *Oxid Med Cell Longev*. 2015;2015:204615.
 112. Kavvalakis MP, Stivaktakis PD, Tzatzarakis MN, **Kouretas D**, Liesivuori J, Alegakis AK, Vynias D, Tsatsakis AM. Multicomponent analysis of replacement liquids of electronic cigarettes using chromatographic techniques. *J Anal Toxicol*. 2015 39(4):262-9.
 113. Stagos D, Apostolou A, Poullos E, Kermeliotou E, Mpatzilioti A, Kreatsouli K, Koulocheri SD, Haroutounian SA, **Kouretas D**. Antiangiogenic potential of grape stem extract through inhibition of vascular endothelial growth factor expression. *J Physiol Pharmacol*. 2014 65(6):843-52.
 114. Stagos D, Goutzourelas N, Bar-Or D, Ntontou AM, Bella E, Becker AT, Statiri A, Kafantaris I, **Kouretas D**. Application of a new oxidation-reduction potential assessment method in

strenuous exercise-induced oxidative stress. *Redox Rep.* 2015 20(4):154-62.

115. Kerksick CM, Tsatsakis AM, Hayes AW, Kafantaris I, **Kouretas D**. How can bioinformatics and toxicogenomics assist the next generation of research on physical exercise and athletic performance. *J Strength Cond Res.* 2015 29(1):270-8.
116. Georgakouli, K., Manthou, E., Fatouros, I. G., Deli, C. K., Spandidos, D. A., Tsatsakis, A. M., Jamurtas, A. Z., **Kouretas, D**. Effects of acute exercise on liver function and blood redox status in heavy drinkers. *Experimental and Therapeutic Medicine.* 2015 10(6), 2015–2022.
117. Gerasopoulos, K., Stagos, D., Kokkas, S., Petrotos, K., Kantas, D., Goulas, P., **Kouretas, D**. Feed supplemented with byproducts from olive oil mill wastewater processing increases antioxidant capacity in broiler chickens. *Food and Chemical Toxicology : An International Journal Published for the British Industrial Biological Research Association.* 2015, 82, 42–49.
118. Gerasopoulos, K., Stagos, D., Petrotos, K., Kokkas, S., Kantas, D., Goulas, P., **Kouretas, D**. Feed supplemented with polyphenolic byproduct from olive mill wastewater processing improves the redox status in blood and tissues of piglets. *Food and Chemical Toxicology : An International Journal Published for the British Industrial Biological Research Association.* 2015, 86, 319–327.
119. Goutzourelas, N., Stagos, D., Spanidis, Y., Liosi, M., Apostolou, A., Priftis, A., **Kouretas, D**. Polyphenolic composition of grape stem extracts affects antioxidant activity in endothelial and muscle cells. *Molecular Medicine Reports.* 2015, 12(4), 5846–5856.
120. Priftis, A., Stagos, D., Konstantinopoulos, K., Tsitsimpikou, C., Spandidos, D. A., Tsatsakis, A. M., **Kouretas, D**. Comparison of antioxidant activity between green and roasted coffee beans using molecular methods. *Molecular Medicine Reports.* 2015, 12(5), 7293–7302.
121. Spanidis, Y., Goutzourelas, N., Stagos, D., Kolyva, A. S., Gogos, C. A., Bar-Or, D., & **Kouretas, D**. Assessment of Oxidative Stress in Septic and Obese Patients Using Markers of Oxidation-reduction Potential. *In Vivo .* 2015, 29(5), 595–600.
122. Vasilaki, F., Tsitsimpikou, C., Tsarouhas, K., Germanakis, I., Tzardi, M., Kavvalakis, M., **Kouretas, D**, Tsatsakis, A. M. Cardiotoxicity in rabbits after long-term nandrolone decanoate administration. *Toxicology Letters.* 2016, 241, 143–151.
123. Kerasioti E, Stagos D, Tzimi A, **Kouretas D**. Increase in antioxidant activity by sheep/goat whey protein through nuclear factor-like 2 (Nrf2) is cell type dependent. *Food Chem Toxicol.* 2016 Nov;97:47-56. doi: 10.1016/j.fct.2016.08.022. Epub 2016 Aug 20
124. Kafantaris I , Kotsampasi B, Christodoulou V, Kokka E, Kouka P, Terzopoulou Z, Gerasopoulos K, Stagos D, Mitsagga C, Giavasis I, Makri S, Petrotos K, **Kouretas D**. Grape pomace improves antioxidant capacity and faecal microflora of lambs. *J Anim Physiol Anim Nutr (Berl).* 2017 Oct;101(5):e108-e121. doi: 10.1111/jpn.12569. Epub 2016 Oct 18.
125. Priftis A, Stagos D, Tzioumakis N, Konstantinopoulos K, Patouna A, Papadopoulos GE, Tsatsakis A, **Kouretas D**. Development and Validation of a Kit to Measure Drink Antioxidant Capacity Using a Novel Colorimeter. *Molecules.* 2016 Aug 30;21(9). pii: E1154. doi: 10.3390/molecules21091154.
126. Tsitsimpikou C, Vasilaki F, Tsarouhas K, Fragkiadaki P, Tzardi M, Goutzourelas N, Nepka C, Kalogeraki A, Heretis I, Epitropaki Z, **Kouretas D**, Tsatsakis AM. Nephrotoxicity in rabbits after long-term nandrolone decanoate administration. *Toxicol Lett.* 2016 Sep 30;259:21-7. doi: 10.1016/j.toxlet.2016.06.1122.
127. Georgakouli K, Mpesios A, **Kouretas D**, Petrotos K, Mitsagga C, Giavasis I, Jamurtas AZ. The Effects of an Olive Fruit Polyphenol-Enriched Yogurt on Body Composition, Blood Redox Status, Physiological and Metabolic Parameters and Yogurt Microflora. *Nutrients.* 2016 Jun 3;8(6). pii: E344. doi: 10.3390/nu8060344.
128. Kerasioti E, Stagos D, Georgatzi V, Bregou E, Priftis A, Kafantaris I, **Kouretas D**. Antioxidant Effects of Sheep Whey Protein on Endothelial Cells. *Oxid Med Cell Longev.*

129. Gerasopoulos K, Stagos D, Krouzas A, Karaveli C, Barda C, Gkika H, Mitsiou D, Petrotos K, Goulas P, **Kouretas D**. Assessment of Fatty Acid Allocation in Plasma and Tissues in Piglets, Using Feed Supplemented with Byproducts from Processed Olive Mill Wastewater. *In Vivo*. 2016 May-Jun;30(3):291-301.
130. Spanidis Y, Mpesios A, Stagos D, Goutzourelas N, Bar-Or D, Karapetsa M, Zakynthinos E, Spandidos DA, Tsatsakis AM, Leon G, **Kouretas D**. Assessment of the redox status in patients with metabolic syndrome and type 2 diabetes reveals great variations. *Exp Ther Med*. 2016 Mar;11(3):895-903. Epub 2016 Jan 5.
131. Spanidis Y, Goutzourelas N, Stagos D, Mpesios A, Priftis A, Bar-Or D, Spandidos DA, Tsatsakis AM, Leon G, **Kouretas D**. Variations in oxidative stress markers in elite basketball players at the beginning and end of a season. *Exp Ther Med*. 2016 Jan;11(1):147-153. Epub 2015 Nov 4.
132. Vardavas AI, Fragkiadaki P, Alegakis AK, **Kouretas D**, Goutzourelas N, Tsiaoussis J, Tsitsimpikou C, Stivaktakis PD, Carvalho F, Tsatsakis AM. Downgrading the systemic condition of rabbits after long term exposure to cypermethrin and piperonyl butoxide. *Life Sci*. 2016 Jan 15;145:114-20. doi: 10.1016/j.lfs.2015.12.026. Epub 2015 Dec 12.
133. Makri S, Kafantaris I, Stagos D, Chamokeridou T, Petrotos K, Gerasopoulos K, Mpesios A, Goutzourelas N, Kokkas S, Goulas P, Komiotis D, **Kouretas D**. Novel feed including bioactive compounds from winery wastes improved broilers' redox status in blood and tissues of vital organs., *Food and Chemical Toxicology*. 2017 Jan 24;102:24-31. doi: 10.1016/j.fct.2017.01.019.
134. Begas E, Tsioutsouliti A, Kouvaras E, Haroutounian SA, Kasiotis KM, **Kouretas D**, Asproini E., Effects of peppermint tea consumption on the activities of CYP1A2, CYP2A6, Xanthine Oxidase, N-acetyltransferase-2 and UDP-glucuronosyltransferases-1A1/1A6 in healthy volunteers., *Food and Chemical Toxicology*. 2017 Feb;100:80-89. doi: 10.1016/j.fct.2016.12.021.
135. Spanidis Y, Stagos D, Orfanou M, Goutzourelas N, Bar-Or D, Spandidos D, **Kouretas D**. Variations in Oxidative Stress Levels in 3 Days Follow-up in Ultramarathon Mountain Race Athletes., *J Strength Cond Res*. 2017 Mar;31(3):582-594. doi: 10.1519/JSC.0000000000001584
136. Priftis A, Papikinos K, Koukoulanaki M, Kerasioti E, Stagos D, Konstantinopoulos K, Spandidos DA, Kermenidou M, Karakitsios S, Sarigiannis D, Tsatsakis AM, **Kouretas D**. Development of an assay to assess genotoxicity by particulate matter extract., *Mol Med Rep*. 2017 Apr;15(4):1738-1746. doi: 10.3892/mmr.2017.6171. Epub 2017 Feb 6.
137. Tsatsakis AM, Nawaz MA, **Kouretas D**, Balias G, Savolainen K, Tutelyan VA, Golokhvast KS, Lee JD, Yang SH, Chung G., Environmental impacts of genetically modified plants: A review., *Environ Res*. 2017 Jul;156:818-833. doi: 10.1016/j.envres.2017.03.011. Epub 2017 Mar 27. Review.
138. Tsatsakis AM, **Kouretas D**, Tzatzarakis MN, Stivaktakis P, Tsarouhas K, Golokhvast KS, Rakitskii VN, Tutelyan VA, Hernandez AF, Rezaee R, Chung G, Fenga C, Engin AB, Neagu M, Arsene AL, Docea AO, Gofita E, Calina D, Taitzoglou I, Liesivuori J, Hayes AW, Gutnikov S, Tsitsimpikou C., Simulating real-life exposures to uncover possible risks to human health: A proposed consensus for a novel methodological approach., *Hum Exp Toxicol*. 2017 Jun;36(6):554-564. doi: 10.1177/0960327116681652. Epub 2016 Dec 15.
139. Spanidis Y, Priftis A, Stagos D, Stravodimos GA, Leonidas DD, Spandidos DA, Tsatsakis AM, **Kouretas D**. Oxidation of human serum albumin exhibits inter-individual variability after an ultra-marathon mountain race., *Exp Ther Med*. 2017 May;13(5):2382-2390. doi: 10.3892/etm.2017.4268. Epub 2017 Mar 28.
140. Hashemzaei M, Delarami Far A, Yari A, Heravi RE, Tabrizian K, Taghdisi SM, Sadegh SE, Tsarouhas K, **Kouretas D**, Tzanakakis G, Nikitovic D, Anisimov NY, Spandidos DA, Tsatsakis AM, Rezaee R., Anticancer and apoptosis-inducing effects of quercetin in vitro and in vivo., *Oncol Rep*. 2017 Aug;38(2):819-828. doi: 10.3892/or.2017.5766. Epub 2017

Jun 28.

141. Kafantaris I, Stagos D, Kotsampasi B, Hatzis A, Kyriotakis A, Gerasopoulos K, Makri S, Goutzourelas N, Mitsagga C, Giavasis I, Petrotos K, Kokkas S, Goulas P, Christodoulou V, **Kouretas D.** Grape pomace improves performance, antioxidant status, fecal microbiota and meat quality of piglets., *Animal*. 2017 Jul 17;17:1-10. doi: 10.1017/S1751731117001604. [Epub ahead of print]
142. Kouka P, Priftis A, Stagos D, Angelis A, Stathopoulos P, Xinos N, Skaltsounis AL, Mamoulakis C, Tsatsakis AM, Spandidos DA, **Kouretas D.** Assessment of the antioxidant activity of an olive oil total polyphenolic fraction and hydroxytyrosol from a Greek Olea europea variety in endothelial cells and myoblasts., *Int J Mol Med*. 2017 Sep;40(3):703-712. doi: 10.3892/ijmm.2017.3078. Epub 2017 Jul 20.
143. Tsamouri MM, Rapti M, Kouka P, Nepka C, Tsarouhas K, Soumelidis A, Koukoulis G, Tsatsakis A, **Kouretas D**, Tsitsimpikou C., Histopathological evaluation and redox assessment in blood and kidney tissues in a rabbit contrast-induced nephrotoxicity model., *Food Chem Toxicol*. 2017 Oct;108(Pt A):186-193. doi: 10.1016/j.fct.2017.07.058. Epub 2017 Jul 31.
144. Manthou E, Georgakouli K, Deli CK, Sotiropoulos A, Fatouros IG, **Kouretas D**, Haroutounian S, Matthaiou C, Koutedakis Y, Jamurtas AZ., Effect of pomegranate juice consumption on biochemical parameters and complete blood count., *Exp Ther Med*. 2017 Aug;14(2):1756-1762. doi: 10.3892/etm.2017.4690. Epub 2017 Jun 27.
145. Kerasioti E, Terzopoulou Z, Komini O, Kafantaris I, Makri S, Stagos D, Gerasopoulos K, Anisimov NY, Tsatsakis AM, **Kouretas D.** Tissue specific effects of feeds supplemented with grape pomace or olive oil mill wastewater on detoxification enzymes in sheep., *Toxicol Rep*. 2017 Jun 23;4:364-372. doi: 10.1016/j.toxrep.2017.06.007.
146. Costa C, Tsatsakis A, Mamoulakis C, Teodoro M, Briguglio G, Caruso E, Tsoukalas D, Margina D, Dardiotis E, **Kouretas D**, Fenga C., Current evidence on the effect of dietary polyphenols intake on chronic diseases., *Food Chem Toxicol*. 2017 Oct 14. pii: S0278-6915(17)30621-X. doi: 10.1016/j.fct.2017.10.023. [Epub ahead of print] Review.
147. Farsalinos KE, Kistler KA, Pennington A, Spyrou A, **Kouretas D**, Gillman G.. Aldehyde levels in e-cigarette aerosol: Findings from a replication study and from use of a new-generation device. *Food Chem Toxicol*. 2018 Jan;111:64-70. doi: 10.1016/j.fct.2017.11.002. Epub 2017 Nov 3.
148. Papadopoulou A, Petrotos K, Stagos D, Gerasopoulos K, Maimaris A, Makris H, Kafantaris I, Makri S, Kerasioti E, Halabalaki M, Briudes V, Ntasi G, Kokkas S, Tzimas P, Goulas P, Zakharenko AM, Golokhvast KS, Tsatsakis A, **Kouretas D.** Enhancement of Antioxidant Mechanisms and Reduction of Oxidative Stress in Chickens after the Administration of Drinking Water Enriched with Polyphenolic Powder from Olive Mill Waste Waters. *Oxid Med Cell Longev*. 2017;2017:8273160. doi: 10.1155/2017/8273160. Epub 2017 Aug 24.
149. Priftis A, Goutzourelas N, Halabalaki M, Ntasi G, Stagos D, Amoutzias GD, Skaltsounis LA, **Kouretas D.** Effect of polyphenols from coffee and grape on gene expression in myoblasts. *Mech Ageing Dev*. 2017 Nov 23. pii: S0047-6374(17)30155-0. doi: 10.1016/j.mad.2017.11.015.
150. Apatsidou M, Konstantopoulou I, Foufa E, Tsarouhas K, Papalexis P, Rezaee R, Spandidos DA, **Kouretas D**, Tsitsimpikou C. Safe use of chemicals by professional users and health care specialists. *Biomed Rep*. 2018 Feb;8(2):160-165. doi: 10.3892/br.2018.1037. Epub 2018 Jan 2.
151. Priftis A, Panagiotou EM, Lakis K, Plika C, Halabalaki M, Ntasi G, Veskoukis AS, Stagos D, Skaltsounis LA, **Kouretas D.** Roasted and green coffee extracts show antioxidant and cytotoxic activity in myoblast and endothelial cell lines in a cell specific manner. *Food Chem Toxicol*. 2018 Apr;114:119-127. doi: 10.1016/j.fct.2018.02.029. Epub 2018 Feb 13.
152. Makri S, Kafantaris I, Savva S, Ntanou P, Stagos D, Argyroulis I, Kotsampasi B, Christodoulou V, Gerasopoulos K, Petrotos K, Komiotis D, **Kouretas D.** Novel Feed Including Olive Oil Mill Wastewater Bioactive Compounds Enhanced the Redox Status of

153. Kerasioti E, Stagos D, Tsatsakis AM, Spandidos DA, Taitzoglou I, **Kouretas D**. Effects of sheep/goat whey protein dietary supplementation on the redox status of rats. *Mol Med Rep*. 2018 Apr;17(4):5774-5781. doi: 10.3892/mmr.2018.8622. Epub 2018 Feb 20.
154. Docea AO, Gofita E, Goumenou M, Calina D, Rogoveanu O, Varut M, Olaru C, Kerasioti E, Fountoucidou P, Taitzoglou I, Zlatian O, Rakitskii VN, Hernandez AF, **Kouretas D**, Tsatsakis A. Six months exposure to a real life mixture of 13 chemicals' below individual NOAELs induced non monotonic sex-dependent biochemical and redox status changes in rats. *Food Chem Toxicol*. 2018 Apr 3;115:470-481. doi: 10.1016/j.fct.2018.03.052.
155. Tsarouhas K, Kioukia-Fougia N, Papalexis P, Tsatsakis A, **Kouretas D**, Bacopoulou F, Tsitsimpikou C. Use of nutritional supplements contaminated with banned doping substances by recreational adolescent athletes in Athens, Greece. *Food Chem Toxicol*. 2018 Apr 3;115:447-450. doi: 10.1016/j.fct.2018.03.043.
156. Priftis A, Angeli-Terzidou AE, Veskoukis AS, Spandidos DA, **Kouretas D**. Cell-specific and roasting-dependent regulation of the Keap1/Nrf2 pathway by coffee extracts. *Mol Med Rep*. 2018 Jun;17(6):8325-8331. doi: 10.3892/mmr.2018.8924. Epub 2018 Apr 24.
157. Vardavas AI, Ozcagli E, Fragkiadaki P, Stivaktakis PD, Tzatzarakis MN, Alegakis AK, Vasilaki F, Kaloudis K, Tsiaoussis J, **Kouretas D**, Tsitsimpikou C, Carvalho F, Tsatsakis AM. The metabolism of imidacloprid by aldehyde oxidase contributes to its clastogenic effect in New Zealand rabbits. *Mutat Res*. 2018 May - Jun;829-830:26-32. doi: 10.1016/j.mrgentox.2018.03.002. Epub 2018 Mar 19.
158. Priftis A, Mitsiou D, Halabalaki M, Ntasi G, Stagos D, Skaltsounis LA, **Kouretas D**. Roasting has a distinct effect on the antimutagenic activity of coffee varieties. *Mutat Res*. 2018 May - Jun;829-830:33-42. doi: 10.1016/j.mrgentox.2018.03.003. Epub 2018 Mar 30.
159. Tsarouhas K, Tsitsimpikou C, Papantoni X, Lazaridou D, Koutouzis M, Mazzaris S, Rezaee R, Mamoulakis C, Georgoulis P, Nepka C, Rentoukas E, Kyriakides Z, Tsatsakis A, Spandidos DA, **Kouretas D**. Oxidative stress and kidney injury in trans-radial catheterization. *Biomed Rep*. 2018 May;8(5):417-425. doi: 10.3892/br.2018.1071. Epub 2018 Feb 28.
160. Stagos D, Soultisiotis N, Tsadila C, Papaeconomou S, Arvanitis C, Ntontos A, Karkanta F, Adamou-Androulaki S, Petrotos K, Spandidos DA, **Kouretas D**, Mossialos D. Antibacterial and antioxidant activity of different types of honey derived from Mount Olympus in Greece. *Int J Mol Med*. 2018 Aug;42(2):726-734. doi: 10.3892/ijmm.2018.3656. Epub 2018 May 4.
161. Konstantinou E, Fotopoulou F, Drosos A, Dimakopoulou N, Zagoriti Z, Niarchos A, Makrynioti D, **Kouretas D**, Farsalinos K, Lagoumintzis G, Poulas K. Tobacco-specific nitrosamines: A literature review. *Food Chem Toxicol*. 2018 Aug;118:198-203. doi: 10.1016/j.fct.2018.05.008. Epub 2018 May 8. Review.
162. **Kouretas D**, Tsatsakis A, Poulas K. Editorial: Alternative tobacco products: Toxicology and health issues. *Food Chem Toxicol*. 2018 Aug;118:523-525. doi: 10.1016/j.fct.2018.05.056. Epub 2018 May 26.
163. Skenderidis P, Kerasioti E, Karkanta E, Stagos D, **Kouretas D**, Petrotos K, Hadjichristodoulou C, Tsakalof A. Assessment of the antioxidant and antimutagenic activity of extracts from goji berry of Greek cultivation. *Toxicol Rep*. 2018 Feb 5;5:251-257. doi: 10.1016/j.toxrep.2018.02.001. eCollection 2018.
164. Georgiadis N, Tsarouhas K, Tsitsimpikou C, Vardavas A, Rezaee R, Germanakis I,

- Tsatsakis A, Stagos D, **Kouretas D**. Pesticides and cardiotoxicity. Where do we stand? *Toxicol Appl Pharmacol*. 2018 Jun 6;353:1-14. doi: 10.1016/j.taap.2018.06.004. [Epub ahead of print] Review.
165. Kafantaris I, Kotsampasi B, Christodoulou V, Makri S, Stagos D, Gerasopoulos K, Petrotos K, Goulas P, **Kouretas D**. Effects of Dietary Grape Pomace Supplementation on Performance, Carcass Traits and Meat Quality of Lambs. *In Vivo*. 2018 Jul-Aug;32(4):807-812. doi: 10.21873/invivo.11311.
166. Mikropoulou EV, Vougiannopoulou K, Kalpoutzakis E, Sklirou AD, Skaperda Z, Houriet J, Wolfender JL, Trougkos IP, **Kouretas D**, Halabalaki M, Mitakou S. Phytochemical Composition of the Decoctions of Greek Edible Greens (Chórta) and Evaluation of Antioxidant and Cytotoxic Properties. *Molecules*. 2018 Jun 26;23(7). pii: E1541. doi: 10.3390/molecules23071541.
167. Koulaouzidou EA, Roussou K, Sidiropoulos K, Nikolaidis A, Kolokuris I, Tsakalof A, Tsitsimpikou C, **Kouretas D**. Investigation of the chemical profile and cytotoxicity evaluation of organic components eluted from pit and fissure sealants. *Food Chem Toxicol*. 2018 Oct;120:536-543. doi: 10.1016/j.fct.2018.07.042. Epub 2018 Aug 1.
168. Goutzourelas N, Orfanou M, Charizanis I, Leon G, Spandidos DA, **Kouretas D**. GSH levels affect weight loss in individuals with metabolic syndrome and obesity following dietary therapy. *Exp Ther Med*. 2018 Aug;16(2):635-642. doi: 10.3892/etm.2018.6204. Epub 2018 May 23.
169. Spanidis Y, Stagos D, Papanikolaou C, Karatza K, Theodosi A, Veskoukis AS, Deli CK, Poullos A, Koulocheri SD, Jamurtas AZ, Haroutounian SA, **Kouretas D**. Resistance-Trained Individuals Are Less Susceptible to Oxidative Damage after Eccentric Exercise. *Oxid Med Cell Longev*. 2018 Jul 17;2018:6857190. doi: 10.1155/2018/6857190. eCollection 2018.
170. Kouka P, Chatzieffraimidi GA, Raftis G, Stagos D, Angelis A, Stathopoulos P, Xynos N, Skaltsounis AL, Tsatsakis AM, **Kouretas D**. Antioxidant effects of an olive oil total polyphenolic fraction from a Greek *Olea europaea* variety in different cell cultures. *Phytomedicine*. 2018 Aug 1;47:135-142. doi: 10.1016/j.phymed.2018.04.054. Epub 2018 May 8.
171. Begas E, Kilindris T, Kouvaras E, Tsioutsiumi A, **Kouretas D**, Asproдини EK. Dietary effects of *Sideritis scardica* "mountain tea" on human in vivo activities of xenobiotic metabolizing enzymes in healthy subjects. *Food Chem Toxicol*. 2018 Dec;122:38-48. doi: 10.1016/j.fct.2018.09.056. Epub 2018 Sep 25.
172. Spanidis Y, Veskoukis AS, Papanikolaou C, Stagos D, Priftis A, Deli CK, Jamurtas AZ, **Kouretas D**. Exercise-Induced Reductive Stress Is a Protective Mechanism against Oxidative Stress in Peripheral Blood Mononuclear Cells. *Oxid Med Cell Longev*. 2018 Oct 11;2018:3053704. doi: 10.1155/2018/3053704. eCollection 2018.
173. Stagos D, Balabanos D, Savva S, Skaperda Z, Priftis A, Kerasioti E, Mikropoulou EV, Vougiannopoulou K, Mitakou S, Halabalaki M, **Kouretas D**. Extracts from the Mediterranean Food Plants *Carthamus lanatus*, *Cichorium intybus*, and *Cichorium spinosum* Enhanced GSH Levels and Increased Nrf2 Expression in Human Endothelial Cells. *Oxid Med Cell Longev*. 2018 Nov 15;2018:6594101. doi: 10.1155/2018/6594101. eCollection 2018.
174. Priftis A, Soursou V, Makiou AS, Tekos F, Veskoukis AS, Tsantariotou MP, Taitzoglou IA, **Kouretas D**. A lightly roasted coffee extract improves blood and tissue redox status in rats through enhancement of GSH biosynthesis. *Food Chem Toxicol*. 2019 Jan 14;125:305-312. doi: 10.1016/j.fct.2019.01.012. [Epub ahead of print]

Conferences (Invited speaker 2013-today)

- 1) 1st international conference of Greek stevia, (1-3 March 2013)
- 2) 50th Congress of the European Societies of Toxicology (7-10 September 2014, Edinburg)

- 3) Innovative olive production systems adapted for mechanical harvesting: Holistic approaches for sustainable management (12 November 2014).
- 4) Entrepreneurial Discovery Focus Group on dairy and meat products for Eastern Macedonia and Thrace (29-30 January 2015)
- 5) 9th Congress of the Turkish Society of Toxicology with the participation of the Hellenic Society of Toxicology (21-24 October 2015)
- 6) **1st Scientific workshop "Infections and Diabetes" (30 October-1 November 2015)**
- 7) 29th EFFoST International Conference (10-12 November 2015)
- 8) Business discovery in Western Macedonia: Thematic workshop of the wine sector (14 November 2015)
- 9) Food Chemistry days 2015 (26-27 November 2015)
- 10) **55th Annual meeting and ToxExpo (13-17 March 2016)**
- 11) Scientific workshop of Hellenic Nutritionists Society (16-17 April 2016)
- 12) Vitafoods Europe 2016 (10 - 12 May 2016, Geneva)
- 13) **Symetries / asymétries. Knowledge and Power Inequalities in STS studies (6-10 June 2016, Athens)**
- 14) Greek Chemical Days 2017: Personal dietary plan based on individual redox status
- 15) University of Sheyang, China: Detox therapies today, Oct 2017
- 16) Agrotica Expo Greece, February 2017: Combining the geodata with biodata in fruit production