



PRÓ-REITORIA DE PESQUISA E PÓS-GRADUAÇÃO

MESTRADO EM CIÊNCIA ANIMAL

TALITA RAQUEL CAVICHIOLI SEBASTIÃO

**EFEITO DA α -L-FUCOSIDASE SOBRE A MODULAÇÃO DA ZONA PELUCIDA E
DESENVOLVIMENTO DE EMBRIÕES BOVINOS PRODUZIDOS *IN VITRO***



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Dissertação apresentada a Pró-Reitoria de Pesquisa e Pós-Graduação, Universidade do Oeste Paulista, como parte dos requisitos para obtenção do título de Mestre em Ciência Animal.

Orientador: Prof. Dr. Anthony César de Souza Castilho

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A Deus, por ser essencial em minha vida e ter me dado saúde e força para superar os momentos de dificuldade, e esperança para acreditar que somos o percursor dos nossos próprios sonhos.

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“Sem sonhos, a vida não tem brilho. Sem metas, os sonhos não têm alicerces. Sem prioridades, os sonhos não se tornam reais. Sonhe, trace metas, estabeleça prioridades e corra riscos para executar seus sonhos. Melhor é errar por tentar do que errar por omitir”

Augusto Cury

RESUMO

Efeito Da α -L-Fucosidase sobre a modulação da zona pelúcida e desenvolvimento de embriões bovinos produzidos *in vitro*

A polispermia durante a fertilização *in vitro* ainda é uma importante limitação nos avanços da produção de embriões bovinos *in vitro*, resultando na redução do desenvolvimento embrionário, morte embrionária precoce ou aborto espontâneo. O oviduto é um órgão reprodutor com diversas funções, como transporte de gametas, maturação oocitária, fertilização, desenvolvimento inicial embrionário, além de ser responsável pela produção do fluido oviductal. A glicoproteína α -L-fucosidase (FUCA), uma glicosidase encontrada no fluído ovidutal de mamíferos, possui envolvimento na degradação hidrolítica da fucose, seu substrato presente na zona pelúcida (ZP), participando da ligação espermatozoide-oócito através das interações com glicanos complementares na superfície da ZP, atuando no controle da polispermia. Nosso objetivo foi investigar o efeito da adição da FUCA durante a pré-fertilização *in vitro* sobre a modulação da zona pelúcida, controle da polispermia, desenvolvimento embrionário e qualidade de blastocistos bovinos produzidos *in vitro*. No primeiro experimento, o efeito da FUCA (0,125 U/mL) foi avaliado durante toda a fertilização *in vitro* (FIV). No entanto, foi demonstrado que é embriotóxico por inibir completamente a formação de blastocisto. No segundo experimento, a FUCA (0,125 U/mL) foi testada como incubação de curto prazo antes da fertilização *in vitro* (etapa de pré-fertilização) por 30 min ou 2 h, o que demonstrou que o tratamento com a FUCA por 30 min resultou em endurecimento da ZP. No terceiro experimento, um tratamento pré-fertilização com FUCA (1 h) em diferentes concentrações (0, 0,0625 e 0,125 U/mL) mostrou que a FUCA (0,0625 U/mL) melhorou o endurecimento da ZP e tendeu a aumentar as taxas de fertilização monospérmica, mas não melhorou o rendimento e a qualidade do embrião. Em conjunto, foi demonstrado que a FUCA pode induzir o endurecimento da ZP pré-fertilização do oócito e pode melhorar o desempenho da fertilização monospérmica e esse efeito é dependente de ambas as variáveis (concentração de proteína e tempo de incubação).

Palavras-chave: Produção *in vitro* de embriões, polispermia, FUCA, expressão gênica, blastocisto.

ABSTRACT

Effect of α -L-Fucosidase on zona pellucida modulation and development of *in vitro* produced bovine embryos

Polyspermy during *in vitro* fertilization is still an important limitation in advances in the production of bovine embryos *in vitro*, resulting in reduced embryonic development, early embryonic death or miscarriage. The oviduct is a reproductive organ with several functions, such as gamete transport, oocyte maturation, fertilization, early embryonic development, in addition to being responsible for the production of oviductal fluid. The glycoprotein α -L-fucosidase (FUCA), a glucosidase found in the oviductal fluid of mammals, is involved in the hydrolytic degradation of fucose, its substrate present in the zona pellucida (ZP), participating in the spermatozoa-oocyte connection through interactions with complementary glycans on the surface of the ZP, acting in the control of polyspermy. Our objective was to investigate the effect of the addition of FUCA during pre-IVF on the modulation of the zona pellucida, polyspermy control, embryonic development and quality of bovine blastocysts produced *in vitro*. In the first experiment, the effect of FUCA (0.125 U/mL) was evaluated during the entire *in vitro* fertilization (IVF). However, it was demonstrated to be embryotoxic by completely inhibiting the blastocyst formation. In the second experiment, the FUCA (0.125 U/mL) was tested as short-term incubation before IVF (pre-fertilization step) for 30 min or 2 h, which demonstrated that FUCA treatment for 30 min resulted in ZP hardening. In the third experiment, a pre-fertilization FUCA treatment (1 h) at different concentrations (0, 0.0625, and 0.125 U/mL) showed that FUCA (0.0625 U/mL) improved pre-fertilization ZP hardening and tended to increase monospermic fertilization rates but did not improve embryo yield and quality. Together, it has been demonstrated that FUCA can induce oocyte pre-fertilization ZP hardening and might improve monospermic fertilization performance, and this effect is dependent on both variables (protein concentration and incubation time).

Keywords: *In vitro* embryo production, polyspermy, FUCA, gene expression, blastocyst.

LISTA DE SIGLAS

COC – Cumulus-oocyte complex

FUCA – α -L-fucosidase

IVC – *In vitro* cultivate

IVEP – *In vitro* embryo production

IVF – *In vitro* fertilization

IVM – *In vitro* oocyte maturation

OF – Oviductal fluid

OVGP1 – Specific glycoprotein of oviduct

ZP – Zona pelúcida

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O presente artigo foi redigido e submetido segundoss as normas da Revista Veterinary Research Communications e mantido na formatação original da revista.



Pre-fertilization approach using α -L-fucosidase modulates zona pellucida hardening during bovine *in vitro* embryo production

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Abstract

The polyspermy occurrence is considerably lower under *in vivo* compared to *in vitro* embryo culture conditions, suggesting that the presence of some factors in the maternal environment is responsible for this. The α -L-fucosidase (FUCA) is a natural glycosidase present in the oviductal fluid, therefore, this study aimed at investigating the effect of adding FUCA to the hardening of the zona pellucida (ZP), polyspermy control, and embryonic yield and quality of bovine blastocysts produced *in vitro*. In the first experiment, the effect of FUCA (0.125 U/mL) was evaluated during the entire *in vitro* fertilization (IVF). However, it was demonstrated to be embryotoxic by completely inhibiting the blastocyst formation. In the second experiment, the FUCA (0.125 U/mL) was tested as short-term incubation before IVF (pre-fertilization step) for 30 min or 2 h, which demonstrated that FUCA treatment for 30 min resulted in ZP hardening. In the third experiment, a pre-fertilization FUCA treatment (1 h) at different concentrations (0, 0.0625, and 0.125 U/mL) showed that FUCA (0.0625 U/mL) improved pre-fertilization ZP hardening and tended to increase monospermic fertilization rates but did not improve embryo yield and quality. Together, it has been demonstrated that FUCA can induce oocyte pre-fertilization ZP hardening and might improve monospermic fertilization performance, and this effect is dependent on both variables (protein concentration and incubation time).

Keywords Polyspermy · FUCA · Blastocyst · Gene Expression · Cattle

Introduction

The efficiency of *in vitro* embryo production (IVEP) has not overcome the 40% blastocyst production success even after many years of progressive development (Lonergan et al. 2016). Among the challenges to improving this technology, polyspermic fertilization is the focus of this present study. Polyspermy is a pathological event that allows the penetration of more than one sperm within the oocyte

during fertilization, resulting in low yield production and/or impaired embryo quality (Xia et al. 2001; Wang et al. 2003; Bijttebier et al. 2008). In cattle, the polyspermy rate during *in vitro* fertilization (IVF) ranges from 5 to 45% (Coy and Avilés 2010). Although the scenario for bovine IVF condition is better when compared to the pig IVF conditions (40–60% polyspermy incidence) (Coy and Romar 2002), yet, it is worse when compared to sheep, goats, hamsters, rabbits, and rats, of which the percentage of polyspermy is almost 20% (Coy and Avilés 2010). In natural conditions in mammals, the oviductal secretion (known as oviductal fluid – OF) has been described to be responsible for modifications in the zona pellucida (ZP) once the oocyte reaches the oviduct. These modifications have been demonstrated to result in the ZP-hardening even before sperm-oocyte interaction, therefore, described as "pre-fertilization ZP hardening" (Coy et al. 2008; Coy and Avilés 2010). From the observations in the *in vivo* conditions, some strategies were proposed to control the *in vitro* polyspermic fertilization. For instance,

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Mondéjar et al. (Mondéjar et al. 2013) demonstrated that bovine oocytes incubated *in vitro* with OF presented higher monospermy levels, which was positively associated with the ZP hardening. Interestingly, improvement in the ZP hardening was also obtained by *in vitro* co-culture of oocytes with oviductal epithelial cells during the *in vitro* oocyte maturation, which also improved the monospermic fertilization rates (Davachi et al. 2016). Beyond, Ferraz et al. (Ferraz et al. 2017) described a completely abolished polyspermic fertilization in bovine oocytes when performing the *in vitro* fertilization process with oviductal epithelial cells co-culture microfluidic system. Given the above, it is certain that some OF component(s) are responsible for pre-fertilization ZP hardening, which is associated with control of polyspermic fertilization. However, no consensus in the identification of this oviductal factor(s) has been demonstrated yet.

Among the OF components responsible for the pre-fertilization ZP hardening, the oviductal-specific glycoprotein (OVGP1) was suggested as a possible candidate in cattle (Coy et al. 2008). Additionally, Mondéjar et al. (Mondéjar et al. 2013) also pointed out that the 78-kDa glucose-regulated protein (GRP78) regulates or participates in such mechanism in cattle and pigs. Later, Romero-Aguirregomez et al. (Romero-Aguirregomez et al. 2015) also evaluated the α -L-fucosidase (FUCA) as a candidate in the porcine model, however, they did not observe any improvement in the fertilization outcomes. In opposite to (Romero-Aguirregomez et al. 2015), our research group has demonstrated that the α -L-fucosidase might develop some important role in the fertilization process in the bovine species. First, we demonstrated that the transcript levels of α -L-fucosidase (encoded by the *FUCA1* gene) were higher in the ipsilateral ampulla, the site where the fertilization process takes place (Fontes et al. 2018). Later, we also demonstrated that its transcript level is related to estradiol concentration, which was increased in the oviduct during the peri-ovulatory period (Fontes et al. 2019). Corroborating with our data, Carrasco et al. demonstrated that bovine oviductal fluid has glycosidase activity, including the α -L-fucosidase (Carrasco et al. 2008). Moreover, they suggested that α -L-fucosidase might develop a role in reproductive events, especially considering that among the glycosidases analyzed, the total α -L-fucosidase activity was the only one that increased significantly after ovulation (Carrasco et al. 2008).

Therefore, we hypothesize that FUCA is an OF component responsible for the pre-fertilization ZP hardening in bovine species, which, to the best of our knowledge, has not been evaluated yet. To test our hypothesis, our goal was to evaluate if FUCA added during the bovine *in vitro* fertilization could improve the ZP hardening and, later, evaluate if this modification contributes to increase in the monospermic fertilization, blastocyst formation yield, and *in vitro* embryo quality.

Material and Methods

Chemicals

Unless otherwise stated, all chemicals were purchased from Sigma Chemical Co. (St. Louis, MO) at the highest available purity.

Cumulus-oocyte complex (COC) recovery and *in vitro* embryo production (IVEP)

Ovaries from cows were collected from a local slaughterhouse. Immediately after the animals were slaughtered, the ovaries were placed in a thermal container containing sterile saline (NaCl 0.9% w/v) at 30° C and transported to the laboratory (one hour). Follicles of 3–8 mm diameter were aspirated using a needle and syringe. The recovered follicular fluid was deposited in a conical tube and kept at 35° C for cellular pelleting (10 min). COCs grades 1 and 2 (Stojkovic et al. 2001) were selected for all the experiments, essentially the oocytes with homogeneous cytoplasm or only small irregular pigmentation areas and multiple compact layers of cumulus cells.

After selection, the COCs were submitted to *in vitro* maturation (IVM). COCs were deposited in four-well plates (45–50 COCs/well) containing 10 μ L/COC of maturation medium and kept in an incubator (highly humid atmosphere, 5.5% CO₂, 38.5°C) for 24 h. The maturation medium used was bicarbonate-based TCM199 supplemented with Bovine Serum Albumin (BSA, 4 mg/mL), pyruvate (0.22 mg/mL), amikacin (75 μ g/mL), and recombinant human FSH (0.1 UI/mL).

For *in vitro* fertilization (IVF), groups of 20–25 matured COCs were transferred to 90 μ L of fertilization medium composed of Tyrode's Lactate Stock (TL-Stock) added BSA (6 mg/mL), pyruvate (0.2 mM), amikacin (75 μ g/mL), heparin (30 μ g/mL), and PHE solution (20 μ M Penicillamine, 10 μ M Hypotaurine, and 1 μ M Epinephrine). For fertilization, bull semen straws kept in liquid nitrogen were used. The semen was thawed in water at 36°C for 30 s. Then, the live sperm were selected by centrifugation in percoll gradient concentration (45 and 90%) and subjected to motility and concentration assessment. The sperm were diluted to a final concentration of 1×10^6 sperm/mL with IVF media and 6 μ L of this solution was added in each 90 μ L IVF drop previously with the matured COCs. IVF medium was covered with silicone oil and COCs and sperm were kept in the IVF medium for 18 h in the incubator (highly humid atmosphere, 5.5% CO₂, 38.5°C).

Subsequently, the presumable zygotes (PZ) were subjected to cumulus cell removal by vortex and transferred to *in vitro* culture (IVC) medium (10 μ L/PZ) in four-well plates (25 PZ/well). The IVC medium used was SOFaa (Synthetic Oviduct Fluid) supplemented by Bovine Fetal

Serum (FBS, 2.5%), BSA (5 mg/mL), pyruvate (0.2 mM), and amikacin (75 µg/mL). The PZ was cultured for 8 days in a high-humidity atmosphere, with 5% CO₂, 5% O₂, and 90% N₂, at 38.5°C.

Treatment with α-L-Fucosidase

The α-L-fucosidase protein (FUCA, F-5884; Sigma-Aldrich) was used in all the experiments. The enzyme was obtained as a suspension in 3.2 M ammonium sulfate containing 10 mM sodium phosphate monobasic, and 10 mM citrate, with a specific activity of ≥ 2 U per mg protein (Biuret). First, the enzyme was diluted in TL-Stock, aliquoted, and kept at -80°C in a stock concentration of 0.25 U/µL. The FUCA treatments were always performed by adding the FUCA to the IVF medium. Three experiments were designed, as described below (Fig. 1):

Experiment 1: The effect of FUCA during the entire IVF

After IVM, the COCs were divided into two groups for IVF: the control group (no FUCA added) and FUCA (0.125 U/ml), the treatment was kept during the entire IVF period (18 h). Subsequently, the PZ followed to IVC. The blastocyst rate was assessed on the last culture day (D8). This experiment was performed in two replicates, 160 COCs in total (n = 40 COCs/group/replicate). The FUCA concentration (0.125 U/mL) was selected based on the OF glycosidase activity described in bovine oviductal fluid (Carrasco et al. 2008) (Fig. 1).

Experiment 2: Short-time effect of FUCA during a pre-fertilization period

Considering the clear toxic effect of the FUCA incubation during the entire IVF observed in experiment 1, we decided to apply another strategy by reducing the COC's time exposure to FUCA treatment. Since our hypothesis is that the FUCA might be responsible for the pre-fertilization ZP hardening, we reduced the incubation time simulating the period that the COC is in the oviduct before the sperm reaches the fertilization site, which has also been the strategy of other studies that evaluated the pre-fertilization ZP hardening (Romero-Aguirregomez et al. 2015; Coy et al. 2008; Coy and Avilés 2010).

Therefore, after IVM, the COCs were submitted to pre-fertilization treatment for 30 min or 2 h with 0 (control group) or FUCA (0.125 U/mL), resulting in four groups (control-30 min, control-2 h, FUCA-30 min, and FUCA-2 h). After treatment, the COCs were submitted to ZP digestion time (experiment 2.1), performed in four independent replicates, 160 COCs in total (n = 10 COCs/group/replicate), or

submitted to *in vitro* embryo production (experiment 2.2) for blastocyst rate assessment on the last culture day (D8), performed in six independent replicates, 240 COCs in total (n = 10 COCs/group/replicate) (Fig. 1).

Experiment 3: The effect of FUCA in different concentrations during pre-fertilization

Since the pre-fertilization treatment (30 min incubation) presented a positive ZP hardening effect (experiment 2), we hypothesized that decreasing the FUCA concentration and increasing the incubation time could improve embryo development.

Therefore, after IVM, COCs were submitted to pre-fertilization treatment for 1 h, and different FUCA concentrations were tested: 0 (control group), 0.0625 U/mL of FUCA, and 0.125 U/mL of FUCA. After treatment, the COCs were washed and divided into three experiments: experiment 3.1, the COCs were submitted to ZP digestion time (n = 10 COCs/group/replicate) performed in three independent replicates, 30 COCs in total per replicate, experiment 3.2, the COCs were submitted to IVF and the monospermic fertilization rate was evaluated (n = 10 COCs/group/replicate) in three independent replicates, 30 COCs in total per replicate, last, in experiment 3.3, the COCs were submitted to *in vitro* embryo production (n = 25–30 COCs/group/replicate) performed in three independent replicates, 90 COCs in total per replicate. On the last culture day (D8), the blastocyst rate was analyzed and embryos at the blastocyst stage were stored at -80°C for gene expression analysis (Fig. 1).

ZP digestion time

After treatments, the COCs were submitted to cumulus cell removal by vortex, washed in PBS Ca⁺²/Mg⁺² free, and incubated in 50 µl of 0.5% (w/v) pronase (P6911, Sigma-Aldrich) solution in PBS according to the protocol established by Coy et al. (2008). The ZP digestion process was monitored continuously and individually for each oocyte after pronase treatment using a stereomicroscope (20 × and 40x). The dissolution time of the zona pellucida of each oocyte was recorded individually, measuring the interval between the time the oocyte was placed in the pronase solution until the ZP was no longer visible. This allowed accurate measurement of the time required for each oocyte to digest its ZP.

Evaluation of monospermic fertilization rate

Frozen sperm were thawed at 37 °C for 30 s and live sperm were selected by centrifugation in a percoll gradient concentration (45 and 90%). After, semen was stained with MitoTracker green FM® (250 nM solution) by incubation in the fertilization medium for 30 min (37°C). The stained

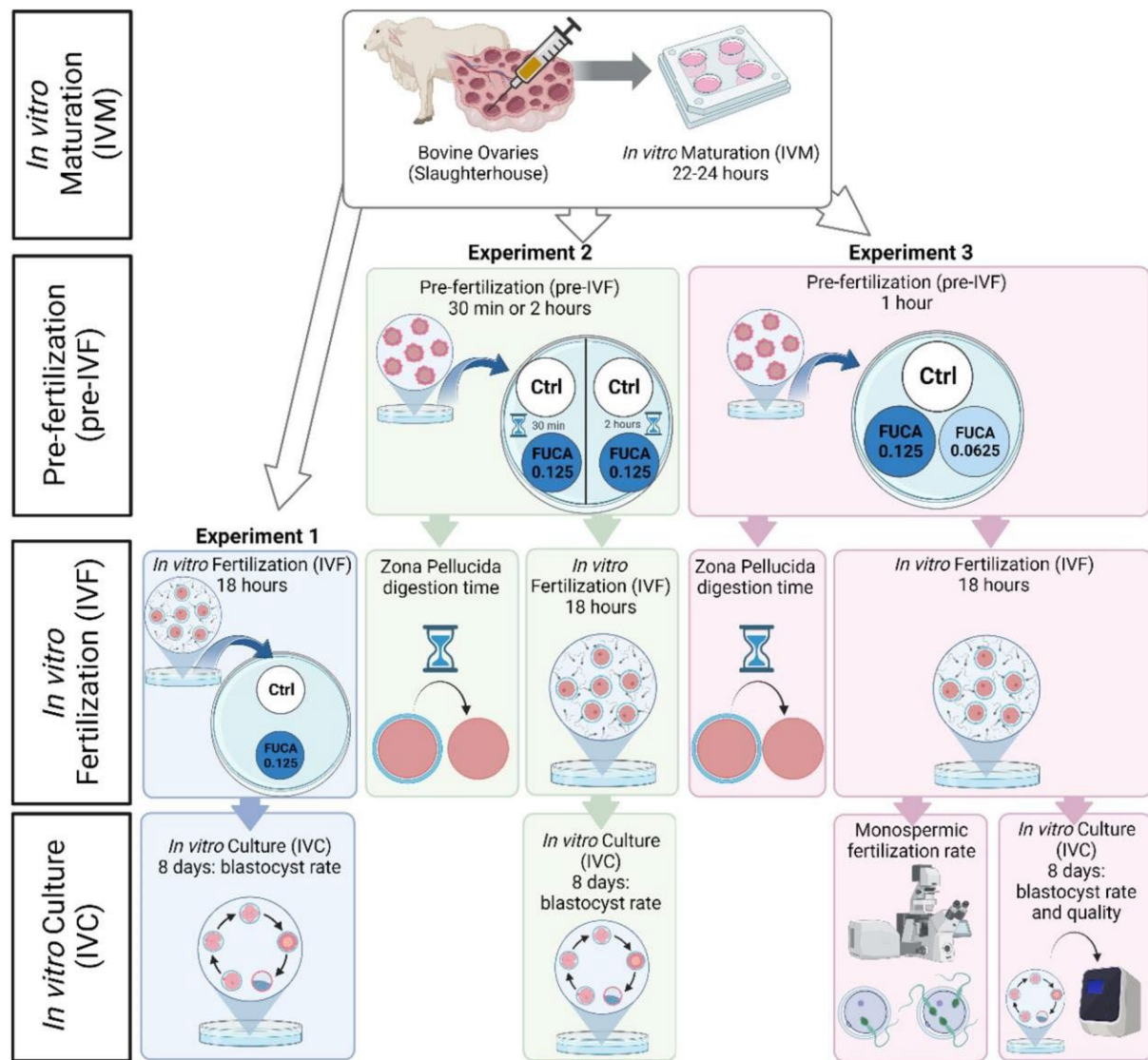


Fig. 1 Experimental design. This study was divided into three experiments, for that, all the bovine cumulus-oocyte complexes (COCs) were obtained from ovaries from a slaughterhouse and submitted to *in vitro* maturation (IVM) for 22 to 24 h. Experiment 1 (blue): evaluation of FUCA effect during the entire *in vitro* fertilization (IVF) period, the COCs and sperm were incubated in IVF media with o (control group) or FUCA (0.125 U/mL) for 18 h. After, the presumable zygotes (PZ) were *in vitro* cultured (IVC) for 8 days for blastocyst rates assessment. Experiment 2 (green): evaluation of FUCA effect for short-time during a pre-fertilization period. The matured COCs were submitted to pre-fertilization treatment for 30 min or 2 h with o (control group) or FUCA (0.125 U/mL), resulting in four groups (control-30 min, control-2 h, FUCA-30 min, and FUCA-2 h).

After treatment, COCs were submitted to zona pellucida (ZP) digestion time evaluation or COCs followed with IVF (18 h) and IVC for 8 days for blastocyst rate assessment. Experiment 3 (pink): evaluation of FUCA effect in different concentrations during pre-fertilization. The matured COCs were submitted to pre-fertilization treatment for 1 h with o (control group) and two concentrations of FUCA (0.0625 and 0.125 U/mL). After treatment, COCs were submitted to ZP digestion time evaluation, COCs followed with IVF (18 h) for the evaluation of monospermic fertilization, or COCs followed with IVF (18 h) and IVC for 8 days for blastocyst rate assessment and embryo quality evaluation by mRNA abundance analysis. Figure created with BioRender (BioRender.com)

sperm were washed three times and evaluated for motility and concentration. The sperm were diluted to a final concentration of 1×10^6 sperm/mL with IVF media. After pre-fertilization treatments, COCs were transferred to a 90 μ L IVF drop covered by silicone oil, 6 μ L of stained sperm solution (1×10^6 sperm/mL) was added in each 90 μ L drop

IVF, and gametes were incubated for 18 h (highly humid atmosphere, 5.5% CO₂, 38.5°C).

After IVF, the PZs were submitted to cumulus cell removal and fixed in 4% paraformaldehyde for 20 min at room temperature. Next, the PZ were washed, stained with Hoechst (for 30 min at room temperature, 1% w/v

Hoechst 33,342; Sigma-Aldrich in PBS), and mounted on glass slides, according to Ferraz et al. (Ferraz et al. 2017). The oocytes were evaluated by Laser Scanning confocal fluorescence microscopy by an SPE-II TCS system (Leica Microsystems GmbH, Wetzlar, Germany) that is connected to a semi-automatic inverted DMI4000 microscope (Leica) with a magnification lens objective of 20 × and 40 × NA 1.25. For Hoescht 33,342 the parameters were settled as 350/461 nm (Excitation/Emission) and for Mitotracker Green as 490/516 nm (Excitation/Emission). Images of each PZ were obtained in z-stack (1 μm/stack) of the entire PZ and exported by using LAS X software. Images were analyzed using ImageJ 1.53t software (U. S. National Institutes of Health, Bethesda, MD, USA).

Penetration was classified by the number of pronuclei and sperm midpieces within the ooplasm. Monospermic penetration was determined as two pronuclei and one sperm midpiece. Polyspermic penetration was characterized when two or more sperm midpieces were identified in the ooplasm and more than two pronuclei in an oocyte. Andunfertilized oocyte was represented by the presence of one pronucleus without the presence of a sperm midpiece.

Gene expression in bovine blastocyst

For the evaluation of gene expression, five pools of three expanded blastocysts were analyzed per treatment. The total RNA of each sample was extracted using PicoPure® RNA Isolation Kit (ThermoFisher Scientific) according to the manufacturer's instructions with the addition of the DNase treatment step. The total RNA concentrations (Nanodrop, ND-2000®) and the integrity of the RNA (Agilent 2100 Bioanalyzer) were analyzed, only samples with RIN (RNA Integrity Number) above seven (scale from 0 to 10) were used. The reverse transcription was done

using the High-Capacity cDNA Reverse Transcription Kit (ThermoFisher Scientific) according to the manufacturer's instructions. Quantification of mRNA was performed by RT-qPCR using the Power Sybr® Green Master Mix detection system (ThermoFisher Scientific), in a final volume reaction of 20 μL (1 μL of cDNA, 10 μL Power Sybr Green Master Mix, 1.2 μL of each primer at 300 mM and 6.6 μL of water). The cycling conditions were 95°C for 10 min for initial denaturation, followed by 40 cycles of 95°C for 10 s and 1 min at 60°C for priming and amplicon extension.

To choose the most stable reference gene for detailed analyses of blastocyst, peptidylprolyl isomerase A (*PPIA*), glyceraldehyde-3-phosphate dehydrogenase (*GAPDH*), Ribosomal Protein L30 (*RPL30*), and Actin Beta (*ACTB*) amplification profiles were compared using the geNorm applet Microsoft Excel. The most stable reference gene was *RPL30*. The $\Delta\Delta C_t$ method with efficiency correction was used to calculate relative expression values genes/*RPL30*) for each target gene, using one control sample as a calibrator.

The relative abundance of genes linked to embryonic competence described in the literature was evaluated: pluripotency (Octamer-binding transcription factor 4—*OCT4*), differentiation and implantation (Placenta Associated 8—*PLAC8*—and Caudal Type Homeobox 2—*CDX2*), embryonic development (Superoxide dismutase 2—*SOD2*—and Vascular endothelial growth factor A—*VEGF*), and apoptosis regulator (BCL2 Associated X—*BAX*) (Heid et al. 1994; Paula-Lopes et al. 1998; Luo et al. 2002; Rizos et al. 2003; Clempson et al. 2011; Rickelt et al. 2011; Hirayama et al. 2012; Machado et al. 2012; Kim et al. 2012; Sakurai et al. 2012; Ozawa et al. 2012; Cebrian-Serrano et al. 2013). All the primer sequences, primer concentration per reaction, and annealing primer temperature are presented in Table 1.

Table 1 RT-qPCR primer sequences of the genes

Gene	Forward sequence (5' - 3')	Reverse sequence (5' - 3')	Concentration (mM)	Temperature (°C)
<i>PPIA</i>	5'GCCATGGAGCGCTTTGG	CCACAGTCAGCAATGGTGATCT	300	60
<i>GAPDH</i>	GCGTGTAACACGAGAAGTATAA	CCCTCCACGATGCCAAAG	200	60
<i>RPL30</i>	TGGTGTCCATCACTACAGTGGCAA	ACCAGTCTGTTCTGGCATGCTTCT	300	60
<i>ACTB</i>	GCGTGGCTACAGCTTCACC	TTGATGTACGGACGATTTTC	300	60
<i>OCT4</i>	GTTTTGAGGCTTTGCAGCTC	TCTCCAGGTTGCCTCTCACT	300	60
<i>PLAC8</i>	GACTGGCAGACTGGCATCTT	CTCATGGCGACACTTGATCC	300	60
<i>CDX2</i>	TGGAGCTGGAGAAGGAGTTTCACT	TCCTTCGCTCTGCGGTTCTGAAAT	300	56
<i>SOD2</i>	GATGCCTTTCTAGTCCTATTC	TCAGTTCACCTGCTACATT	300	60
<i>VEGF</i>	CCCAGATGAGATTGAGTTCATTTT	ACCGCCTCGGCTTGTCAC	300	60
<i>BAX</i>	TGTTTTCTGACGGCAACTTCA	CGAAGGAAGTCCAATGTCCAG	300	60

Statistical analysis

First, data was tested for normality distribution and homogeneity of variances with transformation to logarithm, if necessary, to perform parametric analysis. The blastocyst rates were transformed into arcsine. In experiment 2, the effect of FUCA treatment on the ZP digestion time and embryo production rate was tested by Student t-test. In experiment 3, the effect of FUCA in the ZP digestion time, penetration rate, embryo production rate, and mRNA abundance were tested by ANOVA, followed by comparison by Tukey test, when applied. Data are presented as mean \pm standard error mean (SEM). Differences were considered significant when $P < 0.05$. All analyses were performed using the JMP statistical program, version 7.0 (SAS).

Results

Experiment 1: The effect of FUCA during the entire IVF process

In the first experiment, FUCA (0.125 U/mL) was added to the *in vitro* fertilization (IVF) media, and COCs and spermatozoa were incubated with it during the entire IVF process. After 18 h post-fertilization (hpf), the presumptive zygotes (PZ) from the control group (no FUCA added to IVF) presented the expected morphology (compact cumulus cells around the PZ (Fig. 2A/2a), while the PZ from the treated group (FUCA) presented a pattern of disperse cumulus cells, as represented in Fig. 2B/2b. The PZ of both groups followed the *in vitro* culture (IVC) for blastocyst development evaluation. As a result, after 192 hpf, an expected blastocyst yield was recorded in the control group (38% blastocyst/COC, Fig. 2C), while no blastocyst formation in the FUCA group (Fig. 2D). Statistics analysis was not performed (only two replicates were performed), however, due to the clear lethal toxicity, we decided to stop experiment 1 and apply another strategy to evaluate the effect of FUCA. For that, we decided to reduce the incubation time of FUCA, as presented in experiment 2.

Experiment 2: The effect of FUCA during a pre-fertilization period

Due to the possible embryotoxic effect of long-period FUCA treatment (experiment 1), a shorter incubation period was included between the *in vitro* maturation and *in vitro* fertilization, named as the pre-fertilization step. For that, matured COCs were incubated with FUCA (0.125 U/mL) for either 30 min or 2 h before following the fertilization process. After, the ZP hardening was

estimated by the duration of the pronase digestion assay. A longer time was necessary to digest the ZP of treated oocytes (30 min, 0.125 U/mL FUCA) when compared to the control group (30 min incubation in control media), suggesting that FUCA might contribute to the ZP hardening ($P < 0.0001$, Fig. 3A and Supplementary Table 1). No difference in the ZP hardening was observed in COCs treated for 2 h ($P > 0.05$, Fig. 3A, Supplementary Table 1). When evaluating the embryo production, no difference was observed neither in the cleavage (evaluated at 96 hpf, 30 min: $P = 0.21$, 2 h: $P = 0.31$, Fig. 3B, Supplementary Table 1) nor in the blastocyst rates (evaluated at 192 hpf, 30 min: $P = 0.34$, 2 h: $P = 0.1$, Fig. 3C, Supplementary Table 1).

Experiment 3: The effect of FUCA in different concentrations during pre-fertilization

Since the pre-fertilization treatment (30 min incubation) presented a positive ZP hardening effect (experiment 2), we hypothesized that decreasing the FUCA concentration and increasing the incubation time could improve embryo development. Therefore, in experiment 3, matured COCs were incubated with 0 (control group) and two concentrations of FUCA: 0.0625 U/mL of FUCA and 0.125 U/mL of FUCA for one hour during the pre-fertilization step. As a result, indeed the time for pronase ZP digestion was longer in the 0.0625 U/mL group compared to the 0 (control) and 0.125 U/mL FUCA ($P = 0.0007$, Fig. 4A and Supplementary Table 2). Interestingly, when performing the incubation for 1 h, no difference was observed when comparing the groups 0 (control) and 0.125 U/mL FUCA ($P > 0.05$, Fig. 4A and Supplementary Table 2), contrasting the result observed in experiment 2 when incubations were performed for 30 min (Fig. 3A), suggesting that both variables (concentration and incubation time) are relevant for the FUCA effect. Next, the relation between the ZP hardening and oocyte fertilization was evaluated by the sperm penetration assay. There was no difference in the monospermic, polyspermic, and non-fertilized oocyte rates when comparing the groups ($P > 0.05$; Fig. 4B, C and Supplementary Table 2). However, a tendency ($P = 0.067$) of higher monospermic penetration was observed when comparing the control and 0.0625 U/mL FUCA groups (Fig. 4B, C), suggesting that the ZP hardening could increase the monospermic fertilization. This tendency, however, did not impact positively the blastocyst yield after *in vitro* embryo production ($P > 0.05$, Fig. 3D and Supplementary Table 2), nor improve the embryo quality evaluated by the relative mRNA abundance of genes known as embryo quality markers (*VEGF*, *SOD2*, *OCT4*, *PLAC8*, *CDX2*, and *BAX*, Fig. 4E, $P > 0.05$).

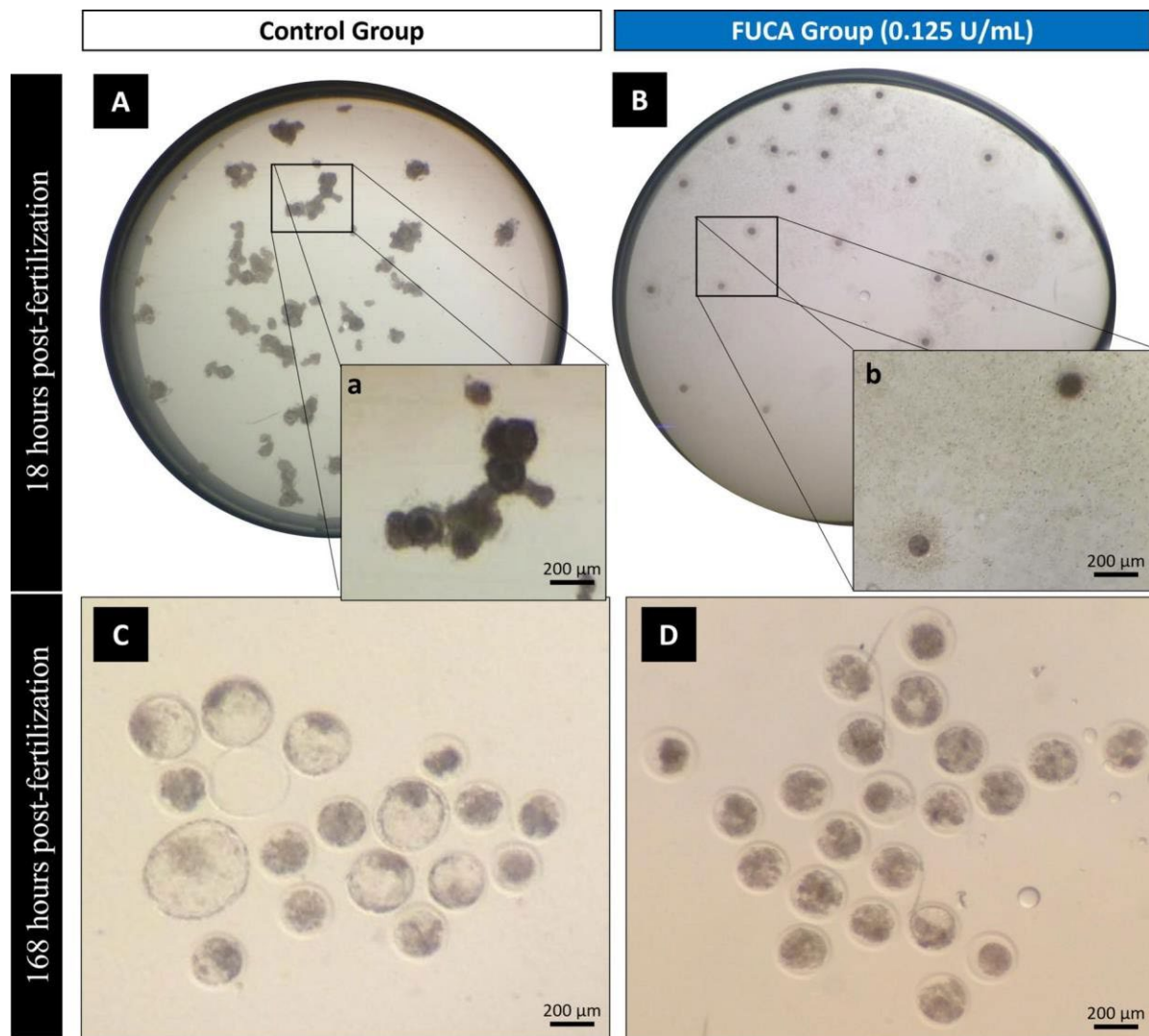


Fig. 2 Experiment 1: COCs and sperm incubation with FUCA (0.125 U/mL) for 18 h during *in vitro* fertilization ($n = 2$ replicates, 40 COCs/group/replicate). Top panel: presumptive zygotes at 18 h post-fertilization (hpf) at (A) control group (no FUCA) and (B) FUCA group (0.125 U/mL), the insets represent a magnification of the struc-

tures of (a) control and (b) FUCA groups. Bottom panel: blastocyst rate at 192 hpf at (C) control group (38% blastocyst/COC) and (D) FUCA group (no blastocyst developed). COCs: cumulus oocyte complexes, FUCA: α -L-Fucosidase

Discussion

In the present study, an experimental design composed of three experiments was arranged to evaluate the effect of α -L-fucosidase in the bovine *in vitro* fertilization process. The effect of FUCA was tested during different incubation times and at different concentrations to understand its effect on the female gamete's final maturation and during the *in vitro* fertilization. Our main finding was that FUCA works in the pre-fertilization ZP hardening, which effect is dependent on the incubation time and the protein concentration. Moreover, this ZP hardening tended to increase monospermic fertilization but did not improve the yield and quality of *in vitro* embryo production.

The pre-fertilization ZP hardening has been proposed by many studies to be one of the mechanisms related to the polyspermic fertilization control in bovine (Mondéjar et al. 2013; Coy et al. 2008; Coy and Avilés 2010), porcine (Mondéjar et al. 2013; Coy et al. 2008; Coy and Avilés 2010), ovine (Davachi et al. 2016), and murine (Körschgen et al. 2017). Besides the pre-fertilization ZP hardening, polyspermic fertilization is also controlled by the maternal reproductive tract, which regulates the amount of sperm that arrives at the fertilization site, and the oocyte's cortical granules, which increases ZP resistance by the proteolytic digestion that occurs shortly after fertilization (Coy et al. 2008; Coy and Avilés 2010). Among these three mechanisms related to polyspermic fertilization, the pre-fertilization ZP hardening

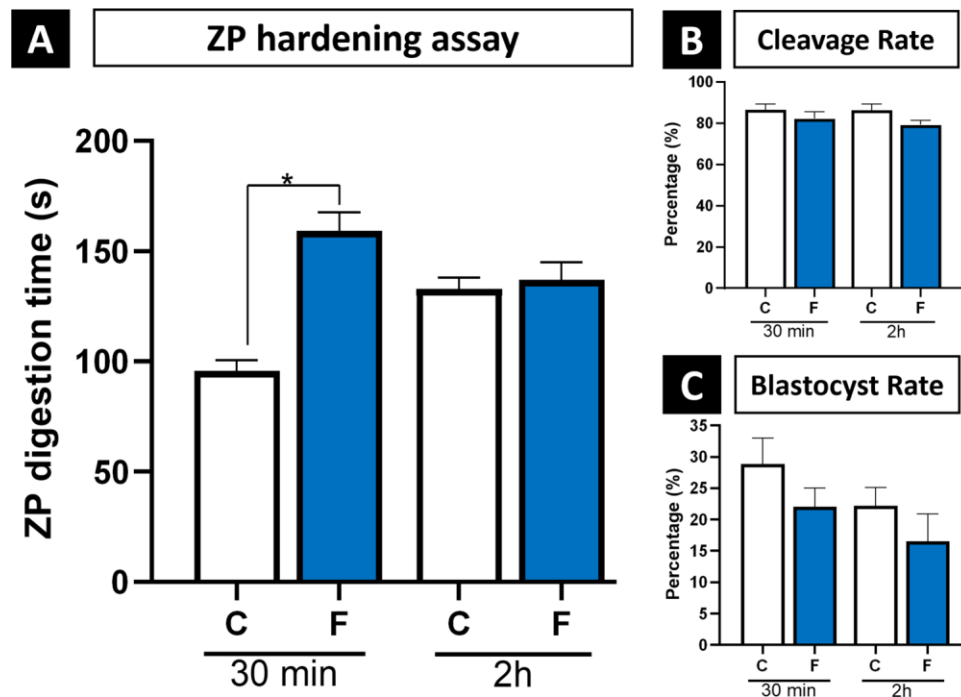


Fig. 3 Experiment 2: FUCA treatment (0.125 U/mL) for a shorter period (30 min or 2 h). **A** Zona pellucida (ZP) hardening assay: matured COCs treated with o (control group—C) or 0.125 U/mL of FUCA (F) were denuded and submitted to pronase digestion assay, the time for total ZP digestion of each oocyte was recorded and data were compared by Student's t-test (data showed as mean \pm standard error deviation, in seconds, $n = 4$ replicates, 10 COCs/group/replicate,

160 COCs in total). After FUCA treatment the COCs were washed, fertilized, and followed to IVC, and the **B** cleavage and **C** blastocyst rates were compared between groups (Student's t-test, and data showed as mean \pm standard error deviation of %, $n = 6$ replicates, 10 COCs/group/replicate, 240 COCs in total). * indicates statistical significance ($P < 0.05$). C: control group, F: FUCA group, min: minutes, h: hour

holds more attention due to the possibility of applying this approach for the success of *in vitro* fertilization conditions. Therefore, the identification of the molecules that participate in the ZP modification is very relevant.

Brown and Jones (1987) stated that oviductal glycoproteins induced by the estrus interact with ZP in swine oocytes. A few years later, it was described that an oviductal glycoprotein was able to alter the biochemical properties of the ZP in hamster oocytes (Oikawa et al. 1988). Later studies demonstrated that some glycoproteins, such as oviduct-specific glycoprotein (OVGP1) and heparin-like glycosaminoglycans (GAGs), present in the bovine OF, also bind to ZP and increase its resistance to enzymatic digestion and sperm penetration, which reduces the polyspermic incidence and improves the IVF efficiency (Buhi 2002; Coy et al. 2008; Coy and Avilés 2010; Algarra et al. 2016; González-Brusi et al. 2020). In recent studies, the metalloproteinase ovastacin was elected to cause a pre-fertilization ZP hardening in mice (Körschgen et al. 2017). Moreover, when oocytes were incubated with OF (Mondéjar et al. 2013; Bragança et al. 2021) or co-cultured with oviductal epithelial cells (Davachi et al. 2016; Ferraz et al. 2017) an increase in the monospermic fertilization was also observed. This component(s) might even be located in extracellular vesicles (EVs), which

are small extracellular compartments responsible for carrying proteins, bioactive lipids, RNAs, and DNAs contents that cover intercellular communication events (Zaborowski et al. 2015), as demonstrated by Alcântara-Neto et al. (2020), which observed decrease of polyspermy incidence in pigs when EVs from OF were added in the IVF medium.

Still, there is no consensus on the identification of the molecule related to the pre-fertilization ZP hardening. Which could be species-specific and might also be controlled by multiple factors, instead of a single-molecule based. Yet, the most expected factor to be related to this role would be a component of the oviductal fluid highly abundant in the ampulla (the fertilization site) during the peri-ovulatory period. Corroborating with this hypothesis, a study of our research group identified higher *FUCA1* transcript levels in the ipsilateral ampulla compared to the contralateral one day after ovulation (the location and period when the fertilization occurs), suggesting that *FUCA1* might be important for the fertilization process (Fontes et al. 2018). Moreover, another study also demonstrated the presence and activity of FUCA in the bovine oviductal fluid (Carrasco et al. 2008). Among all the glycosidases identified in the bovine OF, the α -L-fucosidase was the only glycosidase whose total activity increased significantly after ovulation (Carrasco et al. 2008).

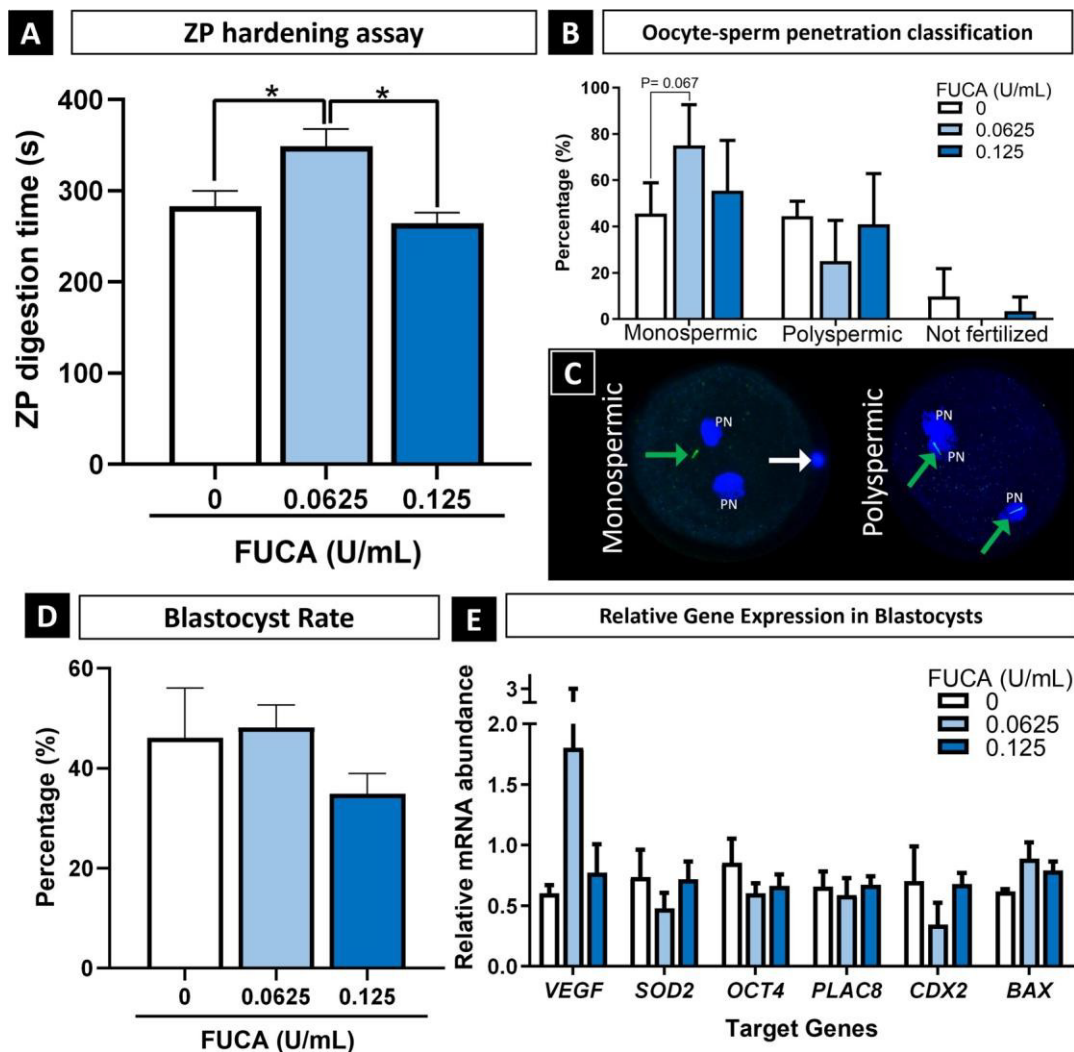


Fig. 4 Experiment 3: pre-fertilization treatment with FUCA for 1 h with different FUCA concentrations (0, 0.0625, and 0.125 U/mL). **A** Zona pellucida (ZP) hardening assay: matured COCs treated with FUCA (0, 0.0625, or 0.125 U/mL FUCA) were denuded and submitted to pronase treatment, the time for total ZP digestion of each oocyte was recorded ($n = 3$ replicates, 10 COCs/group/replicate, 90 COCs in total). **B** Sperm penetration assay: after pre-fertilization treatment with FUCA, the COCs were submitted to IVF with sperm pre-stained with Mitotracker® Green, 18 h after IVF, the presumptive zygotes were denuded and stained with Hoechst to DNA staining. All presumptive zygotes were classified as monospermic (one sperm tail – green – and two pronuclear material – PN, blue), polyspermic

(two or more sperm penetration), or non-fertilized (when only one or no PN was identified) ($n = 3$ replicates, 10 COCs/group/replicate, 90 COCs in total). **C** Representative picture of a monospermic and polyspermic penetration, PN: pronucleus, green arrow: sperm tail, white arrow: polar corpuscle. **D** Blastocyst rate at 192 h post-fertilization ($n = 3$ replicates, 30 COCs/group/replicate, 270 COCs in total). **E** Relative mRNA abundance of the genes (*VEGF*, *SOD2*, *OCT4*, *PLAC8*, *CDX2*, and *BAX*) analyzed by RT-qPCR in the blastocyst's samples ($n = 5$ samples/group, each sample is a pool of 3 blastocysts). All the analyses were analyzed by ANOVA followed by Tukey's test and data are presented as mean \pm standard error deviation. * indicates statistical significance ($P < 0.05$)

Therefore, at first, we tested the effect of FUCA during the entire IVF process, which showed a clear embryotoxic effect by completely preventing embryo development. For this experiment, the FUCA concentration was similar to that reported in bovine OF (Carrasco et al. 2008). One possible reason for the toxic effect might be related to the static system used in our study, which might have overexposed the oocytes to the enzymatic FUCA activity. The impairment effect of high exposure levels when culturing in a

static system has been reported before for amino acid concentrations in IVC media for bovine embryo production, in which the same components turned advantageous when they were 1:2 diluted (Santos et al. 2021). Therefore, our next approach was to reduce the incubation time to decrease the over-exposure FUCA effect. Indeed, after incubating oocytes with FUCA for no longer than 2 h, we observed an expected *in vitro* embryo development rate (experiment 2). However, the incubation with FUCA for 30 min increased

the pre-fertilization ZP hardening, while incubation for 2 h had no impact on this feature. Moreover, when submitting these oocytes to embryo production, FUCA treatment had no effect on the cleavage and blastocyst rates, suggesting the pre-fertilization ZP hardening does not play a role in improving embryo development. Regardless of the ZP hardening, the presence of the FUCA effect for 30 min of incubation, but an absence of the FUCA effect for the two hours of incubation might be related to the reversibility of the ZP hardening. One theory that sustains the reversibility of ZP hardening is due to the specificity of enzymes that modulate different glycoproteins present in the ZP composition (Mondéjar et al. 2013). Therefore, proteolytic enzymes can present a cyclic action, building and undoing the chemical modifications that result in the ZP hardening (Kolbe and Holtz 2005; Mondéjar et al. 2013). Corroborating with the dynamism of the OF composition, a study of our group demonstrated that the *FUCA1* and *FUCA2* transcript levels might be estradiol-dependent. When analyzing the ampulla segments of cows submitted to ovarian superstimulation protocol, higher *FUCA1* and *FUCA2* levels were detected when compared to synchronized cows (single ovulation), which was also correlated to the higher estradiol level in the oviductal segments, demonstrating that the FUCA presence is dynamic and modulated by the hormonal milieu (Fontes et al. 2019). To confirm the hypothesis of reversibility of ZP hardening, Coy et al. (2008) demonstrated that bovine and porcine oocytes incubated for 30 min with oviductal fluid presented high ZP digestion time. However, the ZP digestion time sharply decreased 15 min after the oocytes were removed from the oviductal fluid and transferred to an IVF media, and the ZP digestion time continued decreasing steadily when longer incubation times on IVF media were tested (Coy et al. 2008). Another hypothesis for the absence of effect for the two hours of incubation observed in our study is a possible suitable toxic effect of 2 h of incubation, which was not enough to completely block embryo development (as in experiment 1) but resulted in no FUCA effect in the pre-fertilization ZP hardening. Still, the hypothesis that the ZP resistance to proteinases is reversible is the most likely, since the ZP is required to lysis for the hatching process of the blastocyst during its development in the uterus. Last, a third strategy to evaluate the effect of FUCA in the bovine *in vitro* embryo production was to test different concentrations of the protein. For this third experiment, the incubation time was settled to one hour, based on other studies that also evaluated 1-h pre-fertilization incubation time (Romero-Aguirregomezcorrea et al. 2015; Phopin et al. 2012). In our study, we demonstrated that slightly increasing the incubation time (from 30 min to 1 h) and decreasing the concentration (from 0.125 U/mL to 0.0625 U/mL) improved the pre-fertilization ZP hardening time when compared to the control group and tended to present a greater

monospermic fertilization rate (75% in FUCA 0.0625 U/mL versus 45.7% in Control). Yet, the blastocyst rate was not different between treatments (experiment 3). Even though the blastocyst yield was not improved by the treatments, we hypothesized that the embryo quality could have been better when compared to the control. For that, we submitted the embryos for gene abundance evaluation of transcripts known as embryo quality markers. Nonetheless, the FUCA treatments had no effect on blastocyst production quality, including the marker for pluripotency (OCT4), differentiation and implantation (PLAC8, CDX2), embryonic development (SOD2, VEGF) and the expression of BAX (Heid et al. 1994; Paula-Lopes et al. 1998; Luo et al. 2002; Rizos et al. 2003; Clempson et al. 2011; Rickelt et al. 2011; Hirayama et al. 2012; Machado et al. 2012; Kim et al. 2012; Sakurai et al. 2012; Ozawa et al. 2012; Cebrian-Serrano et al. 2013). Blocking the polyspermy is necessary for fertilization and embryo survival, as it prevents the penetration of two or more sperm into an oocyte, which would result in abnormal embryonic development, leading to death or physiological conditions of early spontaneous abortion (Ducibella 1996; Coy and Avilés 2010). Taking it all together, in our study we observed that FUCA might have the function of controlling pre-fertilization ZP hardening in bovine species, however, it did not translate into a significant positive effect on polyspermy control and embryo development. Our study corroborates with other studies that evaluated the FUCA effect on oocyte penetration in porcine (Romero-Aguirregomezcorrea et al. 2015) and mice (Phopin et al. 2012). Even though the study on porcine did not evaluate embryo production (Romero-Aguirregomezcorrea et al. 2015), our results showed the same pattern observed in mice, in which the embryo production presented no improvement by the FUCA effect (Phopin et al. 2012). Still, we also have to highlight some limitations of our study. First, the limited number of COCs analyzed in here could influence the generalization of the results, as a larger sample size could offer a more comprehensive and robust view of the effects of FUCA on the pre-fertilization ZP hardening and embryonic development. Furthermore, we only performed one analytical test to verify the ZP hardening (pronase digestion time assay), while other tests could provide more detailed insights into the biochemical and structural changes induced in the ZP. Last, it is important to be aware that the oviductal fluid has a complex composition of factors, that might be relevant to performing all biological modulation in the gametes. In this study, we apply the strategy of evaluating one single protein, isolating the possible synergism and interrelations of the multiple factors from the oviductal fluid.

In conclusion, FUCA can induce oocyte pre-fertilization ZP hardening and might improve monospermic fertilization performance for the bovine *in vitro* embryo production system. From a future perspective, with the current information

on the FUCA effect and being aware that the OF composition is complex and dynamic, we might have to associate more OF factors in different moments of IVEP to be able to improve the embryo produced *in vitro*.

Supplementary Information The online version contains supplementary material available at <https://doi.org/10.1007/s11259-023-10291-y>.

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Author contributions PKF and ACSC designed the research. TSBM, TRCS, FFF, PHS, EMR, SGN, and PKF collected the samples and performed the investigation and formal analysis. TSBM, TRCS, and PKF wrote the original draft. ACSC acquired and administrated the funding. ACSC and PKF supervised. PKF manuscript review and edition. All authors reviewed, read, and approved the manuscript.

Data Availability The datasets generated during and/or analyzed during the current study are available from the corresponding author upon reasonable request.

Declarations

Competing interests The authors declare no competing interests.

Conflicts of Interest The authors declare that there is no conflict of interest that could be perceived as prejudicing the impartiality of the research reported.

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ANEXO A – NORMAS DA REVISTA VETERINARY RESEARCH COMMUNICATIONS

Instructions for Authors

Authorship Policy

Authorship should incorporate and should be restricted to those who have contributed substantially to the work in one or more of the following categories:

- Conceived of or designed study
- Performed research
- Analyzed data
- Contributed new methods or models
- Wrote the paper

Types of Articles

All manuscripts should be presented preferably in Times New Roman font, double-spaced, using A4 paper size. Please use the automatic page and line numbering function to number the pages and lines in your document and number the lines in a single continuous sequence.

The journal accepts the following types of articles:

1. Research
2. Brief Report
3. Review
4. Correspondence
5. Case Reports

1. Research

Research, also known as Regular Articles should be as concise as possible and structured into the following sections;

- a. Abstract of 150-250 words giving a synopsis of the findings presented and the conclusions reached. The Abstract should be submitted as a single continuous paragraph without subdivisions.
- b. Introduction stating the purpose of the work
- c. Materials and Methods
- d. Results
- e. Discussion (including also a short paragraph as conclusions)

- f. Acknowledgements
- g. Statement of Animal Ethics, including the number of the relevant Ethical Committee's protocol, where appropriate.
- h. Conflict of Interest Statement
- i. References

2. Brief Report

Also known as Short Communications, reports original scientific data. It should not typically exceed approximately 2000 words in the main text and no more than 3 figures/Tables and 20 references. As for regular articles, the abstract should contain between 150-250 words. All sections in a short communication should follow the regular article style (sections b-i). If necessary, a minimum number of sub-headings may be included if it adds clarity to the article.

3. Review

Review articles will be welcomed. However, authors considering the submission of review articles are advised to consult the Editor-in-Chief in advance.

4. Correspondence

Denotes arresting and timely comments on material published in the journal as well as anything of likely interest to the readers, such as policy debates and community announcements. Opinions are welcome as long as they are factually based. The expected length is about 1500-2000 words, a maximum of ten references, and no more than two tables or figures.

5. Case Reports

Emphasize distinctive instances involving animal patients that exhibit unforeseen diagnoses, treatment outcomes, or clinical courses. Additionally, study reports concerning significant programs or policy interventions pertinent to veterinary sciences are welcome. The report should be carefully structured under three distinct headings: Background, Case Presentation, and the Discussion and Conclusions section, which are presented together. Manuscripts incorporating a thorough evaluation of the study's processes and impact, along with recommendations for the future, will generally receive favorable consideration.

It is the author's responsibility to ensure that submitted manuscripts comply with journal format as indicated in the current instructions to authors and free sample articles on the springer.com journal homepage.

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Manuscript Submission

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Please ensure you provide all relevant editable source files at every submission and revision. Failing to submit a complete set of editable source files will result in your article not being considered for review. For your manuscript text please always submit in common word processing formats such as .docx or LaTeX.

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Please note that [Author Contribution information](#) and [Competing Interest information](#) must be provided at submission via the submission interface. Only the information submitted via the interface will be used in the final published version. Please make sure that if you are an editorial board member and also a listed author that you also declare this information in the Competing Interest section of the interface.

Please see the relevant sections in the submission guidelines for further information on these statements as well as possible other mandatory statements.

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Please make sure your title page contains the following information.

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The title should be concise and informative.

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- A clear indication and an active e-mail address of the corresponding author
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If address information is provided with the affiliation(s) it will also be published.

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Please provide an abstract of 150 to 250 words. The abstract should not contain any undefined abbreviations or unspecified references.

For life science journals only (when applicable)

- Trial registration number and date of registration for prospectively registered trials
- Trial registration number and date of registration, followed by “retrospectively registered”, for retrospectively registered trials

Keywords

Please provide 4 to 6 keywords which can be used for indexing purposes.

Text

Text Formatting

Manuscripts should be submitted in Word.

- Use a normal, plain font (e.g., 10-point Times Roman) for text.
- Use italics for emphasis.
- Use the automatic page numbering function to number the pages.
- Do not use field functions.
- Use tab stops or other commands for indents, not the space bar.
- Use the table function, not spreadsheets, to make tables.
- Use the equation editor or MathType for equations.
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Manuscripts with mathematical content can also be submitted in LaTeX. We recommend using [Springer Nature's LaTeX template](#).

Headings

Please use no more than three levels of displayed headings.

Abbreviations

Abbreviations should be defined at first mention and used consistently thereafter.

Footnotes

Footnotes can be used to give additional information, which may include the citation of a reference included in the reference list. They should not consist solely of a reference citation, and they should never include the bibliographic details of a reference. They should also not contain any figures or tables.

Footnotes to the text are numbered consecutively; those to tables should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data). Footnotes to the title or the authors of the article are not given reference symbols.

Always use footnotes instead of endnotes.

Acknowledgments

Acknowledgments of people, grants, funds, etc. should be placed in a separate section on the title page. The names of funding organizations should be written in full.

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References

Citation

Cite references in the text by name and year in parentheses. Some examples:

- Negotiation research spans many disciplines (Thompson 1990).
- This result was later contradicted by Becker and Seligman (1996).
- This effect has been widely studied (Abbott 1991; Barakat et al. 1995a, b; Kelso and Smith 1998; Medvec et al. 1999, 2000).

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The list of references should only include works that are cited in the text and that have been published or accepted for publication. Personal communications and unpublished works should only be mentioned in the text.

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- Journal article

Gamelin FX, Baquet G, Berthoin S, Thevenet D, Nourry C, Nottin S, Bosquet L (2009) Effect of high intensity intermittent training on heart rate variability in prepubescent children. *Eur J Appl Physiol* 105:731-738. <https://doi.org/10.1007/s00421-008-0955-8>

Ideally, the names of all authors should be provided, but the usage of “et al” in long author lists will also be accepted:

Smith J, Jones M Jr, Houghton L et al (1999) Future of health insurance. *N Engl J Med* 965:325–329

- Article by DOI

Slifka MK, Whitton JL (2000) Clinical implications of dysregulated cytokine production. *J Mol Med*. <https://doi.org/10.1007/s001090000086>

- Book

South J, Blass B (2001) *The future of modern genomics*. Blackwell, London

- Book chapter

Brown B, Aaron M (2001) The politics of nature. In: Smith J (ed) *The rise of modern genomics*, 3rd edn. Wiley, New York, pp 230-257

- Online document

Cartwright J (2007) Big stars have weather too. IOP Publishing PhysicsWeb. <http://physicsweb.org/articles/news/11/6/16/1>. Accessed 26 June 2007

- Dissertation

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Authors are required to disclose financial or non-financial interests that are directly or indirectly related to the work submitted for publication. Interests within the last 3 years of beginning the work (conducting the research and preparing the work for submission) should be reported. Interests outside the 3-year time frame must be disclosed if they could reasonably be perceived as influencing the submitted work.

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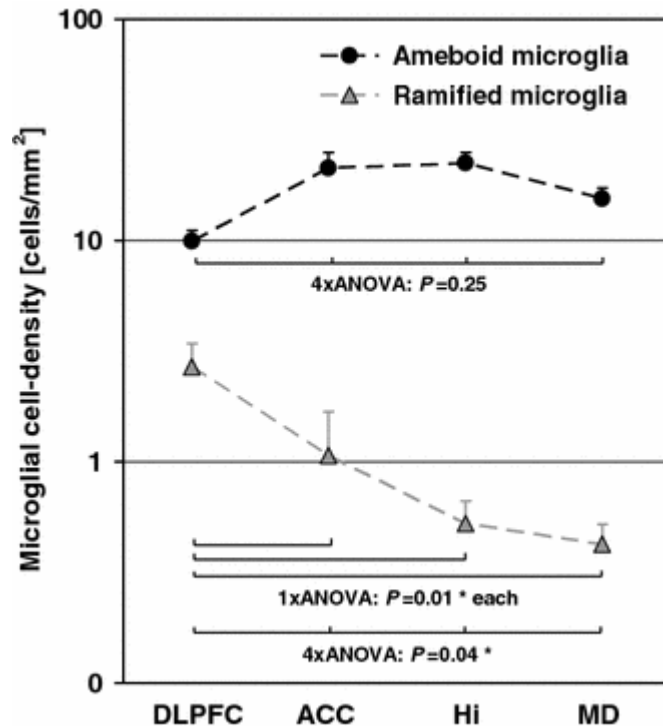
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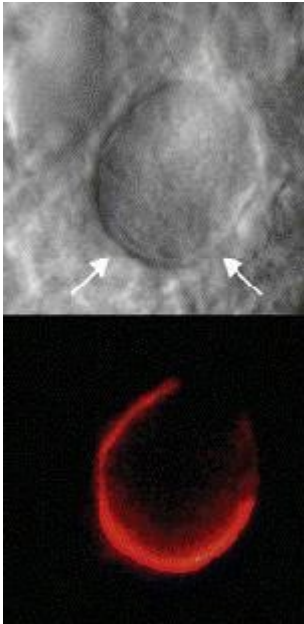
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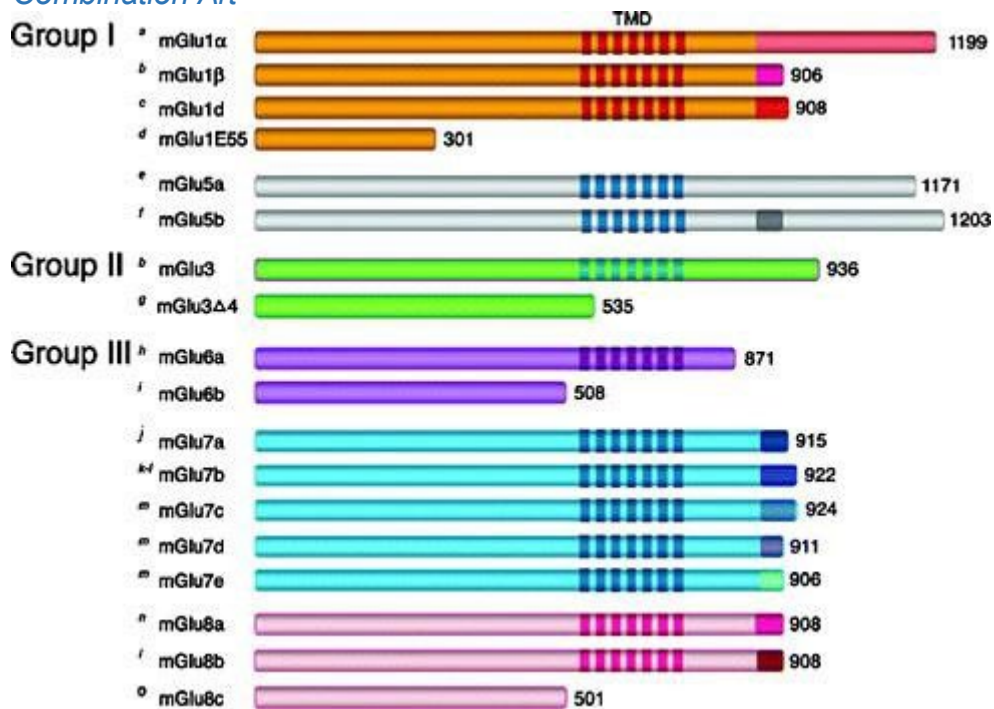
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