Avemar (Wheat Germ Extract) in Cancer Prevention and Treatment

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Many healthy foods are derived from wheat germ. The molecular composition of these products, however, greatly differs as shown by normal-phase HPLC-mass spectrometry analysis; thus, experimental data obtained by one of them is not necessarily true for the other. Avemar is an nontoxic wheat germ extract registered as a special nutriment for cancer patients in Hungary. It shows potent anticancer activity on cell lines by deeply interfering with glucose metabolism and affecting expressions of several kinases. In in vivo experimental models, Avemar is also effective by enhancing the activity of the immune system such as stimulating NK cell activity (by reducing MHC I molecule expression), enhancing TNF secretion of the macrophages, increasing ICAM 1 molecule expression on the vascular endothelial cells. All of these lead to apoptosis of tumor cells. The wide range of biological activity of Avemar probably cannot be explained by only one active ingredient. Since there are numerous experimental data and the clinical benefit repeatedly confirmed Avemar can be one of the most potent and best researched food supplements available for cancer patients.

NUTRITION, NUTRIMENTS, AND CANCER

There is evidence to prove that in the background of cachexia (often co-occurring with cancer), there is a malfunction of energy supply and storage, which lead to considerable weight loss and feeling weak. It is important to note that the decrease of food intake as a result of tumor related anorexia/cachexia does not necessarily influence the growth of the tumor; therefore, no serious diet has proved to be sensible for cancer patients. The tumor is fully capable of supplying itself with energy for its own growth by consuming the substances of the body itself. Thus, both the decrease in food uptake and the tumor’s parasite nature are responsible for the development of the anorexia/cachexia syndrome.

For cancer patients, cachexia represents a predictive factor for survival. The loss of weight by 10% within 6 mo is considered to be critical (1). Patients suffering from such weight loss responded to the treatment to much less an extent than patients with constant or growing body weight. Moreover, the nutritional status exerts deep influence on the activity of the immune system as well.

During the progression of the tumor, patients differ greatly in terms of anorexia and cachexia. For 15–40% of the patients, cachexia is diagnosed at the early stage of the disease and very often in patients who have no other symptoms: just weight loss and feeling weak. The chemotherapy, due to its gastrointestinal toxicity, could contribute to the enhancement of symptoms. A survey showed that 85% of the patients at an advanced stage of the disease suffered from cachexia and anorexia, more than those suffering from pain! It is important to note that there is no positive correlation between weight loss and the size of the tumor. Some patients with relatively small tumors lost substantial weight, whereas others with a big tumor burden never develop cachexia (2).

Finally, data are available to prove that the supply of nutriments does not foster the growth of tumor. Considering all this, it seems that a tumor can ensure its own growth in the body independently of the increase or decrease of food intake. Thus, the role of nutriments in cancer is an important issue. The provision of nutriments should start preferably before the weight loss or straight after it is recognized to avoid or delay the development of cachexia. A nutriment is not expected to suppress tumor growth or to show some other antitumor effect. However, if it does it in a proven and...
reproducible manner, it is a special advantage and can be of great importance.

AVEMAR—A SPECIAL NUTRIMENT FOR CANCER PATIENTS

Avenar is a chemically transformed natural complex of wheat germ molecules (not identical with wheat germ or germinated wheat), which was registered in 2002 as a special nutriment for cancer patients in Hungary. The aqueous powder contains 63.2% fermented extract of wheat germ and drying aids (35% maltodextrin and 1.8% silicon dioxide). The exact chemical composition of the extract is not entirely known. In fact, this is quite usual in the case of natural products. The manufacturing process of Avenar is standardized to 2,6-dimethoxy-p-benzoquinone content (0.4 mg/g on dry matter basis), but there is no data available regarding permanent composition of other constituents in different manufacturing series. The quality of Avenar is controlled by fingerprint chromatography; each batch is compared to the original one used for experimental studies. The GMP manufacturing technology involves extraction of wheat germs, fermentation of the extract by Saccharomyces cervisiae, separation of the fermentation liquid, drying, and granulation. In fact, the manufacturing process is patented (International Application No.: PCT/HU1998/000077).

Avenar is available in pharmacies without prescription. The effects of Avenar are manifold (3–7). On the contrary, it shows no toxicity, mutagenicity, or genotoxicity (8). Moreover, the combination of Avenar with chemotherapeutic agents did not increase the toxicity or reduce antiproliferative activity (9). The role of Avenar in cancer prevention and treatment can be discussed from several aspects.

Molecular Composition of Avenar and Other Wheat Germ Derived Products

Natural extracts typically contain many, often hundreds or thousands, of different molecules. This is the case of Avenar and various other wheat germ derived products. Structural studies on such complex mixtures are usually not directed to determine structure and concentration of each molecular component, as it is mostly unfeasible. There are two typical approaches for characterizing such mixtures. The first is to identify and to quantify certain molecules or molecular types in the extract. This is used when targeting given molecules of biological significance (like resveratrol in wines). The second common approach is to separate the mixture into various fractions and characterize these fractions subsequently. Separation is commonly performed using chromatography. A given fraction is characterized by its retention time, whereas the relative amount of the fractions is characterized by an intensity value (depending on the type of detection, this may be, e.g., absorption of ultraviolet light). The molecular composition of the individual fractions (which may still contain various molecular components) may be characterized, for example, by subsequent spectroscopic analysis.

Current methodologies are often based on an on-line combination of high-performance liquid chromatography (HPLC) with mass spectrometry (HPLC-MS). This allows high separation power and gives structural information on the individual components. These techniques are described in detail in a recent book (10), and these have been used to study the molecular composition of Avenar and other wheat germ derived products.

Altogether, 15 wheat germ derived samples have been studied as shown in Table 1, and three of these were different Avenar batches. Two different analytical approaches have been used, namely, 1) separation of the samples by normal-phase HPLC, followed by mass spectrometric analysis since this method is well suited to isolate the polar molecules present in Avenar; and 2) separation of the samples by reverse-phase HPLC, followed by mass spectrometric analysis, which is well suited to isolate the apolar molecules (11).

The results show that both the polar and the apolar fraction of wheat germ products consist of several hundred different molecules. As an example, the HPLC-MS chromatogram of an Avenar sample is shown in Fig. 1A. Detailed mass spectrometric analysis shows that most peaks in the chromatogram consist of several components.

More significant is the comparison of the molecular composition of different wheat germ derived products. Chromatograms and mass spectra of various products show major differences, whereas the composition of the Avenar batches studied were comparable. For example, the chromatogram of a different wheat germ derived product (a German Weizenkeime sample) under identical conditions is shown in Fig. 1B—indicating large differences in molecular composition compared to Avenar. Characterized by retention time and mass spectra, many different components were identified and quantified. A possible illustration of the variability of the molecular composition of various wheat germ derived products is shown in Fig. 2. This shows the relative amounts of 30 characteristic molecular components identified in the 15 investigated wheat germ derived products. The results clearly show that the composition of various wheat germ derived products is significantly different. Thus, experimental data obtained by one of them is not necessarily true for the other. Bearing this in mind, the most important experimental and clinical effects of Avenar are considered.

Immunological Aspects

After the implantation of skin allografts into mice that had gone through thymus removal, the rejection took much shorter time in the case of mice that had been treated with Avenar than in the case of the control group without Avenar treatment (12). Since the host vs. graft reaction is primarily based on cellular immune response, all this implies an enhanced cellular immune response as a result of Avenar. This is significant because the body’s natural antitumor response is also based on the function of the cellular immune system. The primary antitumor
TABLE 1
Characteristics of the investigated wheat germ derived food supplements

<table>
<thead>
<tr>
<th>Study Code</th>
<th>Product</th>
<th>Manufacturer/Date of Production</th>
</tr>
</thead>
<tbody>
<tr>
<td>BE/01</td>
<td>Nutritional wheat germ</td>
<td>Diamant International Mill Ltd.</td>
</tr>
<tr>
<td>BE/03</td>
<td>Yeast powder (<em>Saccharomyces cerevisiae</em>)</td>
<td>BUDAFOK Yeast and Spirit Stock Company 2003.11.30.</td>
</tr>
<tr>
<td>BE/05</td>
<td>Wheatgrass Capsule</td>
<td>Akvapol Stock Company.</td>
</tr>
<tr>
<td>BE/06</td>
<td>Vollgran Weizenkeime</td>
<td>&lt;DR: GRANDEL&gt; GMBH. 2004.08.01.</td>
</tr>
<tr>
<td>BE/08</td>
<td>Green Wheatgrass Cocktail (Dr. Steinberger)</td>
<td>Dr.-Steinberger Nachf., Unkel, Germany. 2005.05.28.</td>
</tr>
<tr>
<td>BE/10</td>
<td>Manna-rax (Szentgyörgyi powder)</td>
<td>MANNA-RAX Bt. 2004.02.09.</td>
</tr>
<tr>
<td>BE/11</td>
<td>Wheat germ Capsule</td>
<td>Splendor Ltd. 2004.10.28.</td>
</tr>
<tr>
<td>BE/12</td>
<td>Kombucha concentrate containing wheatgrass</td>
<td>Akvapol Stock Company.</td>
</tr>
<tr>
<td>BE/13</td>
<td>Weizenkeime (die naturlische, kraftspendende Zusatznahrung)</td>
<td>Kombucha Hungary Ltd. 2004.03.23.</td>
</tr>
<tr>
<td>BE/15</td>
<td>Immunovet (wheat germ derived animal food supplement)</td>
<td>Biopharma Ltd. 2003.07.</td>
</tr>
</tbody>
</table>

*All products were commercially available and used within the valid warranty period.*

response depends on the activity of the natural killer (NK) cells. The activity of these cells is enhanced by the decreased level of main histocompatibility complex class I (MHC-I) antigens. The presence of MHC-I antigens on the cell surface makes it possible for the immune cells to recognize a cell as “self.” MHC-I antigens can be found on the surface of every cell with a nucleus including the tumor cells. The MHC-I molecule complex contains peptide fragments of endogen proteins dissociated within the cells, which stabilize the link between the MHC-I alpha and beta microglobulin peptide chains. The recognition of the MHC + peptide by the immune cells is considered to be the basic “cognitive” movement of immune reaction. Due to Avemar treatment, the expression of MHC-I molecules has decreased 90% on the surface of Jurkat T cells and 69% on Raji Burkitt lymphatic cells (13). This considerable decrease in the level of MHC-I antigens as a result of the treatment could be the trigger of the NK cells to kill the tumor cells. Moreover, in SLE-induced mice Avemar produced a shift toward Th1 (cellular immunity) response by enhancing IL-2 and IFN cytokine production while reducing Th2 (antibody related) immune response by decreasing IL-4 and IL-10 production (14).

The second important area of natural immune reaction to tumor cells is the activity of macrophages (mononuclear phagocite). Macrophages are present in every organ and tissue, and their task is phagocitoses and to produce biologically active molecules (oxygen radicals and cytokines). The most important of cytokines produced by the macrophages is the TNF-α, the main mediator of antitumor defense, which plays a significant role in local inflammations and adhesive processes. The TNF-α is capable of killing the tumor cells both directly (induction of apoptoses, production of oxygen radicals) and indirectly (retardation of tumor angiogenesis, increase of other antitumor reactions). In human THP-1 myeloid leukemia, Avemar—together with lipopolysaccharide and phorbol myrisil acetate—has increased the TNF-α production in a dose-related manner. The immunoglobulin-like intracellular adhesive molecule (ICAM-1, CD54) has a role in connecting cells and also in the immigration of white blood cells from the blood stream. The most important part of effective immune reaction is the transfer of immune cells to the inflamed area or to the site of the tumor. TNF-α increases the production of ICAM-1 molecules and therefore helps the lymphocytes find their “target.” Avemar by itself can
FIG. 1. Panel A: Total ion chromatogram of an Avermar sample studied by normal-phase HPLC-MS analysis. Panel B: Total ion chromatogram of a German “Weizenkeime” sample studied by normal-phase HPLC-MS analysis.
increase the level of ICAM-1 molecules, and this effect is synergistic to the similar activity that of TNF-α. Therefore, Avemar increases the production of ICAM-1 and may enhance the appearance of white blood cells at the tumor site in a dual way (by itself and by increasing the TNF-α production of macrophages) (15).

**Induction of Apoptosis**

According to current views, the genetic program of a mammal cell determines the whole life cycle of the cell, including differentiation (i.e., the ability of cells to respond to specific ligands), as well as the programmed death of cells. The ligands attached to the receptors on the surface of the cell cause characteristic intracellular cascade of events on the given cell. An information flow or transfer of signals is created by the receptor-ligand link outside the cell triggering the biological effect inside the cell. Such processes of signal transduction control all the functions of the cell, its metabolism, and death. The specific response to any outside stimulus is all controlled by the genes of the cell.

The programmed death of cells (apoptosis) requires the coordinated function of certain genes, and this is exactly how it differs from cell deaths triggered by other causes (e.g., the necrosis of a cell means the collapse of the intracellular metabolism and the disorganized function of the cell). Apoptosis results in typical morphological changes (e.g., chromatin condensation and fragmentation). When the apoptotic cell dies, it does not affect the neighboring cells (cells dying in any other way usually damage the neighboring cells as well). In some tumors, spontaneous apoptosis can be noted, but it can be induced by chemotherapy, radiation therapy, or immune therapy. Therefore, the antitumor therapy can induce apoptosis of cancer cells, killing the tumor without destroying or damaging the neighboring cells.

Avemar-induced apoptosis in several human cell lines including MCF-7 breast cancer (16), Jurkat acute lymphoid leukemia T cell (17, 18), A2058 human melanoma (19), HT-29 colon cancer (20), HL-60 promyelocytic leukemia (21), H9 human lymphoid cell (22), and gastric cancer cell lines (23).

The CD45 is a strongly glycolized receptor that is expressed to a large extent on the surface of the leukocytes and has intracellular phosphatase activity. CD45 has a fundamental role in the intracellular signal transduction of the leukocytes including the apoptosis. Avemar can decrease the CD45 phosphatase activity in Jurkat-T cell lines. Avemar, however, can induce apoptosis in cells that lack in CD45 to the same extent as the parent cell lines. This proves that the apoptosis induction by Avemar does not involve the CD45 system (17). Recent data show that Avemar induces apoptosis of the cells involving the caspase system (18). It is of importance that the induction of apoptosis by Avemar seems to be tumor specific, since in the case of normal peripheral blood mononuclear (PBM) cells, apoptosis does not occur as proven by DNA and FACS analyses. On the other hand Avemar inhibits in dose-related manner the polyclonal mitogen (phytohemagglutinin) induced PBM cell proliferation. This serves as evidence that Avemar-induced inhibition of cell proliferation and the induction of apoptosis have different mechanisms.

Avemar was examined in Jurkat cell lines also with regard to intracellular calcium concentration. As a result of Avemar treatment, an early and transient increase in intracellular calcium concentration occurs. This observation can be explained by the enhanced influx of extracellular calcium into the cells, since in the presence of calcium chelator EGTA Avemar does not alter the intracellular calcium concentration. It is of interest that the Avemar-induced increase of intracellular calcium concentration precedes both the reduction of expression of the MHC-I molecules and the induction of apoptosis (17).

**Glucose Metabolism**

The genetic program also determines the metabolic capacity of a cell and also its unique characteristics (metabolic profile), as all this depends on the differentiation of the cell. The knowledge of the metabolic profile of cells and the analysis of the changes induced by certain stimuli become the basis for pharmaceutical research and development. The investigation of the metabolic profile of normal and tumor cells and the measurement of the metabolic changes have contributed significantly to the discovery of unknown therapeutic targets as well as to the development of new antitumor agents. The metabolic profile of the Avemar treated and untreated pancreatic adenocarcinoma cell lines was investigated and compared to each other in MIA cell line (24). Cells were incubated with C13 isotopic labeled glucose, and the intracellular sugar metabolism was followed.
Since the carbon atoms of sugar are used in the synthesis of different types of molecules (such as ribose, fatty acids, etc.), the measurement of the amount of isotopic labeled molecules (by gas chromatography and mass spectrometry) provide a method for exact follow-up of the glucose metabolism pathways. The results of these measurements were very noteworthy. Avemar inhibited the glucose uptake of the cancer cells in a dose-related fashion as well as influenced the metabolic pathways of glucose. Namely, Avemar decreased the messenger and ribosomal RNA synthesis and at the same time enhanced the pentose cycle and fatty acid synthesis. The tumor cells primarily need sugar as the source of energy for cell division; therefore, Avemar can reduce the proliferation activity of the cancer cells by reducing the sugar uptake. To maintain the cell functions, the cells require continuous protein synthesis, which is mediated by messenger and ribosomal RNA synthesis. By reducing the available sugar for the synthesis of these nucleic acids (the intracellular sugar is redirected to the enhanced pentose cycle and fatty acid synthesis), Avemar can deeply influence the intracellular metabolism of tumor cells. In other words, Avemar can “pinch” the sugar from the nucleic acid synthesis, leading to reduced chances for survival of the tumor cells. These are direct effects of Avemar on cancer cells and do not require the contribution of the immune system. The inhibition of the use of glucose within the cells is one of the main features of the recently developed anticancer agent Gleevec (Bcr/Abl tyrosine kinase inhibitor) too (25). According to a recent study, Avemar inhibits the glucose-6-phosphate dehydrogenase and transketolase enzyme activity in a dose-dependent way. Since these are the key enzymes of the synthesis of ribose molecules required for the sugar-phosphate chain of the nucleic acids, this observation can further explain the inhibition of nucleic acid synthesis by Avemar. Moreover, Avemar dose and time dependently inhibits two other important enzymes of glucose metabolism such as hexokinase and lactate dehydrogenase, showing significant influence on glucose metabolism (18). Recent report shows that Avemar reversed glucose intolerance in rats fed a high-fat/high-carbohydrate diet (7).

In Vivo Experimental Models

Avemar significantly enhanced the antime...
WHEAT GERM EXTRACT IN CANCER PREVENTION AND TREATMENT

In the case of colorectal cancer, 185 ± 104 liver metastases developed (average ± SD [SEM]), but this was decreased to 16 ± 17, 41 ± 34, and 2 ± 4 in the case of 5-FU, Avemar, and 5-FU + Avemar, respectively (19).

In the case of transplanted estrogen receptor positive (ER+) mouse mammary carcinoma Avemar proved to be equally effective as standard endocrine treatments (tamoxifen, exemestan, anastrasol). This result was confirmed in the case of human xenograft (T47/D) as well. Moreover, the efficacy of Avemar was independent from estrogen receptor expression since Avemar was equally effective in ER+ (T47/D and ER– (MDA-MB-231) human xenografts, namely, the inhibition of tumor growth was 49% and 52%, respectively (26).

Other Experimental Data

Avemar inhibited azoxymethane induced chemical carcinogenesis in F344 rats. In fact, both the percentage of animals developing colon cancer (83.0% vs. 44.8%; P < 0.001) and the number of tumors per animal [2.3 ± 0.21; range = 1–8 vs. 1.3 ± 0.17; range = 1–3 (as expressed as mean ± SEM)] were reduced significantly when azoxymethane was applied concomitantly with Avemar and compared to the carcinogen agent alone (27).

Avemar induces changes in the kinase expression panel of cells. In K562 human leukemia cells, changes in kinase expression was declared when Avemar treatment resulted in a twofold change in mRNA copy number and the SD of the 3 parallel samples was relatively small (2 × STDEV = AVERAGE). More than 500 kinase genes were studied (Kinase OpenArray™); 16 and 30 of them were found to be decreased and increased, respectively. Many of the kinases in which expression was altered are known to participate in signal transduction, apoptosis, cell migration, or regulation of cell cycle (28).

Clinical Data

There are 4 completed clinical studies investigating Avemar in cancer patients. In an open-label cohort trial, colorectal cancer patients were enrolled who received standard oncology treatment. In fact, 104 patients served as control and 66 patients

FIG. 4. The effect of Avemar on the proliferation of human tongue squamous cell carcinoma cells (SCC-9) using MTT assay. SCC-9 cell cultures were treated with increasing doses of Avemar for 24 h as indicated on the x-axis; their viability and proliferation were determined by formazan dye uptake and expressed as percent of untreated control cell proliferation. The MTT assay was carried out as triplet measurements in 4 sessions on 2 independent occasions. Bar represents the standard error of the mean; **, P < 0.01; ***, P < 0.001 (1-sample t-test).
were also receiving Avemar (9 g once daily). The results showed significantly enhanced survival and reduced metastases formation in the Avemar treated group even though the prognostic factors of the patients were worse in this arm. This result, however, should be interpreted with caution, since patient allocation in the treatment groups were not made by proper randomization (29). In another prospective randomized study, 42 stage III melanoma patients participated after radical removal of the primary tumors and the regional lymph-node metastases. Following 4 courses of DTIC treatment, patients were randomly allocated to either receiving 1 yr treatment of Avemar (19 pts) or just observation (23 pts). Time to relapse and the estimated 1-yr survival in the Avemar treated and control groups were 8.9 and 4.2 mo and 54.5% and 38.9%, respectively (30). After a 7-yr-long follow-up period of the treated patients, log-rank analysis still showed significant differences in favor of Avemar group regarding both progression free survival (PFS) and overall survival (OS). Namely, mean PFSs were 55.8 mo vs. 29.9 mo, and the mean OSs were 66.2 mo vs. 44.7 mo in the Avemar and control groups, respectively (31). In the third study, a cohort of 55 evaluable head and neck cancer patients were studied. They were assigned to two groups; both were treated with adequate anticancer therapy, but one of them also received Avemar for 2 mo (26 patients). The oxidative stress was measured at entry and after 2 mo. Avemar (9 g once daily below 80 kg body weight and twice daily above) significantly decreased oxidative stress and increased quality of life (32). The last open-label and matched-pair study was carried out in pediatric cancer patients. Eleven pairs of patients were compared regarding the incidence of treatment related febrile neutropenia. Although no progression on the malignancy was observed in any patients, the incidence of febrile neutropenia differed significantly in favor of the Avemar group (altogether 121 chemotherapy cycles) compared to the control group (altogether 106 chemotherapy cycles) treated with identical chemotherapy regimens but not receiving Avemar. The difference was significant (24.8% vs. 43.4%, P < 0.05). The investigational group of patients received 6 g/m² Avemar twice daily (33).

CONCLUSION

Wheat (*Triticum vulgare*) is one of the most important staple food stock in certain regions of the world. The germ of the wheat is usually removed in the milling process to yield flour but retained in whole-wheat products. The germ is rich in certain vitamins including vitamin E and biologically active molecules such as benzoquinones. Wheat germ is not known to pose any health hazard since it has been part of the human diet for centuries. The molecular composition of fermented wheat germ extract (Avemar) is unique and largely different from other wheat derived food supplements. The mass spectra of different batches of Avemar is, however, comparable. Thus, data obtained by applying Avemar are unlikely to be true for other wheat germ derived products. In addition, Avemar showed no toxicity in different tests or clinical trials. On the other hand, experimental studies have shown many effects including immunologic, cytotoxic, metabolic, and signal transduction. These effects lead to the inhibition of tumor cell proliferation and increase survival of tumor-bearing animals. Although Avemar influenced the expression of several kinases in the K562 human leukemia cell line, it did not alter the expression of p53, Ki67, and NF-κB in the SCC-9 human squamous cell line. Avemar alters the glucose metabolism of cancer cells in several ways such as reducing glucose uptake, shifting the use of glucose derived carbon atoms from ribose synthesis to pentose cycle and fatty acid synthesis, and inhibiting key enzymes of glucose metabolism. All of these lead to reduced nucleic-acid synthesis in tumor cells. Avemar also exerts beneficial effects on the immune system. It enhances the activity of the NK cells by reducing the amount of MHC-I molecules on the cell membrane. It increases the TNF secretion by macrophages and enhances the expression of ICAM-1 molecules in the vascular endothelial cells, helping white blood cells to leave the vascular system at tumor site. The fact that Avemar reduces the effect of a chemical carcinogen might be a special advantage to patients concerning the carcinogen effect of chemotherapeutic agents. Avemar induces apoptosis, as observed in several tumor cell lines, but it is still not verified whether this is a direct or an indirect effect. Finally, the antitumor activity observed in cell lines is also observed in in vivo experiments. The reduction of metastasis formation by the combination of Avemar and cytotoxic agents seems especially noteworthy. However, the precise mechanism of action of Avemar is still not entirely clarified, but a complex mechanism of action is envisioned with probably more than one active ingredient. Since benefits were observed in small clinical trials, further large scale, double blind, randomized, and placebo-controlled clinical studies are warranted.

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REFERENCES


