



CURRICULUM VITAE

Name: Per Bendix Jeppesen

Nationality: Danish

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Date of birth: 260566

Professional qualifications:

Cand. Scient (M. Sc.), Aarhus University 1997. Master thesis. Title: “The effect of the diterpene glucoside stevioside and the aglucon steviol, on the endocrine pancreas”

Research Fellow, The Faculty of Health Sciences, Aarhus University, Department of Endocrinology and Metabolism C, Tage-Hansens Gade 2, DK-8000 Aarhus C, Denmark 1998.

Ph.D degree in Medicine: The Faculty of Health Sciences, Aarhus University. Title of the Ph.D-thesis: “The diterpene glycoside, stevioside, a potential useful drug in the treatment of type 2 diabetes and the metabolic syndrome, 2002.

Assistant Professor, The Faculty of Health Sciences, Aarhus University, Department of Endocrinology and Metabolism C, Tage-Hansens Gade 2, DK-8000 Aarhus C, Denmark , 2002.

Associate Professor, The Faculty of Health Sciences, Aarhus University , Department of Endocrinology and Metabolism C, Tage-Hansens Gade 2, DK-8000 Aarhus C, Denmark , 2005-

Member of the steering committee of The Latin American Center, University of Aarhus (LACUA) from nov.2007.

Honorary member of the European Stevia Association (EUSTAS), Full Voting member, since 2009. Board member of the Diabetes and Nutrition Study Group (DNSG) of the European Association for the study of Diabetes (EASD) since 2010.

Member at the Editorial Board of the International Journal: The Review of Diabetic Studies since Dec. 2007-2012 and Nutrients since 2020.

Clinical project leader for the MAXVEG project (FØSU 2009)

Member of the Education Committee and working group (MEF) for Molecular Nutrition and Food Technology, Science.

Member of Aarhus University, AU Research and Talent for Health, to initiate research collaboration between Danish and Brazilian Universities established 2013.

Plan manager of the animal stables on Diabetes and Hormone Diseases - Medical Research Laboratory, Aarhus University Hospital, Skejby. 2014.

Clinical project leader for the Innosweet Project. 2017(6150-00037A).

Clinical project leader GUDP (34009-17-1274) ”ProBioWheatgrass, 2017

Visiting Professor at Guangdong pharmaceutical University, Guangzhou, China, 2019-

Scientific adviser and collaborator: Sierra Maestra project, Ministry of Health, Cuba. 2019-

Clinical Manager, PulmoPharma ApS – 2009-



Research experience abroad:

The Faculty of Pharmaceutical, Federal University of Bahia, Brazil, 1991-92. Pre-Master Thesis.
Title: “General fytochemisk analyse og kromosom undersøgelse af medicinalplanten Stevia rebaudiana Bertoni”

The Faculty of Pharmaceutical, University of Caracas, Venezuela, 1997.

The Faculty of Pharmaceutical, Federal University of Bahia, Brazil, 1997.

Department of Laboratory Medicine, Ehime University School of Medicine, Japan, 1998-99.

Head Diabetes Unit, National University of Asuncion, Paraguay, 2000

Head Diabetes Unit, National University of Asuncion, Paraguay, 2002

Clinical Management Leader for the Danish-Paraguayan Stevia study on type 2 diabetic patients.
Supported and financed by DANIDA (RUF), Denmark. 2003-5.

Guangdong Pharmaceutical University, Guangzhou, China, 2019-

Sierra Maestra project, Ministry of Health, Cuba. 2019-

Teaching experience:

- Special courses for dieticians at Aarhus University, subject: “Human physiology” , Denmark, 1999.
- University of Southern Denmark, Faculty of Biology. Course: “Natural products in biomedical”2000-2001.
- Pass the course “ University pedagogic for Assistant Prof. and supervisors” 2004.
- External Consultant, Co-organiser at Novo Nordisk A/S - Light House Programme 2004.
- PhD-course, Aarhus University, Faculty of Health Sciences, Organiser and teacher: Title Molecular and Cellular Endocrinology. 2008, 2010 and 2012.
- Teacher and co-organiser in M.Sci courses “ Bioactive Food Component and Functional Foods” in the education Molecular Nutrition and Food technology – Aarhus University. Since 2008-
- Teacher and co-organiser in M.Sci courses “Advanced Molecular Nutrition” in the education Molecularly Nutrition and Food technology – Aarhus University. Since 2008-
- Teacher and co-organiser in M.Sci courses “Special Nutrition on” in the education Molecular Nutrition and Food technology – Aarhus University. Since 2009-
- Organizer of SYSDIET Symposium (The Nordic Centre of Excellence: System Biology in Dietary Intervention and Cohort Studies), Aarhus University: Use of animal models for pathophysiological and nutrigenomic research, November, 2010.
- Organizer of Stevia Symposium, Landbo Nord, Vrå Højskole. 2009 and 2010.
- Organizer of SYSDIET Symposium (The Nordic Centre of Excellence: System Biology in Dietary Intervention and Cohort Studies), Aarhus University: Use of animal models for pathophysiological and nutrigenomic research, November, 2010.
- Chairman:4th Stevia Symposium (EUSTAS)- 2010, Leuven, Belgium
- Chairman:6th Stevia Symposium (EUSTAS)- 2012, Leuven, Belgium
- Chairman: 30th International Symposium on Diabetes and Nutrition- June 2012, Athens, Greece.



- Organizer of the DNSG Symposium (Diabetes Nutrition Study Group) a part of EASD, at Skagen, Denmark 19-22 June- 2017.

Scientific reviewer (Selected):

- **Member at the Editorial Board of the International Journal:**
- **The Review of Diabetic Studies from Dec. 2007-2019**
- **Editor for the journal “Nutrients” since 2020, Board member Nutrition 2023**
- Science Foundation Ireland – Basic Research Grant Programme
- Journal of Agricultural and Food Chemistry
- Am. J. Physiol. Endocrinol. Metab.
- Clinical Chemistry
- Rev Diabet Stud
- Journal of Applied Physiology
- Diabetes, Obesity and Metabolism
- Evidence-Based Complementary and Alternative Medicine
- PLoS One.
- Diabetes
- European Journal of Clinical Nutrition
- Journal of Herbal Medicine
- International Journal of Molecular Sciences
- International Journal of Environmental Research and Public Health

Professional résumé:

Publications, patents, advisory functions and collaboration: PhD-Supervisor: Served as primary supervisor or co-supervisor for 17 PhD dissertations 16 defended, and 22 M.Sci. 127 publications out of these 13 patents. More than 150 oral presentations and posters presented at international scientific meetings, symposiums and congresses and 40 popular papers. Scientific reviewer for more than 25 international journals.

Awards:

- I)** Winner of best poster presentation on the third Ph.D-day, the Faculty of Health Science, University of Aarhus 1998.
- II)** Winner of 3rd best poster presentation on the fourth Ph.D-day, The Faculty of Health Science, University of Aarhus, 2000.
- III)** Winner of 3rd best poster presentation on the fifth Ph.D-day, The Faculty of Health Sciences, University of Aarhus, 2001.
- IV)** Award at the Aventis Diabetes og Hjertekar Symposium, 2001, Munkebjerg Hotel, Vejle, DK.
- V)** Award at the 20th International Symposium on Diabetes and Nutrition, 2002, Samos, Greece.
- VI)** Award best presentation at 2nd World Conference on Sugar & Salt Reduction Strategies 2013, Paris, France 2013.
- VII)** Award. Winner of European Food Venture Forum- 2013, Aarhus Denmark

Guest lectures:

- I) University of Southern Denmark, Faculty of Biology. Subject: Traditional Plant-medicine in the treatment of type 2 diabetes 2000 and 2001



- II) The Annual IDDC-meeting .Hotel Normandy, Paris, France. Subject: Stevioside – a potential antidiabetic agent. May 2001.
- III) Federation of European Biochemical Societies, Dublin City University, Dublin, Ireland. Subject: Drug discovery. Sept. 2002.
- IV) Sociedad Paraguaya de Diabetologia , Hotel Excelsior, Asuncion, Paraguay.“ Nuevas alternativas en el tratamiebto de la Diabetes Mellitus Tipo 2” Maj 2003.
- V) Katholieke Universiteit Leuven, Faculty of Functional Biology, Belgien: “Stevioside as a potential useful drug in the treatment of type 2 diabetes and the metabolic syndrome”, April 2004.
- VI) Nederlandse Vereniging voor Fytotherapie, Hotel Oud London, Zeist Holland: “Can stevioside be a new useful drug in the treatment of type 2 diabetes and the metabolic syndrome?”, May 2005.
- VII) The 1. th International Stevia Meeting, Asuncion, Paraguay “Can stevioside be a new useful drug in the treatment of type 2 diabetes and the metabolic syndrome?”; 17-18 August 2005.
- VIII) The 2nd International Stevia Symposium, November 9-10, Asunción – Paraguay “new aspects of the components of Stevia in type 2 Diabetes”. November 9-10, 2007.
- IX) The 2nd Stevia symposium of the European Stevia Association , Leuven – Belgian, june 2008 “ Stevia components improve glucose homeostasis in Type 2 Diabetes? - A new promising drug”
- X) VI SIMPOSIO INTERNACIONAL DE KA´A HE’Ë – STEVIA, 13 y 14 de Noviembre de 2012, Asuncion, Paraguay. ” Stevia and its impact on Health Food or Medicine”.
- XI) Federal University of Rio de Janeiro, Brazil, Faculdade de Medicina, 8 Nov. 2013. “Stevia and its impact on Health”.
- XII) Federal University of Bahia, Brazil, Faculty of Pharmacy. March 2013.” Stevia and its impact on Health Food or Medicine”.
- XIII) University of São Paulo, Instituto de Ortopedia e Traumatologia, Hospital das Clinicas da Faculdade de Medicina da Universidade de São Paulo. Nov. 2013 “.” Stevia and its impact on Health Food or Medicine”.
- XIV) University of São Paulo (USP) – Piracicaba Campus, Department of Agro-food Industry, Food and Nutrition. Nov 2013. “Novel beneficial effect a bioactive compound from plants – Food or Medicine ?”
- XV) Guangdong Pharmaceutical University, Guangzhou, China, 2019. “The healthy beneficial effects of plant based bioactive compounds”
- XVI) Sierra Maestra project, Ministry of Health, Cuba. 2019.” Stevia and its impact on health Food or Medicine ?”

Memberships:

European Association of the study of Diabetes (EASD)

Danish Endocrine Society (DES)

European Scientific Cooperative on Phytotherapy

Dansk selskab for Fytoterapi (DAN-Fyt)

Honorary member of the EUSTAS, Full Voting member, 2009

The International Stevia Association (ISA) (Co-founder and board member)

Member of the DNSG committee for the new diet recommendations for diabetes patients 2014 -



Selected publications:

- I) **Jeppesen P B**, Gregersen S, Poulsen C R, Hermansen K. Stevioside acts directly on the pancreatic beta-cell to secrete insulin: Actions independent of cAMP and ATP-sensitive K-channel activity. *Metabolism* 49(2), pp 208-214, 2000.
- II) **Jeppesen P B**, Gregersen S, Alstrup K K, Hermansen K. Stevioside induces antihyperglycaemic, insulinotropic and glucagonostatic effects in vivo: Studies in the diabetic Goto-Kakizaki (GK) rats. *Phytomedicine*, Vol. 9(1):9-14, 2002.
- III) **Jeppesen P B**, Gregersen S, Rolfsen SED, Jepsen M, Colombo M, Agger A, Xiao J, Kruhøffer M, Ørntoft T and Hermansen K. Anti-hyperglycemic and blood pressure-reducing effects of stevioside in the diabetic Goto-Kakizaki (GK) rat. *Metabolism*, Mar;52(3):372-8, 2003.
- IV) Gregersen S, Thomsen JL, **Jeppesen PB**, Alstrup KK, Brock B, Pedersen SB, Kristensen K, Hermansen K. Impact of dietary FA and energy restriction on plasma leptin and ob gene expression in mice. *Lipids*, May;38(5):513-7, 2003
- V) Gregersen S, **Jeppesen PB**, Holst JJ, Hermansen K. Acute effects of the diterpene glucoside, stevioside, in type II diabetic patients. *Metabolism*, vol 53, no 1:73-76, 2004.
- VI) Reziwanggu Abudula, **Per Bendix Jeppesen**, Stig Eric D Rolfsen, Jianzhong Xiao, Kjeld Hermansen Rebaudioside A potently stimulates insulin secretion from isolated mouse islets: Studies on the dose-, glucose- and calcium-dependency. *Metabolism Oct ; 53 (10): 1378-81, 2004*
- VII) Hong J, Abudula R, Chen J, **Jeppesen P B**, Rolfsen S E D, Xiao J, Colombo M, Hermansen K. The short-term effect of fatty acids on glucagon secretion is influenced by their chain length, spatial configuration, and degree of unsaturation. *Studies in vitro. Metabolism*, 54(10): 1329-1336, 2005.
- VIII) Dyrskog S E U, **Jeppesen P B**, Colombo M, Abudula R, Hermansen K. Preventive effects of a soy-based diet supplemented with stevioside on development of the metabolic syndrome and type 2 diabetes in Zucker diabetic fatty rats. *Metabolism*, ; 54(9): 1181-1188, 2005
- IX) Colombo M, Gregersen S, Kruhoeffter M, Agger A, Xiao J, **Jeppesen P B**, Ørntoft T, Ploug T, Galbo H, Hermansen K. Prevention of hyperglycemia in Zucker diabetic fatty rats by exercise training: effects on gene expression in insulin-sensitive tissues



determined by high-density oligonucleotide macroarray analysis. *Metabolism* 54: 1571-81, 2005

- X) Colombo M, Kruhøffer M, Gregersen S, Agger A, **Jeppesen P B**, Ørntof T, Hermansen K. Energy restriction prevents the development of type 2 diabetes in Zucker diabetic fatty rats: coordinated patterns of gene rpression for energy metabolism in insulin-sensitive tissues and pancreatic islets determined by oligonucleotide microarray analysis. *Metabolism*, 55: 43-52, 2006
- XI) Dyrskog S E U, **Jeppesen P B**, Chen J, Christensen L P, and Hermansen K. The diterpene glycoside, Rebaudioside A, does not improve the glycemic control or affect the blood pressure after long-term treatment in the Goto-Kakizaki rat. *The Review of Diabetes studies*, 2: 84-91, 2005.
- XII) Chen J, **Jeppesen P B**, Abudula R, Dyrskog S E U, Clombo M, Hermansen K. Stevioside does not cause increased basal insulin secretion or beta-cell desensitization as does the sulphonylurea, glibenclamide: *Studies in Vitro. Life Science*, 6; 78 (15): 1748-53, 2006
- XIII) Hong J, Chen Li, **Jeppesen P B**, Nordentoft I, Hermansen K. Stevioside counteracts the alpha cell hypersecretion caused by long-term palmitate exposure. *Am. J Physiol. Endocrinol Metab.* 290(3): 416-22, 2006.
- XIV) Chen J, **Jeppesen P B**, Nordentoft I, Hermansen K. Stevioside counteracts the glyburide-induced desensitization of the pancreatic beta-cell function in mice: *Studies in vitro. Metabolism* 55: 1675-80, 2006.
- XV) O'Driscoll L, Gammell P, McKiernan E, Ryan E, **Jeppesen P B**, Clynes M. Phenotypic and gene expression changes between low (glucose-responsive) and High (glucose non-responsive) MIN-6 beta cells. *J. Endocrinology* Dec;191(3):665-76, 2006.
- XVI) Dowling P, O'Driscoll L, O'Sullivan F, Dowd A, Henry M, **Jeppesen PB**, Meledy P, Clynes M. Proteomic screening of glucose-responsive and glucose non-responsive MIN-6 beta cells reveals differential expression of proteins involved in protein folding, secretion and oxidative stress. *Proteomics* Dec;6(24): 6578-87, 2006.
- XVII) Chen J, **Jeppesen P B**, Nordentoft I, Hermansen K. Stevioside Counteracts Beta-Cell Lipotoxicity without Affecting the Acetyl CoA Carboxylase. *Rev Diabet Stud.* 3:178-188, 2006.
- XVIII) **Jeppesen P B**, Rolfsen S E D, Agger A, Gregersen S, Colombo M, Xiao J, Hermansen K. Can stevioside in combination with a soy-based dietary supplement be a new useful



- treatment of type 2 diabetes? An in vivo study in the diabetic goto-kakizaki rat.. Rev Diabet Stud. 3, 189-199, 2006.
- XIX) Hong J, **Jeppesen PB**, Nordentoft I, Hermansen K: Fatty acid induced effect on glucagon secretion is mediated via fatty acid oxidation. Diabetes/Metabolism Research and Reviews. 23:202-210, 2007.
- XX) Chen J, **Jeppesen P B**, Nordentoft I, Hermansen K. Stevioside Improves Pancreatic Beta-Cell Function during Glucotoxicity via Regulation of Acetyl-CoA Carboxylase. Am. J Physiol. Endocrinol Metab, 292 (6): 1906-16, 2007.
- XXI) Nordentoft I, **Jeppesen P B**, Nielsen A L, Jørgensen P, Hermansen K. Expression Analysis of cPLA2 Alpha Interacting TIP60 in Diabetic KKAY and Non-Diabetic C57BL Wild-Type Mice: No Impact of Transient and Stable TIP60 Overexpression on Glucose-Stimulated Insulin Secretion in Pancreatic Beta-Cells. Rev Diabet Stud. 4(3):147-58, 2007
- XXII) Nordentoft I, **Jeppesen P.B.**, Hong J., Abudula R., Hermansen K. Isosteviol increases insulin sensitivity and changes gene expression of key insulin regulatory genes and transcription factors in islets of the diabetic KKAY-mouse. Diabetes, Obesity and Metabolism. 10 (10): 939-49, 2008.
- XXIII) Abudula R, Matchkov V V, **Jeppesen P B**, Nilsson H, Aalkjær C, Hermansen K. Rebaudioside A directly stimulates insulin secretion from pancreatic beta cells: a glucose-dependent action via inhibition of ATP-sensitive K⁺-channels. Diabetes, Obesity and Metabolism. 10 (11): 1074-85, 2008.
- XXIV) Hong J, **Jeppesen P B**, Hermansen K. Effects of elevated fatty acids and high glucose levels on pancreatic islets. Diabetes, Obesity and Metabolism 11(4):397-404, 2008
- XXV) Nordentoft I, **Jeppesen P.B.**, Hong J., Abudula R., Hermansen K. Increased insulin sensitivity and changes in the expression profile of key insulin regulatory genes and beta cell transcription factors in diabetes KKAY-mice after feeding with a soy bean protein rich diet high in isoflavone content. J. Agric. Food Chem. 56 (12): 4377-85, 2008.
- XXVI) Liu Z, **Jeppesen P B**, Gregersen S, Chen X, Hermansen K. Dose- and Glucose-dependent effects of amino acids on insulin secretion from isolated mouse islets and clonal INS-1E beta-cells. Rev. Diabet. Stud. 5(4): 232-44, 2008.
- XXVII) Bertram H C, **Jeppesen P B**, Hermansen K. An NMR-based metabolomic investigation on effects of supplementation with Isosteviol or soy protein to diabetic KKAY mice. Diabetes, Obesity, and Metabolism, ;11(10):992-5, 2009.



- XXVIII) Hong J, **Jeppesen P B**, Hermansen K. Effects of elevated fatty acid and glucose concentrations on pancreatic islets function in vitro. *Diabetes, Obesity and Metabolism*. Vol. 11, 4: 397-404, 2009.
- XXIX) Rani S, Mehta J P, Barron N, Doolan P, **Jeppesen P B**, et al. Decreasing Txnip mRNA and protein levels in pancreatic MIN6 cells reduces reactive oxygen species and restores glucose regulated insulin secretion. *Cell Physiol. Biochem*. 25(6): 667-74, 2010.
- XXX) Hennessy E, Clynes M, **Jeppesen P B**, O'Driscoll L. Identification of microRNA with a role in glucose stimulated insulin secretion by expression profiling of MIN6 cells. *Biochem Biophys Res. Commun* 28;396(2):457-62, 2010.
- XXXI) Liu Z, Luo Y, **Jeppesen PB**, Gregersen S, Hermansen K. Amino acid-induced gene expression profiling in clonal Beta-cell line. *Diabetes Metab Res Rev* 27 (2): 120-76, 2011.
- XXXII) Chen X , Hermansen K, Xiao J, Bystrup S K, O'Driscoll L, **Jeppesen P B**. Isosteviol Has Beneficial Effects on Palmitate-Induced α -Cell Dysfunction and Gene Expression. *PLoS One*. 7(3):e34361, 2012.
- XXXIII) Sandvei, M, **Jeppesen, P B**, Støen L , Litleskare S, Johansen E, Stensrud T, Enoksen E, Hautala A, Martinmäki K, Kinnunen H, Tulppo M Jensen J. Sprint interval running increases insulin sensitivity in young healthy subjects. *Archives Of Physiology And Biochemistry*. *Arch Physiol Biochem Jul*;118(3):139-47, 2012.
- XXXIV) Chen X, **Jeppesen P B**, Hermansen P B. Impact of glucagon-like peptide-1 (7-36) amide, isosteviol and 5-aminoimidazole-4-carboxamide 1- β -d-ribofuranoside on leucine-mediated α -cell dysfunction. *Diabetes, Obesity and Metabolism*. 14(11):1020-31, 2012.
- XXXV) Liu Z, **Jeppesen P B**, Gregersen S, Larsen L B, Hermansen K. Chronic Exposure to Leucine in vitro Induces β -Cell Dysfunction in INS-1E Cells and Mouse Islets. *Journal of Endocrinology*. 215(1):79-88, 2012.
- XXXVI) Bertram HC, Larsen L B, Chen X and **Jeppesen P B**. Impact of high-carbohydrate diets on liver metabolism studied in rat model with a systems biology approach. *J. Agric Food Chem*. 18; 60 (2): 676-84, 2012.
- XXXVII) Correia M, Neves-Petersen M T, **Jeppesen P B**, Gregersen S, Petersen S B. UV-light exposure of Insulin: pharmaceutical implications upon covalent insulin dityrosine dimerization and disulphide bond photolysis. *PLoS One*, 2012;7(12):e50733. doi: 10.1371/journal.pone.0050733.
- XXXVIII) Hartvigsen ML, **Jeppesen PB**, Lærke HN, Njabe EN, Knudsen KE, Hermansen K. Concentrated arabinoxylan in wheat bread has beneficial effects as rye breads on glucose



and changes in gene expressions in insulin-sensitive tissues of Zucker diabetic fatty (ZDF) rats. *J Agric Food Chem.* 2013 May 29;61(21):5054-63.

- XXXIX) Brader L, Bjørnshave A, Christensen L P, Jeppesen P B and Hermansen Kjeld. Polyphenol-Rich bilberry ameliorates total cholesterol and LDL-cholesterol when implemented in the diet of Zucker diabetic fatty rats. *The Review of Diabetic Studies* . 10 (4):270-83, 2013.
- XL) Yang WC, Nammi S, **Jeppesen PB**, Cho WC. Complementary and alternative medicine for diabetes. *Evid. Based Complement Alternat Med.* 2013;2013:831068. doi: 10.1155/2013/831068. Epub 2013 Oct 3.
- XLI) Gregersen S, Bystrup S, Overgaard A, Jeppesen P B, Søndergaard Thorup A C, Jensen E and Hermansen K. Effects of whey protein on glucose metabolism in normal Wistar rats and Zucker diabetic fatty (ZDF) rats. *Review of Diabetic Studies.* 10 (49): 252-69, 2013.
- XLII) Bhattacharya S, Oksbjerg N, Young JF, **Jeppesen PB**. Caffeic acid, Naringenin and Quercetin enhance glucose stimulated insulin secretion and glucose sensitivity in INS-1E cells. *Diabetes Obes Metab.* 2014 Jul;16(7):602-12 doi: 10.1111/dom.12236. Epub 2013 Dec 2.
- XLIII) Thorup A C, Gregersen S, **Jeppesen P B**. Ancient wheat diet frlays diabetes development in a Type 2 Diabetes animal model *Rev Diabet Stud.* 2014 Fall-Winter;11(3-4):245-57Rev. doi: 10.1900/RDS.2014.11.245. Epub 2015 Feb 10.
- XLIV) Thorup A C, Lambert M N, Kahr H S, Bjerre M, **Jeppesen P B**. Intake of a novel red clover supplementation for 12-weeks improves bone status in healthy menopausal women. *Evid Based Complement Alternat Med.* 2015;2015:689138. doi: 10.1155/2015/689138
- XLV) Madsen S M, Thorup A C, Overgaard K, **Jeppesen P B**. High intensity interval training improves glycaemic control and pancreatic β cell function of type 2 diabetes patients. *PLoS One.* 2015 Aug 10;10(8):e0133286. doi: 10.1371/journal.pone.0133286.
- XLVI) Madsen S M, Thorup A C, Overgaard K, Bjerre M, **Jeppesen P B**. Functional and structural vascular adaptations following 8 weeks of low volume high intensity interval training in lower leg of type 2 diabetes patients and individuals at high risk of metabolic syndrome. *Arch Physiol Biochem.* 121(5): 178-186, 2015. DOI: 10.3109/13813455.2015.1087033.
- XLVII) Madsen S M, Thorup A C, Bjerre M, **Jeppesen P B**. Does 8 weeks of strenuous bicycle exercise improve diabetes-related inflammatory cytokines and free fatty acids in



type 2 diabetes patients and individuals at high-risk of metabolic syndrome? Arch Physiol Biochem. 121(4): 129-138, 2015 DOI: 10.3109/13813455.2015.1082600.

- XLVIII) Mellbye F B, **Jeppesen P B**, Hermansen K, Gregersen S. Cafestol, a bioactive substance in coffee, stimulates insulin secretion and increases glucose uptake in muscle cells: Studies in vitro. J. Nat. Products. 78:2447-2451, 2015. 10.1021/acs.jnatprod.5b00481
- XLIX) Wirngo F E, Lambert MNT, **Jeppesen P B**.(Review) The Physiological Effects of Dandelion (*Taraxacum officinale*) in Type 2 Diabetes Mellitus. Rev. Diabet. Stud. Summer-Fall;13(2-3):113-13, 2016.
- L) Rustad P I, Sailer M, Cumming K T, Jeppesen P B, Kolnes L J, Sollie O, Franch J, Ivy J L, Daniel H, Jensen J. Intake of protein plus carbohydrate during the first two hours after exhaustive cycling improves performance the following day. PlosOne, 14;11(4):e0153229. doi: 10.1371/journal.pone.0153229. eCollection 2016.
- LI) Liu Z Jeppesen P B, Gregersen S, Larsen BL and Hermansen K. Chronic exposure to proline causes aminoacidotoxicity with impaired Beta-cell function: Studies in vitro. Rev Diabet Stud. 2016 Spring;13(1):66-78. doi: 10.1900/RDS.2016.13.
- LII) Bonde L, Shokouh P, Jeppesen P B, et al. Crosstalk between cardiomyocyte-rich perivascular tissue and coronary arteries is reduced in the Zucker Diabetic Fatty rat model of type-2 diabetes mellitus. Acta Physiol (Oxf). 2016 Apr 4. doi: 10.1111/apha.12685.
- LIII) 10.1111/apha.12685.
- LIV) Mellbye F B, Jeppesen P B, Hermansen K, Gregersen S. Cafestol, a bioactive substance in coffee, stimulates insulin secretion and increases glucose uptake in muscle cells: Studies in vitro. J. Nat. Products. 78:2447-2451, 2015. 10.1021/acs.jnatprod.5b00481.
- LV) Mellbye FB, Jeppesen PB, Shokouh P, Laustsen C, Hermansen K, Gregersen S. Cafestol, a Bioactive Substance in Coffee, Has Antidiabetic Properties in KKAy Mice. J Nat Prod. 2017 Aug 1. doi: 10.1021/acs.jnatprod.7b00395.
- LVI) Casanova LM, Gu W, Costa SS, Jeppesen PB. Phenolic Substances from *Ocimum* Species Enhance Glucose-Stimulated Insulin Secretion and Modulate the Expression of Key Insulin Regulatory Genes in Mice Pancreatic Islets. J Nat Prod. 2017 Dec 22;80(12):3267-3275. doi: 10.1021/acs.jnatprod.7b00699. Epub 2017 Dec 1.
- LVII) Lambert M N T, Thorup A C, Hansen E S S, Jeppesen P B. Combined Red Clover isoflavones and probiotics potently reduce menopausal vasomotor symptoms. PLoS One. 2017 Jun 7;12(6):e0176590. doi: 10.1371/journal.pone.0176590.
- LVIII) Shokouh P, Jeppesen PB, Hermansen K, Nørskov NP, Laustsen C, Jacques Hamilton-Dutoit S, Qi H, Stødkilde-Jørgensen H, Gregersen S. A Combination of Coffee Compounds Shows Insulin-Sensitizing and Hepatoprotective Effects in a Rat Model of Diet-Induced Metabolic Syndrome. Nutrients. 2017 Dec 22;10(1). pii: E6. doi: 10.3390/nu10010006



- LIX) Lambert M N T, Thybo C B, Lykkeboe S, Rasmussen L M, Frette X, Christensen L P, Jeppesen P B. Combined bioavailable isoflavones and probiotics improve bone status and estrogen metabolism in postmenopausal osteopenic women: a randomized controlled trial. *Am J Clin Nutr.* 2017 Aug 2. pii: ajcn153353. doi: 10.3945/ajcn.117.153353.
- LX) Lambert M N T, Hu LM, Jeppesen P B. A systematic review and meta-analysis of the effects of isoflavone formulations against estrogen-deficient bone resorption in peri- and postmenopausal women. *Am J Clin Nutr.* 2017 Aug 2. pii: ajcn151464. doi: 10.3945/ajcn.116.151464.
- LXI) Lambert MNT, Jeppesen PB. Isoflavones and bone health in perimenopausal and postmenopausal women. *Curr Opin Clin Nutr Metab Care.* 2018 Nov;21(6):475-480. doi: 10.1097/MCO.0000000000000513.
- LXII) Sollie O, Jeppesen PB, Tangen DS, Jernerén F, Nellemann B, Valsdottir D, Madsen K, Turner C, Refsum H, Skálhegg BS, Ivy JL, Jensen J. Protein intake in the early recovery period after exhaustive exercise improves performance the following day. *J Appl Physiol (1985).* 2018 Sep 13. doi: 10.1152/jappphysiol.01132.2017.
- LXIII) Shokouh P, Jeppesen PB, Hermansen K, Laustsen C, Stødkilde-Jørgensen H, Hamilton-Dutoit SJ, Søndergaard Schmedes M, Qi H, Stokholm Nørlinger T, Gregersen S. Effects of Unfiltered Coffee and Bioactive Coffee Compounds on the Development of Metabolic Syndrome Components in a High-Fat-/High-Fructose-Fed Rat Model. *Nutrients.* 2018 Oct 19;10(10). pii: E1547. doi: 10.3390/nu10101547
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