



Historical Perspective

## Biofunctionalization of natural extracts, trends in biological activity and kinetic release

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### ABSTRACT

The health benefits provided by plant matrices is due to the presence of certain compounds that, in studies carried out in vitro and in vivo, have shown to have biological activity in certain conditions, not only as a natural treatment against various conditions, but also for the quality of preventing chronic diseases, these compounds, already identified and studied, they can increase their biological function by undergoing structural chemical modifications or by being incorporated into polymer matrices that allow, in the first instance, to protect said compound and increase its bioaccessibility, as well as to preserve or increase the biological effects. Although the stabilization of compounds is an important aspect, it is also the study of the kinetic parameters of the system that contains them, since, due to these studies, the potential application to these systems can be designated. In this review we will address some of the work focused on obtaining compounds with biological activity from plant sources, the functionalization of extracts through double emulsions and nanoemulsions, as well as their toxicity and finally the pharmacokinetic aspects of entrapment systems.

### 1. Introduction

Chronic diseases such as cancer, diabetes, hypertension, cardiovascular problems, Alzheimer's, among others, are a problem of constant exploration in the field of science and research, they are currently the largest cause of deaths worldwide [6]. Although there are treatments for these conditions, the results are not always favorable, due to the aggressive and invasive procedures used, as well as the use of drugs with prominent side effects [62]. There is evidence of the possible prevention of such illnesses by eating a healthy diet, exercise and under stress [19], however, it is not always possible to meet these requirements, either due to the busy pace of life, little accessibility to natural and healthy foods or simple misinformation in the consumption of the diet. As it does not have at its disposal foods that comply not only with nutrition, but can also provide a benefit to the consumer thanks to the presence of compounds with biological potential (antioxidant, anti-inflammatory, hypoglycemic, anticancer, etc.), the consumption of extracts of natural origin from medicinal plants or by-products of fruits and vegetables has been chosen as an alternative, this is of wide importance since beyond

the search for a therapeutic treatment, the consumption of bioactives from natural sources can promote the prevention of the development of these conditions [68]. Abundant natural sources of bioactive compounds have been identified; plants and fruits of which there is a record in the use of treatments of various ailments, this because these plant matrices have compounds with some beneficial biological activity [59], however, these compounds, when extracted from the plant matrix, can be susceptible to external conditions (pH, presence of light, humidity in case of dehydrated extracts, among others) [10], so it is easy to request their functional properties, at this point the biofunctionalization of natural extracts enters, through structural modifications and entrapments of compounds in biodegradable polymers [11,13], facilitates the handling and stability of the extracted compounds, minimizes unwanted reactions avoiding the loss of activity and being one of the most important aspects, allows a controlled release of bioactive compounds. The controlled release of encapsulated compounds is the cornerstone of research in the development of entrapment systems, from drugs and drugs to nutraceuticals, the study of the kinetic parameters of release allows to establish the efficiency of the system, by allowing not only the release at

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a certain time, but also to establish the dosage and concentration in which this compound can act at the time of being bioavailable in the organism [12], aspects such as release speed, latency time, release constant, minimum effective concentration and maximum safe concentration, provides valuable information when designating an application to an encapsulated compound. In this review we will review some of the works focused on obtaining natural extracts of plants or by-products, the biofunctionalization of extracts by obtaining double emulsions, Nano-emulsions and Nanocomposites, the controlled release of encapsulated compounds, as well as the study of their kinetic parameters and the biological activity of compounds obtained from natural extracts; as well as some complementary analyses in silico.

## 2. Natural plant extracts and their biological activity

The extraction of compounds from plant matrices is an art that has been developed since the origins of civilization, with maceration, leaching and infusion being the oldest conventional methods on record [71], however, at present various extraction methods have been developed with deep eutectic solvents (DEP) and through emerging technologies that favor a greater yield in obtaining extracts with functional properties. In this sense, ultrasound (UAE), high hydrostatic pressures (APH) and supercritical fluids (FSC) have marked a pinnacle as environmentally friendly technologies, since polluting solvents are not used, the production of wastewater is minimized and clear allowing efficient extraction without structurally affecting the chemical and functional properties of the compounds [73]. Emphasizing this last point, the extraction of compounds with functional biological potential is the order of the day in terms of the search for alternatives for the treatment or prevention of chronic diseases (cancer, diabetes, hypertension, Alzheimer's, among others) [63], compounds obtained from natural sources

have shown an important beneficial effect on health, not only for the antioxidant capacity of these same, but also for the effect on the prevention of some chronic conditions [69]. Although by itself, the frequent consumption of fruits and vegetables can guarantee good health [5], in recent decades a potential has been found in obtaining extracts with functional properties from agro-industrial by-products, an example of this is the obtaining of an extract of polyphenols (PP) from orange peel, using a DEP from choline chloride and ethylene glycol, an extract was obtained in which compounds were identified by high-performance liquid chromatography (HPLC) ferulic acid as the predominant compound; as well as  $\rho$ -coumaric acid and gallic acid [48]. On the other hand, flavonoids such as catechin and epicatechin have been identified in sorghum millet, being the most abundant, and to a lesser extent  $p$ -coumaric, ferulic, caffeic and protocatechonic acid [75]. Although agro-industrial by-products have been classified as one of the best sources in obtaining bioactive compounds, it has also been possible to extract bioactive compounds from woody plant material, since it has been proven that compounds with antioxidant, antibacterial, anti-inflammatory, antitumor, etc. activity are found in the bark of trees [67]. Table 1 shows some of the reports on the extraction of bioactive compounds from plant sources; as well as the extraction method used in obtaining them and the potential biological activity of the aforementioned ones.

Now, the biological activity of the compounds extracted from plant matrices is of the most interesting for human health, it is also important to take into account the bioaccessibility of the same, since once removed from the matrix that contains them, they can be exposed to gastric conditions and lose their biological function, so it is necessary to incorporate the compounds in polymer matrices, in order to maintain or in greater preference, increase this activity, this process is known as biofunctionalization.

**Table 1**  
Compounds extracted from plant matrices, extraction method and biological activity.

Compound	Plant matrix	Extraction method	Biological activity	Reference
Quercetin-3-O- $\beta$ -D-glucopyranoside (isoquercitrin) as a compound of greater abundance	Petals of <i>Rosa x damascena</i> Mill.	Maceration and ethanolic extraction	Antioxidant capacity by DPPH methods $94.11 \pm 0.01\%$ , CUPRAC $555.316 \pm 0.06 \mu\text{mol ETrolox/mL}$ , FRAP ( $354.43 \pm 0.03 \mu\text{mol ETrolox/mL}$ and ABTS $76.351 \pm 0.02 \mu\text{mol Trolox/mL}$ )	[23]
1-methyl-1H-pyrrole as the most abundant compound	Leaves of <i>Pistacia vera</i> L.	Ultrasonic bath	Antioxidant capacity of male leaves by the method of DPPH $644.36 \pm 31.20 \text{ mg ETrolox/g}$ of dry extract, ABTS $1394.95 \pm 5.49 \text{ mg ETrolox/g}$ of dry extract and FRAP $808.24 \pm 18.13 \text{ ETrolox/g}$ of dry extract. Antioxidant capacity in female leaves by the method of DPPH $704.53 \pm 14.16 \text{ ETrolox/g}$ of dry extract, ABTS $1334.35 \pm 14.16 \text{ ETrolox/g}$ of dry extract and FRAP $521.52 \pm 4.11 \text{ ETrolox/g}$ of dry extract.	[21]
Quercetin	Leaves of <i>Cnidioscolus aconitifolius</i> Mill	Extraction by Soxhlet using ethyl acetate	Inhibition of inflammation in mouse ear of 23.52% for a dose of 25 mg/kg and 49.41% for a dose of 50 mg/kg	[49]
Quercetin-O-glucuronide as the most abundant compound	Healthy green leaves from a clone of <i>Vitis vinifera</i>	Orbital agitation extraction using a solvent of 75% (v/v) methanol / 0.05% (v/v) trifluoroacetic Acid	Complete inhibition in HSV-1 replication in pre-treatment trial of the virus with concentration of 10 $\mu\text{g/mL}$ and 80% inhibition in SARS-CoV-2 at a concentration of 10 $\mu\text{g/mL}$	[80]
Unidentified phenolic compounds	Seaweed <i>Sargassum vachellianum</i>	Ethanol extraction	$42.21 \pm 0.32\%$ inhibition of hydroxyl radical (-OH) and $40.88 \pm 0.15\%$ inhibition of hydrogen peroxide radical, both at a concentration of 1000 $\mu\text{g/mL}$	[28]
Squalene as a compound of greater abundance	Leaves of <i>Hemigraphis colorata</i>	Soxhlet extraction using hexane as a solvent	Inhibition halo of 22 mm against <i>E. coli</i> , 24 mm of inhibition against <i>Salmonella typhi</i> , 15 mm of inhibition for <i>Klebsiella</i> sp., 10 mm of inhibition in <i>S. aureus</i> and 20 mm against <i>Pseudomonas</i> . Antioxidant capacity by METHOD of DPPH $26.66 \pm 0.57\%$ ; $39.00 \pm 1.0\%$ and $70.06 \pm 0.57\%$ at concentrations of 1, 5 and 7.5 mg/mL respectively.	[58]
Volatile organic compounds such as benzyl cyanide, benzyl thiocyanate, benzyl isothiocyanate and benzaldehyde	Sedes of <i>Lepidium sativum</i> L.	Supercritical fluid extraction	Antioxidant capacity by DPPH IC50 $925 \pm 7 \mu\text{g/mL}$ . 16 mm of inhibition halo in <i>S. epidermidis</i>	[55]
Gallic acid as a compound of greater abundance	Fruits of <i>Physalis peruviana</i> L.	Ethanol extraction	Antioxidant capacity by the DPPH method $72.82\%$ inhibition at a concentration of 150 $\mu\text{g/mL}$ . Antimicrobial activity against <i>Bacillus cereus</i> (ATCC 33018) with $17.15 \pm 0.16 \text{ mm}$ of inhibition halo.	[20]

### 3. Biofunctionalization of natural extracts

As mentioned above, compounds extracted from plant sources have interesting biological activity of interest in human health, coupled with this, the physical and chemical characteristics that these possess, allow interaction with various molecules, due to their versatility [77], can be used in the synthesis of nanocomposites, biofilms, capsules, or in the formation of colloids such as single or double emulsions, Hydrogels and a wide variety of materials, all these structural chemical modifications to biological compounds are called biofunctionalization. Thanks to these modifications, the biological activity of the compounds can be maintained or increased, improve bioaccessibility and controlled release, as well as avoid unwanted interactions that may intervene with their biological effect. Of the most remarkable biofunctionalization methods are double emulsions, nanoemulsions and nanocomposites, below, we will review some of the works focused on the formulation and synthesis of the aforementioned ones.

#### 3.1. Double emulsions

An emulsion is the dispersion of an aqueous or oily phase in a continuous phase of opposite polarity, existing water-oil (W/O) and oil-water (O/W) emulsions, while a double emulsion consists of the generation of a primary emulsion either W/O or O/W dispersed in a second continuous phase, to obtain a double emulsion of water-oil-water ( $W_1/O/W_2$ ) or oil-water-oil ( $O_1/W/O_2$ ) [30,38], the latter allow improved protection and controlled release unlike simple emulsions, thanks to the multiple compartmental design that characterizes them. For this type of system, the selection of the oil phase plays an essential role when designing the double emulsion, since, in most cases, it is chosen to use essential oils as a nuclear or interfacial oil phase, while, in other cases, the selected oil serves as a transport vehicle when it is desired to functionalize a lipophilic compound such as carotenoids or fatty acids [56], as well as some vitamins (vitamin A and vitamin E) [32]. Another aspect of great nature, is the surfactant, this allows the generation of the emulsion by preventing the phenomenon of coalescence from occurring, allows the electrostatic stability of the phases and decreases the surface tension. Surfactants are classified into anionic (sodium dodecylsulfate) [36], cationic (Hexadecyltrimethylammonium bromide) [29], amphoteric (lecithin) [70] and non-ionic (polysorbate 20 and 80) [26], in many reports proteins are used as surfactants either soy protein [76], milk protein [64] or some proteins obtained from forest by-products such as olive leaf [57]. Double emulsions allow the functionalization of more than one compound or extract, since in each of the multiple phases they can be incorporated without problems, thus achieving a controlled release of bioactives in the different stages of release for which it was designed. This encapsulation method also allows the manipulation and application of compounds such as anthocyanins; in an emulsion designed from elderberry extract (anthocyanin extract) using palm oil as an interfacial oily phase (W/O/W) with potential application in food to prolong color life in food matrices [14]. Although double emulsions are thermodynamically unstable systems, strategies have been found to maintain the stability of the system, reinforce the interfaces of the W/O and O/W emulsion, using whey protein combined with some type of rubber [53], Polyvinyl alcohol as a stabilizer [51] or polylactide-co-lactide as a coating material [79]. Strategic substitutions in the composition of the oil phase can serve not only as a stabilizer of the system, but also as carriers of antioxidant compounds, olive, flaxseed and fish oils are not only very frequently used in the design of double emulsions, but also provide polyunsaturated fatty acids [57] giving functionality to the double emulsion. Even the proper formulation of a double emulsion has the particularity of being incorporated into complex food matrices, increasing the presence of polyphenols and therefore conferring a greater antioxidant capacity [17], so they could be considered as functional ingredients.

#### 3.2. Nanoemulsions

The particle or droplet size is what defines this type of entrapment systems, although the classification may vary between literatures, based on the magnitude of one nanometer, it can be considered nano to all that emulsion that presents a droplet size  $<1000$  nm [54]. This size plays an important role when designing an emulsion system, because it can result in greater bioactivity or greater toxicity [40] Table 2 presents some of the toxicological studies aimed at nanoemulsion systems. Entering into this last point, there has been some controversy regarding the toxicity of nano-sized encapsulating systems; however, nanoemulsions, whether double or single, have shown greater bioactivity at the cellular level [72], and may have applications in the field of medicine or in the treatment of patients, even as protective agents in chemotherapies, the following table shows some cell studies of nanoemulsions. To obtain nanometric emulsions, ultrasound and microfluidization equipment have been used; the first, thanks to the phenomenon of cavitation caused by ultrasound waves, allows the obtaining of nanometric droplet sizes at the time of generating the implosion of larger droplets, in addition to a more uniform homogenization at the time of applying said treatment [3]. However, the application of prolonged ultrasound times to the system generates heat, due to the release of energy that occurs at the time of cavitation, causing in the first instance, the coalescence of the emulsion and in the second term the partial or total degradation of the components of the system [7,15,78]; loss of activity of the bioactive compound due to structural chemical modifications [81], denaturation of proteins [34] in case of containing it in some part of the system and the oxidation of fatty acids of the oily phase [11,13]. Despite these implications to take into account when generating ultrasonic nanoemulsions, it remains one of the widely used methods for obtaining nanoemulsions. The second method, microfluidization, favors the obtaining of more homogeneous particle sizes [50], through the coalition of the phases to flow changes in the flow the formation of the emulsion is achieved, by not using extreme conditions in the equipment, there is no loss of compounds, however, one of the greatest implications in this method, they are not technical issues, but the high cost of the equipment. Something that characterizes nanoemulsions is that they possess the quality of expansion in various areas, either from the addition in the formulation of films for fruits and vegetables [61], as carriers of compounds with therapeutic potential [33] and cosmetics [22,25].

#### 3.3. Nanocomposites

The composite materials consist of two components, matrix and reinforcement, added a third called interface, which is formed from the interaction of the first mentioned. The matrix is the continuous phase, where the reinforcement is dispersed, in which the physical, chemical and functional properties of the composite fall. This matrix can be metallic, polymeric or ceramic, which classifies the composite depending on the matrix. The reinforcement is the dispersed part of the composite, where the mechanical load falls or modifies some property to improve the functionality of the material. This can be organic or inorganic of natural or synthetic origin. While the interface originates from the interaction that exists between the matrix and the reinforcement, this interface is responsible for the transfer of load from the reinforcement to the matrix. This is the compatibility and synergy, establishing the electrical and thermal continuity between both phases. For a material to be considered nanocomposite, it must have at least one of its three dimensions a scale of 1–100 nm, whether nanoparticles (3 nanometric dimensions), nanotubes (2 dimensions) or nanosheets (1 or 2 dimensions) [47]. Nanoparticles are synthesized from metals or metal oxides, and can be categorized into nanocrystals, nanogranules, or iso-dimensional nanoparticles. Nanoparticles of metals such as copper [45], metal oxides such as ferrous oxide and silver [1], ferric oxide and zinc [39], zinc and copper oxide [43] have been synthesized. On the other hand, carbon nanotubes have been a promising nanomaterial in various

**Table 2**  
Toxicological studies in nanoemulsion systems.

Type of emulsion	Encapsulated compound	Cell line	Contribution	Reference
Oil in water (O/W)	Eugenol	HIEC-6 (Human Intestinal Epithelial Cell Line) of ATCC	28–47% toxicity.	[44]
Water in oil (W/O)	Tincture of <i>Nigella Sativa</i> L.	Ovarian Cancer and Umbilical Vein Endothelial Cell Line A2780 (HUVCEC)	Cancer cells A2780 IC <sub>50</sub> 0.72 µg/mL HUVCEC IC <sub>50</sub> cells >25 µg/mL	[9]
Oil in water (O/W)	Vitamin D	Caco-2 human colorectal adenocarcinoma cell line	Cell viability >80%	[72]
Water in oil (W/O)	β-caroten	Monolayer model of Caco-2 cells of human colorectal adenocarcinoma	100% integrity of cells exposed to nanoemulsions	[74]
Oil in water (O/W) incorporated in chitosan hydrogels and xanthan gum	Vitamin D <sub>3</sub> and curcumin	Human nasal cell line RPMI 2650 (CCL-30)	80% cell viability at concentrations <1 mg/mL	[18]
Oil in water (O/W)	Soy lecithin	Skin of healthy anonymous female and male donors (middle-aged between 20 and 65 years) obtained from talk surgeries (abdomen, back, breast)	Viability >60% of keratinocytes	[70]
Oil in water (O/W)	Brinzolamide	Adult human retinal pigment epithelial cells (ARPE-19, ATCC, USA)	Inhibition of 50% of ARPE-19 cells in incubation from 1 to 24 h.	[37]

application areas, due to their strength 10 to 100 times higher than steel and an amazing thermal resistance of up to 2800°C in vacuum [4], although this depends on their chemical composition [66], however, due to its low solution in aqueous and organic solvents, its use has been limited [46]. Finally, nanofilms have great versatility in various areas, from intelligent coatings with chitosan [31], to applications in the field of electrocatalysis [82], in addition to possessing antibacterial biological properties [8].

Although it is important to entrap and stabilize compounds obtained from plant sources to preserve or increase their biological activity, it is also important to study the kinetic parameters of encapsulation systems, since, from this study, the type of application intended for the system can be defined.

#### 4. Release of encapsulation systems

The study of kinetic parameters understood as release speed, release time, latency time, release constant, allows to define the release behavior, whether Fickian or non-Fickian, or the type of release kinetics, this allows to deepen the release behavior of encapsulation systems [42], this is of imperative relevance, because although various investigations have been carried out focused on the encapsulation of compounds and their characterization, the release of said compound is usually left aside, which in greater instances, is the purpose when designing an entrapment system, in short, the system allows to stabilize the compound and this is released at the time it is required. To understand the vast panorama provided by the pharmacokinetic study of compounds, the main basis by which this phenomenon is governed must be understood. Fick's law says that "the particles in greater concentration in a phase, tend to migrate to the phase of lower concentration until reaching a balance in the concentration of these" [16], the release systems that are governed by this law, are in systems of Fickian behavior, that is, the release is governed by diffusion; being a constant release and velocity referring to kinetic time; while those systems where in the first instance there is an erosion of the outermost layer of the system and subsequent a diffusion of the particles, are classified as non-Fickian behavior, this type of behavior is characteristic of hydrogels [60].

To calculate the rate of release, a sum of the quotient is made the concentration gradient of the drug or compound and the gradient of release time; as expressed in the following equation:

$$k = \Sigma \left( \frac{\Delta C}{\Delta t} \right) \quad (1)$$

Where:  $\Delta C$  is the increase in the concentration of the drug or compound and  $\Delta t$  is the release time.

Once the rate of release is calculated, the Korsmeyer-Peppas equa-

tion is applied [24], which describes the law of power, this is a semi-empirical equation:

$$f_1 = \frac{M_i}{M_\infty} = Kt^n \quad (2)$$

where  $f_1$  is the amount of drug released,  $M_\infty$  is the amount of drug in the steady state (value close to the amount of drug contained at the beginning of the release process),  $M_i$  is the amount of drug released over time  $t$ ,  $K$  is the constant of release rate, and  $n$  is the exponent of release (related to the mechanism of drug release) as a function of time  $t$ . This model was developed specifically for the release of a drug molecule from a polymer matrix, such as a hydrogel. In recent years, a modified form of this equation has been employed that considers latency time ( $l$ ), which marks the beginning of drug release from the system [52].:

$$\frac{M_{(i-l)}}{M_\infty} = K(t-l)^n \quad (3)$$

Or in its logarithmic form:

$$\log \left( \frac{M_{(i-l)}}{M_\infty} \right) = \log K + n \log(t-l) \quad (4)$$

Where  $M_\infty$  is the amount of drug in the steady state,  $M_i$  is the amount of drug released over time  $t$ ,  $K$  is the release rate constant,  $n$  is the release exponent (related to the drug release mechanism) as a function of time  $t$  and  $l$  is the latency time.

This model is useful for the study of the release of compounds of polymeric systems when the mechanism of release is unknown or when more than one type of release phenomenon occurs, depending on the value of  $n$  that has a better fit in the model two cases can be presented: Fickian model (case I) and non-Fickian model [41,83]. In a Fickian model the value of  $n = 0.5$ , the release is governed by diffusion, according to Fick's law, the rate of release is considered constant according to the kinetic time [2]. When  $n = 1$ , the model is non-Fickian [35], then the kinetics belong to order zero, being driven the mechanism of release by swelling or relaxation of the polymer chains. When the phenomenon of glass transition intervenes in the process of release of the compound and there is an increase in the rate of absorption of the solvent in which the system is at the time of release, the mechanism evolves to Super Case II, where an expansion of the forces exerted by the swelling of the gel is manifested, then the value of  $n > 1$ , in this case, presents an extreme transport of the compound caused by the rupture of the polymeric wall of the system [27,60]. To determine the value of  $n$ , the portion of the release curve is taken into account, where  $\frac{M_i}{M_\infty} < 0.60$ , in most cases it is considered that the release occurs in only one direction and that the glass transition temperature of the polymer does not intervene in the release process as long as it is lower than the ambient temperature. It

may be the case of a mechanism of the Fickian type in systems where the glass transition temperature is higher than the ambient temperature when a plasticization is generated in the polymer, however, these are special cases [65].

### 5. Perspective

The trends in relation to the biofunctionalization of natural extracts with potential biological effect are evident (Fig. 1), since the search yields works aimed at biofunctionalizing natural extracts (rosemary, cinnamon, wheatgrass, *Panax ginseng*) mainly in biopolymers such as chitosan and to a lesser extent by green chemical synthesis of metallic nanoparticles (Ag especially). For both cases, not only the toxicological attributes (safe use and biocompatibility) but also the numerous

biological activities they externalize (antimicrobial, antioxidant, cytotoxicity) stand out. However, based on the search, the antimicrobial effect is emphasized, since the authors comment that it is imperative to discover new alternatives to dispense with the use of antibiotics, since bacterial resistance to these chemical substances is a phenomenon that symbolizes a crucial fact for human health. However, it is surprising the situation that today there are no reports of a biofunctionalized food matrix with natural extract (double nanoemulsion, nanocomposites) and study of its pharmacokinetic parameters that promotes, after gastrointestinal digestion, one or more beneficial effects towards health taking into account its previous characterization as a profile of bioactive compounds, bioaccessibility, fermentative capacity via colonic fermentation, because as far as we know, these points contribute substantially to the health of the host either by prophylactic or palliative effect.



Fig. 1. perspective on the functionalization of compounds from 2018 to 2022.



functionalization and kinetics of release of compounds of natural extracts (olive color) and some other research aimed at toxicity, cyclodextrins and covid-19 (orange color). It is clear that, in recent years, the trend towards the investigation of compounds obtained from natural matrices, focuses mainly on the antioxidant activity of these, resulting in their functionalization, seeking the stability and release of compounds with biological activity, through the synthesis of nanoparticles and nanomaterials, as well as their characterization and main anticancer application, and a part of these towards diabetes and covid-19. It should be noted that although there are many works found regarding these keywords, there are few studies that are related contemplating the extraction, synthesis, characterization and pharmacokinetics of potentially active compounds, it is expected that with this review work, there will be an overview of the current trend in the investigation of compounds obtained from natural matrices and the direction in possible future research regarding the topics reviewed.

## 7. Conclusion

Although there are many studies aimed at the study of the biological properties of compounds extracted from plant matrices, the functionalization of these and their morphological characterization, pharmacokinetic parameters are usually left aside, being concepts so closely related should be a fundamental part of research, this opens an opportunity in future studies for the conjugation of the three aspects reviewed in this review: extraction, functionalization and pharmacokinetics, these three aspects make up a single item in the research of natural alternative sources for the treatment and prevention of chronic diseases.

## Declaration of Competing Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

## Data availability

Data will be made available on request.

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