

CURRICULUM VITAE

ARISTIDIS S. VESKOUKIS

BIOCHEMIST & BIOTECHNOLOGIST

ASSOCIATE PROFESSOR

UNIVERSITY OF THESALY

DEPARTMENT OF NUTRITION AND DIETETICS

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1. Personal information

First name	Aristidis
Surname	Veskoukis
Date of birth	June 17th 1981
Place of birth	Athens
Family status	Married, father of one boy
Work address	Argonafton 1C, 42132, Trikala, Greece
Work phone number	+302431047114
E-mail	veskoukis@uth.gr
Personal website	http://veskoukis.weebly.com

2. Current position

- April 2026: Associate Professor in Redox biology of Nutrition and Exercise, University of Thessaly, Department of Nutrition and Dietetics, Trikala, Greece.
- December 2020 - April 2026: Assistant Professor in Redox biology of Nutrition and Exercise, University of Thessaly, Department of Nutrition and Dietetics, Trikala, Greece.

3. Education

A. Ph.D.

2006-2010. University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece. Title: "*The effects of allopurinol administration on oxidative stress during exercise*".

B. Undergraduate studies

2000-2005: University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.

C. Foreign languages

- English: First Certificate in English (University of Cambridge).
- German: Zertifikat (Goethe Institut).

4. Research experience

A. December 2018 - June 2020: Post-Doctoral Researcher, University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece. Title of the project: "*Study, development, and certification of innovative biofunctional foods based on plant-derived extracts of grape pomace from Greek varieties (FUNCFOOD)*", within the framework of the Operational Programme "Competitiveness, Entrepreneurship and Innovation" (RESEARCH – CREATE – INNOVATE), ESPA 2014–2020.

B. January 2017 - December 2018: Post-Doctoral Researcher, University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece.

C. January 2014 - December 2016. Post-doctoral Researcher, Aristotle University of Thessaloniki, Department of Physical Education and Sports Science at Serres, Laboratory of Exercise Physiology and Biochemistry, Greece.

D. January 2013 - December 2013. Post-doctoral Fellow, Department of Physical Education and Sports Science at Serres, Laboratory of Exercise Physiology and Biochemistry. Title of the project: "Comparison between rat in essential antioxidants of plasma".

E. October 2010 - October 2011. Research Associate, University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece.

F. January 2007 - November 2008. Researcher, University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece. Title of the project: "*Production and nutritional value of high value-added biofunctional dairy products enriched with plant extracts rich in antioxidants*".

5. Research grants

A. Title: "*Center for Health Advancement and Narrowing HealthCare Equities*". Funding Authority: Region of Thessaly (RIS3). Grant duration: 1/7/2025 – 31/12/2028. Budget: 200,000 euros - Principal Investigator.

B. Title: "*Emblematic Action "Vineyard Routes"*". Funding Authority: Ministry of Education, Research and Religious Affairs (2019-2021). Subproject budget: 800,000 euros - Member of the research team.

C. Title: "*The role of microbial terroir in the production of high-quality wine from local grape varieties*". Operational Programme Western Greece 2014–2020. Action: Support for Research, Development and Innovation Projects in the RIS3 Priority Area "Agri-Food". Budget: 250,000 euros - Member of the research team.

6. Teaching experience

A. Postgraduate level

1. Leader of the module entitled "*Seminars in Research Methods and Statistics*" of the Interdepartmental MSc "*Lifestyle Medicine*" taught in English language, University of Thessaly, Department of Physical Education and Sport Sciences, Department of Nutrition and Dietetics, Department of Medicine (2023 - 2026).

2. Participation in the course "*Chemoprevention and Mechanisms*" of the Postgraduate Program "*Toxicology*", University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece (2016 - 2019, 2022 - 2025).

3. Participation in the courses "*Nutrition*" (2016 - 2022) and "*Nutrition and Well-being*" (2022 - 2025) of the Postgraduate Program "*Biotechnology - Quality Assessment in Nutrition and the Environment*", University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.

4. Participation in the course "*Dietary supplements, probiotics, eubiotics, enteral and parenteral nutrition formulations*" of the Postgraduate Program "*Nutrition in Health and Disease*", University of Thessaly, Department of Medicine, Larissa, Greece (2022 - 2026).

B. Undergraduate level

1. Stand-alone teaching of the following courses: "*Biochemistry*" (2020 – 2026), "*Food Microbiology*" (2020 – 2026), "*Food Toxicology*" (2020-2026), "*Functional Foods*" (2020 – 2026), "*Pharmacology*" (2022 – 2026), "*FreeRadicals and Antioxidant in Nutrition*" (2022 – 2026), "*Nutrigenetics - Nutrigenomics*" (2020 – 2022). University of Thessaly, Department of Nutrition and Dietetics, Trikala, Greece.

2. Participation in the course "Research Methods" (2022 – 2026). University of Thessaly, Department of Nutrition and Dietetics, Trikala, Greece.

3. Stand-alone teaching of the following courses: "Functional Foods", "Food Microbiology" και "Research and Development of New Foods" (2019 - 2020) as a Contract Lecturer. University of Thessaly, Department of Nutrition and Dietetics, Trikala, Greece.

4. Contract lecturer for the course "Drugs in Sports - antidoping control, and WADA regulations" (2017 - 2019), and assignment of the same course by the Department Assembly (without compensation) (2021 - 2025). University of Thessaly, Department of Biochemistry and biotechnology, Larissa, Greece.

5. Stand-alone teaching of the course "Laboratory Biology of Exercise" (2016 - 2017). Aristotle University of Thessaloniki, Department of Physical Education and Sport Science, Serres, Greece.

7. Brief presentation of scientific work

Publications in peer-reviewed international journals	78
First of second author	35
Corresponding author	9
Sum of impact factors	307.7
Mean impact factor	4.2
Book chapters in English language	4
Conference presentations	36
Funding as a member of the research team	1,050,000 euros
Funding as a Principal Investigator	200,000 euros
Citations (Google Scholar)	3,377
<i>h</i> -index (Google Scholar)	32

8. Research interests

- Study of the effects of dietary antioxidant administration on blood redox status and the trajectory toward detoxification in patients with opioid use disorders
- Study of health inequalities towards the improvement of quality of life and blood redox status through physical activity in vulnerable populations

- Study of blood redox status of patients with autoimmune rheumatic diseases
- Study of the effects of exercise and nutrition on blood and tissue redox potential in experimental animals and humans
- Study of the effects of xenobiotics on redox balance of blood and tissues

9. Publications in peer-reviewed international journals

1. **Veskoukis AS**, Kouretas D, Panoutsopoulos GI (2006). Substrate specificity of guinea pig liver aldehyde oxidase and bovine milk xanthine oxidase for methyl- and nitro- benzaldehydes. *European Journal of Drug Metabolism and Pharmacokinetics*, 31(1):11-16. (IF: 2.4).
2. **Veskoukis AS**, Nikolaidis MG, Kyparos A, Kokkinos D, Nepka C, Barbanis S, Kouretas D (2008). Effects of xanthine oxidase inhibition on oxidative stress and swimming performance in rats. *Applied Physiology, Nutrition and Metabolism*, 33(6):1140-54. (IF: 2.4).
3. **Veskoukis AS**, Nikolaidis MG, Kyparos A, Kouretas D (2009). Blood reflects tissue oxidative stress depending on biomarker and tissue studied. *Free Radical Biology and Medicine*, 47(10):1371-4. (IF: 8.2).
4. **Veskoukis AS**, Kyparos A, Stagos D, Kouretas D (2010). Differential effects of xanthine oxidase inhibition and exercise on albumin concentration in rat tissues. *Applied Physiology, Nutrition and Metabolism*, 35(3):244-50. (IF: 2.4).
5. Tsarouhas K, Karatzaferi C, Tsitsimpikou C, Haliassos A, Kouretas D, Pavlidis P, **Veskoukis A**, Adamopoulos S, Kyriakides Z, Constantinou L, Koutedakis Y, Rentoukas E (2011). Effects of walking on heart rate recovery, endothelium modulators and quality of life in patients with heart failure. *European Journal of Cardiovascular Prevention and Rehabilitation*, 18(4):594-600. (IF: 4.5).
6. Spanou C, **Veskoukis AS**, Stagos D, Liadaki K, Anastasiadi M, Haroutounian SA, Tsouka M, Tzanakouli E, Kouretas D (2011). Effects of grape extracts on the in vitro activity of enzymes involved in oxidative stress regulation. *In Vivo*, 25(4):657-62. (IF: 1.8).
7. **Veskoukis AS**, Tsatsakis A, Kouretas D (2012). Dietary oxidative stress and antioxidant defence with an emphasis on plant extract administration. *Cell Stress and Chaperones*, 17(1):11-21. (IF: 3.2).

8. Spanou C, **Veskoukis AS**, Stagos D, Liadaki K, Aligiannis N, Angelis A, Skaltsounis AL, Anastasiadi M, Haroutounian SA, Kouretas D (2012). Effects of greek legume plant extracts on xanthine oxidase, catalase and superoxide dismutase activities. *Journal of Physiology and Biochemistry*, 68(1):37-45. (IF: 4.3).
9. Yfanti C, Fischer CP, Nielsen S, Akerström T, Nielsen AR, **Veskoukis AS**, Kouretas D, Lykkesfeldt J, Pilegaard H, Pedersen BK (2012). Role of vitamin C and E supplementation on IL-6 in response to training. *Journal of Applied Physiology*, 112(6):990-1000. (IF: 3.3).
10. Spanou C, **Veskoukis AS**, Kerasioti T, Kontou M, Angelis A, Aligiannis N, Skaltsounis AL, Kouretas D (2012). Flavonoid glycosides isolated from unique legume plant extracts as novel inhibitors of xanthine oxidase. *PLoS One*, 7(3):e32214. (IF: 2.6).
11. Kerasioti E, Kiskini A, **Veskoukis A**, Jamurtas A, Tsitsimpikou C, Tsatsakis AM, Koutedakis Y, Stagos D, Kouretas D, Karathanos V (2012). Effect of a special carbohydrate-protein cake on oxidative stress markers after exhaustive cycling in humans. *Food and Chemical Toxicology*, 50(8):2805-10. (IF: 3.5).
12. **Veskoukis AS**, Kyparos A, Nikolaidis MG, Stagos D, Aligiannis N, Halabalaki M, Chronis K, Goutzourelas N, Skaltsounis L, Kouretas D (2012). The antioxidant effects of a polyphenol-rich grape seed extract in vitro do not correspond in vivo using exercise as an oxidant stimulus. *Oxidative Medicine and Cellular Longevity*, 2012:185867. (IF: 7.3).
13. Varamenti EI, Kyparos A, **Veskoukis AS**, Bakou M, Kalaboka S, Jamurtas AZ, Koutedakis Y, Kouretas D (2013). Oxidative stress, inflammation and angiogenesis markers in elite female water polo athletes throughout a season. *Food and Chemical Toxicology*, 61:3-8. (IF: 3.5).
14. Petridis L, Jamurtas AZ, **Veskoukis A**, Kouretas D (2013). The effects of a water polo game on the blood redox status of male water polo players. *Journal of Sports Medicine and Physical Fitness*, 53(5):551-8. (IF: 1.3).
15. Pechlivanis A, Chrysovalantou Chatziioannou A, **Veskoukis AS**, Kouretas D, Mougios V, Theodoridis GA (2014). GC-MS analysis of blood for the metabonomic investigation of the effects of physical exercise and allopurinol administration on

rats. *Journal of Chromatography B Analytical Technologies in the Biomedical and Life Sciences*, 966:127-31. (IF: 2.8).

16. Margaritelis NV, **Veskoukis AS**, Paschalis V, Vrabas IS, Dipla K, Zafeiridis A, Kyparos A, Nikolaidis MG (2015). Blood reflects tissue oxidative stress: a systematic review. *Biomarkers*, 20(2):97-108. (IF: 1.9).

17. Goutianos G, Tzioura A, Kyparos A, Paschalis V, Margaritelis NV, **Veskoukis AS**, Zafeiridis A, Dipla K, Nikolaidis MG, Vrabas IS (2015). The rat adequately reflects human responses to exercise in blood biochemical profile: a comparative study. *Physiological Reports*, 3(2). (IF: 1.9).

18. Margaritelis NV, Cobley JN, Paschalis V, **Veskoukis AS**, Theodorou AA, Kyparos A, Nikolaidis MG (2016). Principles for integrating reactive species into in vivo biological processes: Examples from exercise physiology. *Cellular Signalling*, 28(4):256-71. (IF: 3.7).

19. Veskoukis AS*, Kyparos A, Paschalis V, Nikolaidis MG (2016). Spectrophotometric assays for measuring redox biomarkers in blood. *Biomarkers*, 21(3):208-17. (IF: 1.9).
(*Corresponding author).

20. Margaritelis NV, Cobley JN, Paschalis V, **Veskoukis AS**, Theodorou AA, Kyparos A, Nikolaidis MG (2016). Going retro: Oxidative stress biomarkers in modern redox biology. *Free Radical Biology and Medicine*, 98:2-12. (IF: 8.2).

21. Veskoukis AS, Goutianos G, Paschalis V, Margaritelis NV, Tzioura A, Dipla K, Zafeiridis A, Vrabas IS, Kyparos A, Nikolaidis MG (2016). The rat closely mimics oxidative stress and inflammation in humans after exercise but not after exercise combined with vitamin C administration. *European Journal of Applied Physiology*, 116(4):791-804. (IF: 2.7).

22. Kourtzidis IA, Stoupas AT, Gioris IS, **Veskoukis AS**, Margaritelis NV, Tsantarliotou M, Taitzoglou I, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG (2016). The NAD⁺ precursor nicotinamide riboside decreases exercise performance in rats. *Journal of the International Society of Sports Nutrition*, 13:32. (IF: 3.9).

23. Margaritelis NV, Theodorou AA, Paschalis V, **Veskoukis AS**, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, Kyparos A, Nikolaidis MG (2016). Experimental verification of regression to the mean in redox biology: differential responses to exercise. *Free Radical Research*, 50(11):1237-1244. (IF: 2.9).

24. Goutianos G, **Veskoukis AS**, Tzioura A, Paschalis V, Margaritelis NV, Dipla K, Zafeiridis A, Vrabas IS, Nikolaidis MG, Kyparos A (2016). Plasma from exercised rats administered to sedentary rats induces systemic and tissue inflammation. *Physiological Reports*, 4(24). (IF: 1.9).
25. Margaritelis NV, Theodorou AA, Paschalis V, **Veskoukis AS**, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, Kyparos A, Nikolaidis MG (2018). Adaptations to endurance training depend on exercise-induced oxidative stress: exploiting redox inter-individual variability. *Acta Physiologica (Oxf)*, 222(2). (IF: 5.6).
26. **Veskoukis AS***, Margaritelis NV, Kyparos A, Paschalis V, Nikolaidis MG (2018). Spectrophotometric assays for measuring redox biomarkers in blood and tissues: the NADPH network. *Redox Report*, 23(1):47-56. (IF: 7.4). (***Corresponding author**).
27. **Veskoukis AS***, Paschalis V, Kyparos A, Nikolaidis MG (2018). Administration of exercise-conditioned plasma alters muscle catalase kinetics in rat: An argument for in vivo-like K_m instead of in vitro-like V_{max} . *Redox Biology*, 15:375-379. (IF: 11.9). (***Corresponding author**).
28. Priftis A, Panagiotou EM, Lakis K, Plika C, Halabalaki M, Ntasi G, **Veskoukis AS**, Stagos D, Skaltsounis LA, Kouretas D (2018). Roasted and green coffee extracts show antioxidant and cytotoxic activity in myoblast and endothelial cell lines in a cell specific manner. *Food and Chemical Toxicology*, 114:119-127. (IF: 3.5).
29. Priftis A, Angeli-Terzidou AE, **Veskoukis AS**, Spandidos DA, Kouretas D (2018). Cell-specific and roasting-dependent regulation of the Keap1/Nrf2 pathway by coffee extracts. *Molecular Medicine Reports*, 17(6):8325-8331. (IF: 3.5).
30. **Veskoukis AS***, Kyparos A, Paschalis V, Nikolaidis MG (2018). A novel swimming performance test in rats. *The Chinese Journal of Physiology*, 61(3):144-151. (IF: 1.6). (***Corresponding author**).
31. Kourtzidis IA, Dolopikou CF, Tsiftsis AN, Margaritelis NV, Theodorou AA, Zervos IA, Tsantarliotou MP, **Veskoukis AS**, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG (2018). Nicotinamide riboside supplementation dysregulates redox and energy metabolism in rats: implications for exercise performance. *Experimental Physiology*, 103(10):1357-1366. (IF: 2.8).
32. Spanidis Y, Stagos D, Papanikolaou C, Karatza K, Theodosi A, **Veskoukis AS**, Deli C, Poullos A, Koulocheri S, Jamurtas T, Haroutounian SA, Kouretas D (2018). Trained

individuals are less susceptible to oxidative damage after eccentric exercise. *Oxidative Medicine and Cellular Longevity*, 2018:6857190. (IF: 7.3).

33. Argyropoulou M, **Veskoukis AS**, Karanatsiou PM, Manolakelli A, Kostoglou-Athanassiou I, Vilaras G, Karameris A, Liadaki K (2020). Low Prevalence of TERT Promoter, BRAF and RAS Mutations in Papillary Thyroid Cancer in the Greek Population. *Pathology and Oncology Research*, 347-354. (IF: 2.3).

34. Spanidis Y, **Veskoukis AS**, Papanikolaou C, Stagos D, Priftis A, Deli CK, Jamurtas AZ, Kouretas D (2018). Exercise induced reductive stress is a protective mechanism against oxidative stress in peripheral blood mononuclear cells. *Oxidative Medicine and Cellular Longevity*, 2018:3053704. (IF: 7.3).

35. Priftis A, Soursou V, Makiou AS, Tekos F, **Veskoukis AS**, Tsantarliotou MP, Taitzoglou IA, Kouretas D (2019). A lightly roasted coffee extract improves blood and tissue redox status in rats through enhancement of GSH biosynthesis. *Food and Chemical Toxicology*, 125:305-312. (IF: 3.5).

36. Kerasioti E, **Veskoukis A**, Virgiliou C, Theodoridis G, Taitzoglou I, Kouretas D (2019). The strong antioxidant sheep/goat whey protein protects against mTOR overactivation in rats: a mode of action mimicking fasting. *Antioxidants (Basel)*, 23;8(3). (IF: 6.6).

37. **Veskoukis AS**, Kerasioti E, Priftis A, Kouka P, Spanidis Y, Makri S, Kouretas D (2019). A battery of translational biomarkers for the assessment of the in vitro and in vivo antioxidant action of plant polyphenolic compounds: the biomarker issue. *Current Opinion in Toxicology*, 13: 99-109. (IF: 3.6).

38. Kouretas D, **Veskoukis AS**, Roede JR, Tsatsakis AM (2019). Editorial overview on Oxidative Toxicology: From molecules to cells to tissues, *Current Opinion in Toxicology*, Volume 13, Pages iii-v. (IF: 3.6).

39. Kouka P, Tsakiri G, Tzortzi D, Dimopoulou S, Sarikaki G, Stathopoulos P, **Veskoukis AS**, Halabalaki M, Skaltsounis AL, Kouretas D (2019). The Polyphenolic Composition of Extracts Derived from Different Greek Extra Virgin Olive Oils Is Correlated with Their Antioxidant Potency. *Oxidative Medicine and Cellular Longevity*, 2019:1870965. (IF: 7.3).

40. Leventelis C, Goutzourelas N, Kortsinidou A, Spanidis Y, Toulia G, Kampitsi A, Tsitsimpikou C, Stagos D, **Veskoukis AS**, Kouretas D (2019). Buprenorphine and

Methadone as Opioid Maintenance Treatments for Heroin-Addicted Patients Induce Oxidative Stress in Blood. *Oxidative Medicine and Cellular Longevity*, 2019:9417048. (IF: 7.3).

41. Kreatsouli K, Fousteri Z, Zampakas K, Kerasioti E, **Veskoukis AS**, Mantas C, Gkoutosidis P, Ladas D, Petrotos K, Kouretas D, Stagos D (2019). A polyphenolic extract from olive mill wastewaters encapsulated in whey protein and maltodextrin exerts antioxidant activity in endothelial cells. *Antioxidants (Basel)*, 8(8), 280. (IF: 6.6).

42. Fountoucidou P, **Veskoukis AS**, Kerasioti E, Docea AO, Taitzoglou IA, Liesivuori J, Tsatsakis A, Kouretas D (2019). A mixture of routinely encountered xenobiotics induces both redox adaptations and perturbations in blood and tissues of rats after a long-term low-dose exposure regimen: The time and dose issue. *Toxicology Letters*, 317: 24-44. (IF: 2.9).

43. Kouka P, Tekos F, Valta K, Mavros P, **Veskoukis AS**, Angelis A, Skaltsounis AL, Kouretas D (2019). Olive tree blossom polyphenolic extracts exert antioxidant and antimutagenic activities in vitro and in various cell lines. *Oncology Reports*, 42(6): 2814-2825. (IF: 3.9).

44. Zanfirescu A, Ungurianu A, Tsatsakis AM, Nițulescu GM, Kouretas D, **Veskoukis A**, Tsoukalas D, Engin AB, Aschner M, Margina D (2019). A review of the alleged health hazards of monosodium glutamate. *Comprehensive Reviews in Food Science and Food Safety*, 18: 1111-1134. (IF: 14.1).

45. Skaperda Z, **Veskoukis AS**, Kouretas D (2019). Farm animal welfare, productivity and meat quality: Interrelation with redox status regulation and antioxidant supplementation as a nutritional intervention (Review). *World Academy of Sciences Journal 1*: 177-183. (IF: -).

46. Goutianos G, Margaritelis NV, Sparopoulou T, **Veskoukis AS**, Vrabas IS, Paschalis V, Nikolaidis MG, Kyparos A (2020). Chronic administration of plasma from exercised rats to sedentary rats does not induce redox and metabolic adaptations. *Journal of Physiological Sciences*, 70, 3. (IF: 3.2).

47. **Veskoukis AS**, Kerasioti E, Sidiropoulos K, Maragou I, Kouretas D (2020). Nutritional habits and free grazing regimen of productive animals along with specific

ingredients are influential factors for the antioxidant properties of milk: From farm to market. *Biomedical Reports*, 13: 31-36. (IF: 1.9).

48. Kouka P, Tekos F, Papoutsaki Z, Stathopoulos P, Chalampalaki M, Tsantarliotou M, Zervos I, Nepka C, Liesivuori J, Rakitskii VN, Tsatsakis A, **Veskoukis A**, Kouretas D (2020). Olive oil with high polyphenolic content induces both beneficial and harmful alterations on rat redox status depending on the tissue. *Toxicology Reports*, 7:421-432. (IF: -).

49. Veskoukis AS*, Tsatsakis A, Kouretas D (2020). Approaching reactive species in the frame of their clinical significance: a toxicological appraisal. *Food and Chemical Toxicology*, 138:111206. (IF: 3.5). (***Corresponding author**).

50. Leventelis C, **Veskoukis AS**, Malliori M, Koutsilieris M, Zyga S, Paola Rojas Gil1 P, Kampitsi A, Goutzourelas N, Tsironi M (2020). Validation of heroin craving questionnaire in Greek patients under substitution treatment with methadone and buprenorphine: how to prevent a relapse. *Journal of Addictive Behaviors, Therapy & Rehabilitation*, 9:1. (IF: 3.5).

51. Margaritis I, Angelopoulou K, Lavrentiadou S, Mavrovouniotis IC, Tsantarliotou M, Taitzoglou I, Theodoridis A, **Veskoukis A**, Kerasioti E, Kouretas D, Zervos I (2020). Effect of crocin on antioxidant gene expression, fibrinolysis, redox status and blood biochemistry in nicotinamide-streptozotocin-induced diabetic rats. *Journal of Biological Research-Thessaloniki*, 27, 4. (IF: 0.6).

52. Panieri E, Buha A, Telkoparan-Akillilar P, Cevik D, Kouretas D, **Veskoukis A**, Skaperda Z, Tsatsakis A, Wallace D, Suzen S, Saso L (2020). Potential Applications of NRF2 Modulators in Cancer Therapy. *Antioxidants (Basel)*, 9(3). (IF: 6.6).

53. Veskoukis AS, Vassi E, Poulas K, Kokkinakis M, Asproдини E, Haroutounian S, Kouretas D. Grape stem extracts from three native Greek vine varieties exhibit strong antioxidant and antimutagenic properties. *Anticancer Research*, 40: 2025-2032. (IF: 1.7).

54. Bouroutzika E, Kouretas D, Papadopoulos S, **Veskoukis AS**, Theodosiadou E, Makri S, Paliouras C, Michailidis ML, Caroprese M, Valasi I (2020). Effects of melatonin administration to pregnant ewes under heat-stress conditions, in redox status and reproductive outcome. *Antioxidants (Basel)*, 9(3), 266. (IF: 6.6).

55. Kara M, Oztas E, Ramazanoğulları R, Kouretas D, Nepka C, Tsatsakis AM, **Veskoukis AS*** (2020). Benomyl, a benzimidazole fungicide, induces oxidative stress and apoptosis in neural cells. *Toxicology Reports*, 7, 501-509. (IF: -). (***Corresponding author**).
56. Makri S, Raftopoulou S, Kafantaris I, Kotsampasi V, Christodoulou V, Nepka C, **Veskoukis AS**, Kouretas D (2020). Biofunctional Feed Supplemented With By-products of Olive Oil Production Improves Tissue Antioxidant Profile of Lambs. *In Vivo*, 34(4):1811-1821. (IF: 1.8).
57. **Veskoukis AS**, Kerasioti E, Skaperda Z, Papapostolou PA, Nepka C, Spandidos DA, Asproдини E, Taitzoglou I, Kouretas D (2020). Whey protein boosts the antioxidant profile of rats by enhancing the activities of crucial antioxidant enzymes in a tissue-specific manner. *Food and Chemical Toxicology*, 142:111508. (IF: 3.5).
58. Kerasioti E, **Veskoukis AS**, Skaperda Z, Zacharias A, Poulas K, Lazopoulos G, Kouretas D (2020). The flavoring and not the nicotine content is a decisive factor for the effects of refill liquids of electronic cigarette on the redox status of endothelial cells. *Toxicology Reports*, 7:1095-1102. (IF: -).
59. Charisis S, Ntanasi E, Yannakoulia M, Anastasiou CA, Kosmidis MH, Dardiotis E, Hadjigeorgiou G, Sakka P, **Veskoukis AS**, Kouretas D, Scarmeas N (2021). Plasma GSH levels and Alzheimer's disease. A prospective approach.: Results from the HELIAD study. *Free Radical Biology and Medicine*, 162:274-282. (IF: 8.2).
60. Kara M, Öztaş E, Boran T, Karaman EF, **Veskoukis AS**, Tsatsakis AM (2021). Ameliorative Effects of the Sesquiterpenoid Valerenic acid on Oxidative Stress Induced in HepG2 Cells after Exposure to the Fungicide Benomyl. *Antioxidants (Basel)*, 10(5):746. (IF: 6.6).
61. Karachalios T, Paridis D, Tekos F, Skaperda Z, **Veskoukis AS**, Kouretas D (2021). Patients undergoing surgery for hip fractures suffer from severe oxidative stress as compared to patients with hip osteoarthritis undergoing total hip arthroplasty. *Oxidative Medicine and Cellular Longevity*, 2021, 5542634. (IF: 7.3).
62. Skaperda Z, Argyriadou A, Nechaloti PM, Alvanou M, Makri S, Bouroutzika E, Kyriazis ID, Tekos F, **Veskoukis AS**, Kallitsis T, Mesnage R, Arsenos G, Kouretas D

(2021). Redox biomarker baseline levels in cattle tissues and their association with meat quality. *Antioxidants (Basel)*, 10(6), 958. (IF: 6.6).

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66. Vassi E, **Veskoukis AS**, Tekos F, Skaperda Z, Poulas K, Haroutounian S, Kouretas D (2022). Biological effects of grape stem extracts on human cancer cell lines. *International Journal of Functional Nutrition*, 3: 4. (IF: -).

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68. Kara M, Öztaş E, Boran T, Sevim Ç, Keskin SE, **Veskoukis AS***, Kuzmin SV, Tsatsakis AM (2022). The sesquiterpenoid valerenic acid protects neuronal cells from the detrimental effects of the fungicide benomyl on apoptosis and DNA oxidation. *Human and Experimental Toxicology*, 41:9603271221101038. (IF: 3.2).
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69. Michaleas SN, **Veskoukis AS**, Samonis G, Pantos C, Androutsos G, Karamanou M (2022). Mathieu Joseph Bonaventure Orfila (1787-1853): The Founder of Modern Toxicology. *Maedica (Bucur)*, 17(2):532-537. (IF: -).
70. Leventelis C, Katsouli A, Stavropoulos V, Karasavvidou A, Papadopoulos P, Barmpas PT, Tasoulis S, **Veskoukis AS**, Tsironi M (2023). The development and validation of the pandemic medication-assisted treatment questionnaire for the assessment of pandemic crises impact on medication management and administration for patients with opioid use disorders. *Nordic Studies on Alcohol and Drugs*, 40(1):76-94. (IF: 2.2).
71. Papadopoulou E, Bekris F, Vasileiadis S, Krokida A, Rouvali T, **Veskoukis AS**, Liadaki K, Kouretas D, Karpouzas DG (2023). Vineyard-mediated factors are still operative in spontaneous and commercial fermentations shaping the vinification microbial community and affecting the antioxidant and anticancer properties of wines. *Food Research International*, 173(Pt 2):113359. (IF: 8).
72. Leventelis C, Tasoulis S, Kouretas D, Metsios GS, **Veskoukis AS*** (2023). Pomegranate juice consumption by patients under medication for addiction treatment as regulator of craving and blood redox status: The study protocol of a randomized control trial (the NUTRIDOPE study). *International Journal of Clinical Skills*, 17(7), 133-143. (IF: 5.2). (***Corresponding author**).
73. **Veskoukis AS**, Christodoulou C, Skaperda Z, Kouretas D, Liadaki K (2024). Hypochlorous acid induces a redox-dependent growth of C2C12 myoblasts. *Cellular and Molecular Biology (Noisy-le-grand)*, 70(10), 1-8. (IF: 1.6).
74. Leventelis C, Barmpas PT, Nellas I, Tasoulis S, **Veskoukis AS**, Tsironi M. (2024). COVID-19 Pandemic Detrimentally Affects Craving and Quality of Life in Patients Under Medication-Assisted Treatment with Buprenorphine and Methadone: The Issue of Medication Dose. *Psychiatry International*, 5, 867-882. (IF: 1.1).
75. Leventelis C, Makri S, Ververi A, Papageorgiou K, Tentolouri A, Mountzouridi E, Tekos F, Barmpas PT, Tasoulis S, Metsios GS, Kouretas D, **Veskoukis AS*** (2025). Pomegranate juice ameliorates craving and oxidative stress on patients under medication for opioid addiction treatment with methadone and buprenorphine: A randomized controlled trial. *Clinical Nutrition ESPEN*, 66, 34-45. (IF: 2.6). (***Corresponding author**).

76. Leventelis C, **Veskoukis AS**, Rojas Gil AP, Papadopoulos P, Garderi M, Angeli A, Kampitsi A, Tsironi M (2025). Methadone and Buprenorphine as Medication for Addiction Treatment Diversely Affect Inflammation and Craving Depending on Their Doses. *Pharmacy (Basel)*, 6, 13(2):40. (IF: 1.8).

77. Leventelis C, Barmpas PT, Kampitsi A, Iliopoulou K, Toutouktsi N, Malakopoulos P, Tasoulis S, **Veskoukis AS** (2025). Pomegranate juice consumption improves sleep quality and melatonin concentration of patients with opioid use disorders under medication-assisted treatment with methadone and buprenorphine: a randomized controlled trial. *Substance Use and Addiction Journal*, 46(4):981-993. (IF: 2.4).

78. Tekos F, Vardakas P, Skaperda Z, Nechaloti PM, Atsopardi K, Xiftou K, Patouna A, Gkasdrogka M, **Veskoukis AS**, Giakountis A, Poulas K, Kouretas D (2025). The endemic Greek wines Xinomavro, Agiorgitiko, Assyrtiko, and Malagouzia exert beneficial effects on human cells by upregulating the antioxidant defense mechanisms. *Journal of Functional Foods*, 135, 107088. (IF: 4.0)

10. Book chapters in English language

1. **Veskoukis AS**. Chapter 8 - Redox signaling and antioxidant defense in pathogenic microorganisms: a link to disease and putative therapy, Editor(s): Victor R. Preedy, Pathology, Academic Press, 2020, Pages 87-95, ISBN 9780128159729, <https://doi.org/10.1016/B978-0-12-815972-9.00008-1>.

2. Kouka P, **Veskoukis AS**, Kouretas D. Antioxidants in olive oil phenolics: a focus on myoblasts. In: Olives and Olive Oil in Health and Disease Prevention, 2nd Edition. Editors: Preedy VR. Watson R. Academic Press, 2021, Pages 301-312, ISBN 9780128195284, <https://doi.org/10.1016/B978-0-12-819528-4.00009-2>.

3. **Veskoukis AS**. Chapter 36 - Redox biomarkers in toxicology and nutrition: the social link, Editor(s): Aristidis M. Tsatsakis, Toxicological Risk Assessment and Multi-System Health Impacts from Exposure, Academic Press, 2021, Pages 427-434, ISBN 9780323852159, <https://doi.org/10.1016/B978-0-323-85215-9.00038-6>.

4. Tsatsakis AM, **Veskoukis AS**, Tsitsimpikou C, Tsatsakis I, Rezaee R. Chapter 37 - Safety profile of plants and phytoconstituents used in traditional medicine worldwide, Editor(s): Aristidis M. Tsatsakis, Toxicological Risk Assessment and Multi-

System Health Impacts from Exposure, Academic Press, 2021, Pages 435-447, ISBN 9780323852159, <https://doi.org/10.1016/B978-0-323-85215-9.00021-0>.

11. Authorships

A. Kouretas D, Stagos D, Goutzourelas, N, **Veskoukis AS**. Manual for the graduate laboratory course "*Chemoprevention and Mechanisms*" of the Postgraduate Program "Toxicology", University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.

B. Veskoukis A, Karagiota A. Manual for the undergraduate laboratory course "*Biochemistry*", University of Thessaly, Department of Nutrition and dietetics, Trikala, Greece.

C. Co-editing of the book "*Drugs in Sport*", 8th Edition (ISBN: 978-0367560294) in Greek Language. "*Φάρμακα στον Αθλητισμό*", Konstadaras Medical Publication, 2023. <https://www.konstadaras.gr/product/farmaka-ston-athlitismo/>

D. Member of the translation team for the book "*Campbell's Essential Biology*", 6th Edition; Eric J. Simon, Jean L. Dicke Kelly A. Hoga, and Jane B. Reece. Pearson Education, Inc. 2016". In Greek language, Broken Hill Publishers Ltd. 2019.

E. Editorial work in Greek language of specific chapters for the book Επιμέλεια κεφαλαίων του βιβλίου "*Lehninger's Principles of Biochemistry*", Nelson David L, Cox Michael M, Broken Hill Publishers Ltd. 2019. <https://www.brokenhill.com.cy/ell/product/Lehningers-Vasikes-Arxes-Vioximeias-3i-ekdosi>

F. Editorial work in Greek language of specific chapters for the book "*Brenner and Steven's Pharmacology*", Stevens CW, 2023. Broken Hill Publishers Ltd. <https://www.brokenhill.com.cy/ell/product/Brenner-and-Stevens-Farmakologia>

G. Editorial work in Greek language of one chapter for the book "*Nutrition, Food and Diet in Ageing and Longevity*" Rattan I.S. Suresh , Kaur Gurcharan, 2026. Broken Hill Publishers Ltd. <https://www.brokenhill.com.cy/ell/product/Diatrofi-Trofima-Kai-Diaita-Sti-Giransi-Kai-Sti-Makrozoia>

12. Oral and poster presentations in international and Greek conferences

- 1. Veskoukis AS**, Kouretas D, Panoutsopoulos GI. Substrate specificity of guinea pig liver aldehyde oxidase and bovine milk xanthine oxidase for methyl- and nitro-benzaldehydes. 57th Meeting of the Hellenic Society of Biochemistry & Molecular Biology, Athens (Greece), December 9-11, 2005 (Poster presentation).
- 2. Veskoukis AS**, Kouretas D, Panoutsopoulos GI. The inhibitory action of polyphenols against bovine milk xanthine oxidase using xanthine as substrate. 57th Meeting of the Hellenic Society of Biochemistry & Molecular Biology, Athens (Greece), December 9-11, 2005 (Poster presentation).
- 3. Deda O, Veskoukis AS**, Petridou A, Tsalis G, Nikolaidis MG, Kyparos A, Kouretas D, Mougios V. Effect of allopurinol on carbohydrate metabolism during exhaustive aerobic exercise in rats. 16th International Congress on Physical Education and Sport. Komotini (Greece), May 16-18, 2008 (Oral presentation).
- 4. Kokkinos D, Veskoukis AS**, Kyparos A, Nikolaidis MG, Kouretas D. Effect of allopurinol and exercise on oxidative stress markers in gastrocnemius muscle in rats. 16th International Congress on Physical Education and Sport. Komotini (Greece), May 16-18, 2008 (Oral presentation).
- 5. Ganouris G, Veskoukis AS**, Kyparos A, Nikolaidis MG, Fatouros IG, Kouretas D. Effect of allopurinol and exercise on total antioxidant capacity in liver in rats. 16th International Congress on Physical Education and Sport. Komotini (Greece), May 16-18, 2008 (Oral presentation).
- 6. Veskoukis AS**, Nikolaidis MG, Kyparos A, Nepka C, Barbanis S, Kouretas D. Effect of xanthine oxidase inhibition on oxidative stress blood markers in rats. 16th International Congress on Physical Education and Sport. Komotini (Greece), May 16-18, 2008 (Oral presentation).
- 7. Veskoukis AS**, Nikolaidis MG, Kyparos A, Nepka C, Barbanis S, Kouretas D. Effect of xanthine oxidase inhibition on performance and liver glycogen content in rats. 16th International Congress on Physical Education and Sport. Komotini (Greece), May 16-18, 2008 (Oral presentation).
- 8. Kouretas D, Veskoukis AS**, Kokinos D, Kyparos A, Nikolaidis MG. Effect of allopurinol and exercise on oxidative stress markers in gastrocnemius muscle in rats.

13th Annual Congress of the European College of Sports Science (ECSS). Estoril (Portugal), July 9-12, 2008 (Oral presentation).

9. Veskoukis AS, Kontou M, Kyparos A, Nikolaidis MG, Samiotaki M, Panayotou G, Kouretas D. Effect of allopurinol and exercise on protein expression in rat gastrocnemius and soleus muscle. 13th Annual Congress of the European College of Sports Science (ECSS). Estoril (Portugal), July 9-12, 2008 (Oral presentation).

10. Veskoukis AS, Nikolaidis MG, Kyparos A, Kouretas D. Blood reflects tissue oxidative stress depending on biomarker and tissue studied. 17th International Congress on Physical Education and Sport. Komotini (Greece), May 22-24, 2009 (Oral presentation).

11. Veskoukis AS, Kyparos A, Nikolaidis MG, Kouretas D. Alterations in tissue albumin concentration following exercise and allopurinol administration. 17th International Congress on Physical Education and Sport. Komotini (Greece), May 22-24, 2009 (Oral presentation).

12. Spiliotou V, Veskoukis A, Kho A, Liadaki K, Kouretas D. The effect of exercise on gene expression of rat skeletal muscle using microarray technology. 19th International Congress on Physical Education and Sport, 1st Congress of Biochemistry and Exercise Physiology, Komotini (Greece), May 20-22, 2011 (Oral presentation).

13. Varamenti E, Kyparos A, Bakou M, Veskoukis A, Jamurtas A, Koutedakis Y, Kouretas D. Oxidative stress, inflammation and angiogenesis biomarkers in elite female waterpolo athletes during a year's training cycle. 19th International Congress on Physical Education and Sport, 1st Congress of Biochemistry and Exercise Physiology, Komotini (Greece), May 20-22, 2011 (Oral presentation).

14. Veskoukis A, Kyparos A, Nikolaidis MG, Kouretas D. Evaluation of the in vivo activity of a grape extract enriched in bioactive antioxidant compounds. 19th International Congress on Physical Education and Sport, 1st Congress of Biochemistry and Exercise Physiology, Komotini (Greece), May 20-22, 2011 (Oral presentation).

15. Kerasioti T, Stagos D, Kiskini A, Veskoukis AS, Jamurtas A, Pournaras S, Tsitsimpikou C, Tsatsakis AM, Koutedakis I, Karathanos V, Kouretas D. Effect of a special carbohydrate-protein cake on inflammation markers after exhaustive cycling

in humans. 2nd Congress of Biochemistry and Exercise Physiology, Athens (Greece), October 12-13, 2012 (Oral presentation).

16. Kerasioti T, Kiskini A, **Veskoukis AS**, Jamurtas A, Tsitsimpikou C, Tsatsakis AM, Koutedakis I, Karathanos V, Stagos D, Kouretas D. Effect of a special carbohydrate-protein cake on oxidative stress markers after exhaustive cycling in humans. 2nd Congress of Biochemistry and Exercise Physiology, Athens (Greece), October 12-13, 2012 (Oral presentation).

17. Margaritelis NV, Theodorou AA, Paschalis V, **Veskoukis AS**, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, Kyparos A, Nikolaidis MG. Adaptations to endurance training depend on exercise-induced oxidative stress: exploiting redox inter-individual variability. 6th Congress of Biochemistry and Exercise Physiology, Athens (Greece), November 4-6, 2016 (Oral presentation).

18. Dolopikou CF, Kourtzidis IA, Stoupas AT, Gioris IS, **Veskoukis AS**, Margaritelis NV, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG. The effect of the NAD⁺ precursor nicotinamide riboside and exercise on the levels of NADH in erythrocytes and swimming performance in rats. 25th Anniversary International Congress on Physical Education and Sport Science. Komotini (Greece), May 19-21, 2017 (Oral presentation).

19. Dolopikou CF, Kourtzidis IA, Stoupas AT, Gioris IS, **Veskoukis AS**, Margaritelis NV, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG. The effect of the NAD⁺ precursor nicotinamide riboside and exercise on the levels of NADH in skeletal muscles in rats. 25th Anniversary International Congress on Physical Education and Sport Science. Komotini (Greece), May 19-21, 2017 (Oral presentation).

20. Kourtzidis IA, Dolopikou CF, Tsiftsis AN, Margaritelis NV, **Veskoukis AS**, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG. The effect of nicotinamide riboside on glutathione redox metabolism, glycogen concentration and exercise performance in rats. 7th Congress of Biochemistry and Exercise Physiology, Athens (Greece), October 20-22, 2017 (Oral presentation).

21. Savvidis M, Taitzoglou I, Papavasiliou K, Mirisidis I, **Veskoukis A**, Vrabas I, Galanis N, Kyrkos I. Vitamin E (α -tocopherol) administration enhances the osseointegration of stainless steel implants by suppressing the immediate postoperative oxidative

stress. An experimental study in rats. 45th European Calcified Tissue Society Congress, Valencia (Spain), May 26-29, 2018 (Oral presentation).

22. Veskoukis A, Chorba K, Apostolopoulos I, Poulas K, Kouretas D. Investigation of grape stems from Greek varieties as a rich source of bioactive natural products. 15th Panhellenic Congress of Nutrition & Dietetics, 13–15 December 2019, Athens. (Oral presentation).

23. Skaperda Z, Nechalioti PM, **Veskoukis AS**, Makri S, Bouroutzika E, Kouretas D. Farm Animal Welfare and Meat Quality: Interrelation with Redox Status of Different Breeds. 9th International Conference on Information & Communication Technologies in Agriculture, Food and Environment, September 24-27, 2020, Thessaloniki, Greece (Poster presentation).

24. Katsouli A, Karasavidou A, Papadopoulos P, Stavropoulos V, Batsiari E, Tasoulis S, Barmpas PT, **Veskoukis AS**, Tsironi M, Leventelis C. Patients under maintenance treatment with buprenorphine and methadone are impelled to craving and to parallel illicit drug use due to COVID-19 pandemic. Lisbon Addictions, Lisbon Congress Centre, 23-25 November 2022 (Poster presentation).

25. Papadopoulos P, Katsouli A, Stavropoulos V, Karasavidou A, Tasoulis S, Nellas IA, **Veskoukis AS**, Leventelis C. COVID-19 pandemic negatively affected several aspects of quality of life of patients with substance use disorders under medication-assisted treatment with methadone and buprenorphine. Lisbon Addictions, Lisbon Congress Centre, 23-25 November 2022 (Poster presentation).

26. Stavropoulos V, Karasavidou A, Papadopoulos P, Katsouli A, Tasoulis S, Barmpas PT, Alexopoulou N, **Veskoukis AS**, Tsironi M, Leventelis C. The severe impact of COVID-19 pandemic on substance administration and on aspects of psychosocial life of patients under methadone and buprenorphine maintenance treatment. Lisbon Addictions, Lisbon Congress Centre, 23-25 November 2022 (Poster presentation).

27. Koutsopoulou E, Mathou N, Alexakou K, Likousi S, Iliopoulos A, Batsiari E, Teleme A, Karoumpali M, Tasoulis S, **Veskoukis A**, Leventelis C. Direct-acting antiviral agents for the treatment of hepatitis C improve the quality of life of patients with substance use disorders under methadone maintenance treatment. 22nd Hepatology Conference, 2024, Chania, Greece (3rd Prize for Best Poster Presentation).

28. Batsiari E, Leventelis C, Karoumpali M, Koutsopoulou E, Mathou N, Alexakou K, Likousi S, Manolis I, Tsirigotis A, Tasoulis S, Mparmpas P, **Veskoukis A**. Direct-acting antiviral agents for the treatment of chronic hepatitis C affect craving patients with substance use disorders under methadone and buprenorphine, depending on the dosage of medications. 23rd Hepatology Conference, 2025, Thessaloniki, Greece (Poster presentation).

29. Koutsopoulou E, Mathou N, Alexakou K, Likousi S, Iliopoulos A, Batsiari E, Teleme A, Karoumpali M, Gerodimitrou B, Rochas Hill AP, Tasoulis S, **Veskoukis A**, Leventelis C. Hepatic enzyme response following treatment with direct-acting antivirals for chronic hepatitis C in patients with substance use disorder under methadone and buprenorphine. 23rd Hepatology Conference, 2025, Thessaloniki, Greece (Honorable Mention for Best Poster Presentation).

30. Leventelis C, Batsiari E, Koutsopoulou E, Mathou N, Alexakou K, Likousi S, Tasoulis S, Veskoukis A. Pharmaceutical antiviral agents for the treatment of hepatitis C affect craving in patients with opioid use disorders under methadone and buprenorphine, depending on the dosage of medications. 3rd Nursing Service Conference, University General Hospital of Alexandroupolis & 1st Conference of the Department of Nursing, Democritus University of Thrace, 2025, Alexandroupolis, Greece.

13. Publications and abstracts in proceedings of international and Greek conferences

1. Veskoukis AS, Nikolaidis MG, Kyparos A, Kokkinos D, Varamenti E, Kouretas D (2008). The effects of allopurinol on protein carbonyls and swimming performance in rats. Issue devoted to papers presented at the 5th Panhellenic Congress of Pharmacology, 23-25 May 2008. Athens, Greece. Review of Clinical Pharmacology and Pharmacokinetics International Edition 22: 360-361, 2008.

2. Yfanti C, Fischer CP, Nielsen S, Åkerström T, Nielsen A, **Veskoukis AS**, Kouretas D, Lykkesfeldt J, Pilegaard H, Pedersen BK. Role of Antioxidant Supplementation on Training-induced IL-6. Medicine & Science in Sports & Exercise. 42(10):20, October 2010.

https://journals.lww.com/acsm-mse/fulltext/2010/10002/role_of_antioxidant_supplementation_on.47.aspx

3. Skaperda Z, **Veskoukis AS**, Argyriadou A, Arsenos G, Kouretas D (2019). Effects of developmental stages and sex on the redox status of farm animals. Proceedings of the abstracts of the 24th International Symposium on Molecular Medicine, 10-12 October 2019, Mystras Grand Palace Resort, Sparta, Greece. International Journal of Molecular Medicine 44 (S), 2019.

4. Makri S, **Veskoukis AS**, Kouretas D (2019). Feed supplemented with wine by-products enhances the antioxidant defence system of broiler tissues. Proceedings of the abstracts of the 24th International Symposium on Molecular Medicine, 10-12 October 2019, Mystras Grand Palace Resort, Sparta, Greece. International Journal of Molecular Medicine 44 (S), 2019.

5. **Veskoukis AS**, Kouretas D (2019). Personalized nutrition regimen and the redox biomarker issue: Five premises that should followed. Proceedings of the abstracts of the 24th International Symposium on Molecular Medicine, 10-12 October 2019, Mystras Grand Palace Resort, Sparta, Greece. International Journal of Molecular Medicine 44 (S), 2019.

6. Kouka P, **Veskoukis AS**, Halabalaki M, Skaltsounis AL, Taitzoglou I, Kouretas D (2019). Evaluation of the effects of a highly rich in biophenols olive oil sample on blood and tissue redox status of rats. Proceedings of the abstracts of the 24th International Symposium on Molecular Medicine, 10-12 October 2019, Mystras Grand Palace Resort, Sparta, Greece. International Journal of Molecular Medicine 44 (S), 2019.

14. Working experience

A. Assistant in the Biochemical and Microbiological Laboratory at the 404 General Military Hospital of Larissa, as part of mandatory military service (26/11/2011-26/7/2012).

B. Chemist at the Food Research and Development S.A., MEDITURA (10/1/2011-13/10/2011).

15. Scientific recognition and distinction

A. Special Service for the Management and Implementation of Actions of the Ministry of Development in the Fields of Research and Innovation - Member of the

Verification and Certification Body for two research projects under the «Research – Create – Innovate» Action, funded by the Operational Programme Competitiveness, Entrepreneurship and Innovation (EPAnEK)” 2014 - 2020.

B. Member of the Editorial Board of the journals "Toxicology Reports" (<https://www.sciencedirect.com/journal/toxicology-reports/about/editorial-board>), "Disease Markers" (<https://onlinelibrary.wiley.com/page/journal/4242/homepage/editorial-board>) και "Veterinary Sciences" (https://www.mdpi.com/journal/vetsci/editors?page_no=5).

C. Reviewer for the following journals: "African Journal of Biochemistry Research", "Animals", "Antioxidants", "Biology", "Biomarkers", "BioMed Research International", "Biomedical Reports", "Biomolecules", "Biosensors", "BMC Research Notes", "BMJ Open", "Cancers", "Chemosensors", "Clinical Biochemistry", "Current Opinion in Toxicology", "Disease Markers", "Endocrine, Metabolic & Immune Disorders - Drug Targets", "Environmental Toxicology and Pharmacology", "European Journal of Sport Science", "Food and Chemical Toxicology", "FOODS", "Free Radical Biology and Medicine", "Healthcare", "International Journal of Environmental Research and Public Health", "International Journal of Functional Nutrition", "International Journal of Molecular Sciences", "Journal of Clinical Neuroscience", "Journal of Proteome Research", "Journal of Biological Research-Thessaloniki", "Journal of Hazardous Materials", "Journal of Taibah University Medical Sciences", "Life Sciences", "Materials", "Molecules", "Nutrients", "Oxidative Medicine and Cellular Longevity", "Pharmaceutics", "PLOS ONE", "Processes", "Redox Report", "Science and Sports", "Science of the total Environment", "Scientific Reports", "Toxicology Reports", "Toxicology in vitro", "Toxicology Letters", "Veterinary Sciences".

D. Scholarship (6,000 euros) for postdoctoral research, awarded by the Research Committee of the Aristotle University of Thessaloniki” (January 2013 - December 2013).

E. Chair for the Session entitled “Molecular Responses to Exercise – Oxidative Stress”, 19th International Congress of Physical Education and Sport and the 1st Congress of Exercise Biochemistry and Physiology, Komotini, 20–22 May 2011.

F. Chair for the Session "Pharmacology/Toxicology/Environment", 24th International Symposium on Molecular Medicine, 10-12 October 2019, Mystras Grand Palace Resort, Sparta, Greece.

G. Chair for the Session "Medical Manuscripts and the Evolution of Pharmacy over Time", International Commemorative Event "1821–2021: 200 Years of Greek Medicine – Milestones and Key Figures", National and Kapodistrian University of Athens, 23-24 September 2021.

16. Guidance of Ph.D. dissertations

A. As a supervisor

1. Karaventza Marianthi. "Investigation of the role of redox status of patients with autoimmune rheumatoid diseases on disease progression" (2023–present), University of Thessaly, Department of Dietetics and Nutrition, Laboratory of Clinical Exercise Physiology and Nutrition, Trikala, Greece.

2. Papageorgiou Marina. Assessment of the antioxidant defence and quality of life of patients addicted to opioids. (2025 - present), University of Thessaly, Department of Dietetics and Nutrition, Laboratory of Clinical Exercise Physiology and Nutrition, Trikala, Greece.

B. As a member of the doctoral advisory committee

1. Patouna Anastasia. Evaluation of native honey varieties antioxidant profile and the effect of honey-based gel on humans' redox status (2021-2025). University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece.

2. Nehalioti Maria-Paraskevi. Study of the subchronic toxicity of low doses of glyphosate and its mixture with 2,4-dichlorophenoxyacetic acid and dicamba in rats (2022-today). University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece.

3 Gasdrogka Maria. Study of the biological activity of olive varieties and olive oils in vitro using a combination of molecular techniques (2023-today). University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece.

C. As a member of the doctoral examination committee

- 1.** Φουντουκίδου Πολυξένη. Measurement of oxidative stress markers in tissues and blood of rats after long-term low-dose administration of a mixture of pesticides and food preservatives (2016-2021). University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece.
- 2.** Σκαπέρδα Ζωή-Βασιλική. Study of redox status in farm animal products (2018-2022). University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece.
- 3.** Τέκος Φώτιος. Study of the biological activity of extracts derived from indigenous wine varieties using in vitro and in vivo molecular techniques (2020-2023). University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece.
- 4.** Papadopoulou Eleni. Study of the role of vine and vinification microbiome from local grape vine cultivars on winemaking and the final wine quality (2019-2023). University of Thessaly, Department of Biochemistry and Biotechnology, Plant and Environmental Biotechnology Laboratory, Larissa, Greece.

17. Guidance of postgraduate theses

- A.** I have guided 9 postgraduate theses as a supervisor - University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece.
- B.** I have guided 28 postgraduate theses as a member of the examination committee - University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece.

18. Guidance of undergraduate theses

- A.** I have guided 14 undergraduate theses as a supervisor - University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece and University of Thessaly, Department of Nutrition and Dietetics, Laboratory of Clinical Exercise Physiology and Nutrition, Trikala, Greece.
- B.** I have guided 14 undergraduate theses as a supervisor - University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology,

Larissa, Greece and University of Thessaly, Department of Nutrition and Dietetics, Laboratory of Clinical Exercise Physiology and Nutrition, Trikala, Greece.

C. I have guided 56 postgraduate theses as a member of the examination committee - University of Thessaly, Department of Biochemistry and Biotechnology, Laboratory of Animal Physiology, Larissa, Greece and University of Thessaly, Department of Nutrition and Dietetics, Laboratory of Clinical Exercise Physiology and Nutrition, Trikala, Greece and Department of Nutrition and Dietetics, Karditsa, Greece.

19. Invited lectures

1. Title: "*The Role of Xanthine Oxidase in Redox Status During Exercise*", Research Seminars of the Institute of Physical Performance and Rehabilitation, Trikala, Greece, 24 November 2010.

2. Title: "*The Use of Biomarkers in Free Radical Biology: Theoretical and Experimental Approaches*", Doctoral and Postdoctoral Researchers Seminar, Aristotle University of Thessaloniki, Department of Physical Education and Sport Science, Serres, Greece, 12 April 2016.

3. Title: "Exercise-Induced Oxidative and Reductive Stress: The Issue of Biomarkers", 8th Congress of Exercise Biochemistry and Physiology, Thessaloniki, Greece, 19-21 October 2018.

4. Title: "Functional Foods and Health: The Case of Pomegranate", Nutrition Seminar, Trikala, Greece, 15 October 2022.

5. Title: "*Nutritional compounds: Antioxidants with putative prooxidant action*", 1st International Conference of Nutritional Sciences and Dietetics, Aristotle University Research Dissemination Centre (KEDEA) in Thessaloniki, Greece, 27 -29 May 2022.

6. Title: "The contribution of pomegranate in the treatment of addictions", presented at the scientific event "Current Topics in Nutrition", as part of Trikala Street Food Festival, Trikala, Greece, 17 June 2023.

20. Societal contribution

A. Since 2021, I deliver lectures in the following Greek Second-Chance Schools of Correctional Facilities (prisons): Larissa, Trikala, Thessaloniki, Thiva. Indicative lecture titles: *“Doping - Drugs in Sports: Athletes’ Attempts to Enhance Performance through Illegal Means”*, *“The Importance of Research and Experimentation in the Advancement of Knowledge”*, *“Xenobiotics and doping”*, *“The roles of functional foods in human health”*, *“The potential beneficial role of pomegranate juice consumption in heroin addiction”*, *“Center for Health Advancement and Narrowing HealthCare Equities”*.

B. I have also accompanied undergraduate and postgraduate students of the Department of Nutrition and Dietetics, Trikala, Greece, who have delivered lectures in the Correctional Facilities of Larissa and Trikala, Greece. Indicative lecture titles: *“Fundamental Principles of Nutrition Science”*, *“Nutrition and Disease Management”*.