



Fotios Tekos

Work : Viopolis, Mezourlo, 41500, Larissa, Greece
Email: fotis.tekos@gmail.com **Email:** ftekos@uth.gr
Email: tekos@foodoxys.com **Phone:** (+30) 2410565293
Website: https://www.foodoxys.com/en/team_member/fotis-tekos/
Skype: fotis.tek **LinkedIn:** www.linkedin.com/in/tekos-fotios
ResearchGate: https://www.researchgate.net/profile/Fotios_Tekos
Date of birth: 18/04/1995 **Nationality:** Greek

WORK EXPERIENCE

- [01/2019 – Current] **Chief executive officer**
FoodOxys PC Spin-off www.foodoxys.com
Address: Drosi 95, N. Politeia, 41335, Larissa, Greece
- [07/07/2022 – Current] **Chief executive officer**
Olea Fortius P.C.
Address: Drosi 95, N. Politeia, 41335, Larissa, Greece
- [01/2019 – Current] **Co-founder and shareholder**
FoodOxys PC Spin-off www.foodoxys.com
Address: Drosi 95, N. Politeia, 41335, Larissa, Greece
- [18/10/2022 – 17/12/2022] **Creation and presentation of educational material as part of the 2022 Researcher's Night**
University of Thessaly
City: Larissa | **Country:** Greece
Program funded by the General Secretariat for Research and Technology (GRET)
Project titled "7142 MARIE: My Awesome Research Is for Everyone!".
Work object: Creation and presentation of educational material.
Scientific manager: Professor Dimitrios Kouretas.
- [17/01/2022 – 31/03/2023] **Scientific Researcher**
University of Thessaly
Program funded by Research - Create - Innovate 2021.
Project entitled: "Olivefeed, Utilization of by-products and olive production waste, for the production of innovative biofunctional feed and quality animal products".
Work object: Implementation of biochemical protocols.
Scientific manager: Professor Dimitrios Kouretas.
- [31/10/2021 – 31/01/2022] **Instructor at the Lifelong Learning Center of the University of Thessaly**
University of Thessaly
City: Volos | **Country:** Greece
Instructor in the "Toxicology for all" program.
- [26/10/2021 – 29/11/2021] **2021 Researcher's Night project coordinator**

University of Thessaly

City: Larissa | **Country:** Greece

Responsible for disseminating project results and promoting project actions. Editing of participants' video recordings and their processing in software programs.

[04/2021 – 12/2021] **Auxiliary didactic work**

University of Thessaly www.bio.uth.gr

Address: Βιοπολις, Μεζούρλο, 41500, Larissa, Greece | **Name of unit or department:** Βιοχημείας και Βιοτεχνολογίας

Support of the educational activities of the University of Thessaly during the academic year 2020-2021 with the integration of remedial teaching in addition to the main lectures with code OPS (MIS) 5093556 performed within the Operational Program "Development of Human Resources and Education" Invitation EDBM143).

Subject: Physiology

Courses: Physiology I / Drugs in sport: antidoping, international regulations, research, WADA / Bioethics and education.

[06/07/2021 – 30/08/2021] **Scientific Researcher**

University of Thessaly

City: Larissa | **Country:** Greece

Program sponsored by ATTICA SCIENCES.

Project entitled: "Testing of molecules in HepG2 cells, HeLa cells and pancreatic cancer cells to test their ability to downregulate first ACLY enzyme at both protein and mRNA level and also p70S6 kinase and test if they upregulate pAMPK".

Work object: Collection of samples and their processing for the study of the oxidative stress of cancer cells.

Scientific manager: Professor Dimitrios Kouretas.

[31/10/2020 – 27/02/2021] **Scientific Researcher**

University of Thessaly

City: Larissa | **Country:** Greece

Project funded by PEP - EPIRUS 2014-2020

Project entitled: Cloud platform for the bioactivity of herbs in the region of Epirus (BioActHerb).

Job: Biochemist

Object of work: The study of antioxidant capacity and bioactivity of herbs with a combination of in Vitro techniques.

Scientific Officer: Professor Dimitrios Kouretas.

[09/10/2019 – 28/02/2020] **Scientific Researcher**

University of Thessaly

City: Larissa | **Country:** Greece

Project funded by PEP - EPIRUS 2014-2020

Project entitled: Cloud platform for the bioactivity of herbs in the region of Epirus (BioActHerb).

Job: Biochemist

Object of work: The study of antioxidant capacity and bioactivity of herbs with a combination of in Vitro techniques.

Scientific Officer: Professor Dimitrios Kouretas.

[18/09/2018 – 14/12/2018] **Scientific Researcher**

University of Thessaly

City: Larissa | **Country:** Greece

European program.

Project entitled "SHERIF: reSearch is a sERious Fun".

Job: Biochemist

Scope of work: Responsible for the planning, preparation, execution and reporting of experiments to be conducted during the Researcher Night.

Scientific Officer: Professor Dimitrios Kouretas.

[17/07/2018 – 17/08/2018]

Scientific Researcher

University of Thessaly

City: Larissa | **Country:** Greece

Program funded by the General Secretariat for Research and Technology (GSRT)

Project entitled " IRENE: Invitation to Researchers' Night 2016-2017 Hellas_THE NATIONAL PARTICIPATION 2016-2017 ".

Job: Biochemist

Subject of work: Responsible for the report of the results of the experiments for the researcher's night.

Scientific Officer: Professor Dimitrios Kouretas.

[30/06/2015 – 30/08/2015]

Biochemist

Papageorgiou General Hospital of Thessaloniki <https://www.papageorgiou-hospital.gr>

City: Thessaloniki | **Country:** Greece

Vocational training

Internship within the Degree of Biochemistry and Biotechnology in the laboratory of Microbiology - Biochemistry - Virology of the General Hospice of Papageorgiou, Thessaloniki.

[07/2023 – Current]

Freelance

Tekos Group

Country: Greece

Research and experimental development services in biotechnology for health, environment, agriculture and other applications.

Business and other management consulting activities.

Teaching (instruction) services in educational seminars.

Educational program design and certification services.

[10/2023 – 01/2024]

Contract Lecturer

University of Thessaly

City: Larissa | **Country:** Greece

Teaching the course BIOCHEMICAL TOXICOLOGY - COURSE LABORATORIES in the Department of Biochemistry and Biotechnology

[19/03/2024 – Current]

Member of the management body

University of Thessaly

City: Volos | **Country:** Greece

UTH Innovation - Technology Transfer Unit and Entrepreneurship Center

[01/04/2024 – 31/12/2024]

Project management & coordination

Joist Innovation Park

City: Larisa | **Country:** Greece

VELES Excellence Hub - Strengthening the South-East Europe Smart Health Regional Excellence and

Boosting the Innovation Potential

[10/2020 – Current] **Lecturer at MSc Toxicology**

University of Thessaly

City: Larisa | **Country:** Greece

Lecturer in Master of Science "Toxicology" in the following courses every year:

Molecular Toxicology (Lecture and Lab exercises) - 1st Semester

Chemoprevention and mechanisms (Lecture and Lab exercises) - 2nd Semester

EDUCATION AND TRAINING

[03/2020 – 04/2023] **Doctor of Philosophy (Doctoral Research Degree)**

University of Thessaly, Department of Biochemistry and Biotechnology <https://www.didaktorika.gr/eadd/handle/10442/53987>

Address: Viopolis, Mezourlo, 41500, Larissa, Greece | | **Level in EQF:** EQF level 8

[08/2017 – 02/2019] **Master of Science in Toxicology**

University of Thessaly, Department of Biochemistry and Biotechnology <http://www.bio.uth.gr>

Address: Viopolis, Mezourlo, 41500, Larissa, Greece | | **Level in EQF:** EQF level 7
Grade 9,5/10

[08/2013 – 06/2017] **Bachelor of Science in Biochemistry and Biotechnology**

University of Thessaly, Department of Biochemistry and Biotechnology <http://www.bio.uth.gr>

Address: Viopolis, Mezourlo, 41500, Larissa, Greece | | **Level in EQF:** EQF level 6
Grade 8,29/10

[08/2007 – 05/2013] **High School Diploma**

Mandoulides Educators <https://mandoulides.edu.gr>

City: Thessaloniki | **Country:** Greece | | **Level in EQF:** EQF level 4
Leaving Certificate Grade 19/20

[10/01/2023 – 10/03/2023] **ISO 9001:2015 (QMS) - Quality Management Systems Lead Assessor Course**
SWISS APPROVAL ACADEMY

[13/02/2023 – 14/02/2023] **Principles of leadership and team management - Leading in Action**
Thessalian Business Association (STHEB) <https://www.sthev.gr>

[11/05/2022] **Certificate of Pedagogical & Teaching Proficiency**
University of Thessaly

City: Larissa | **Country:** Greece |

[18/03/2023] **Crop Health Analysis, Sensoring and Photogrammetry Powered by**
SATI Smart Agriculture Training & Implementation <https://sati-project.eu>

[18/03/2023] **Equipment, Uses of UAVs in Precision Agriculture and Logistics of UAVs**

[18/03/2023] **Legal Frame on UAS use in the participating countries and the EU**

[07/2023] **Forensics, medicine in the service of justice**

Aristotle University of Thessaloniki

[04/2024] **ISO 22000:2018 FSMS LEAD AUDITOR CERTIFICATE**

Swiss Approval

LANGUAGE SKILLS

Mother tongue(s): Greek

Other language(s):

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

DIGITAL SKILLS

My Digital Skills

Certificate Computer skills from the University of Thessaly

PUBLICATIONS

[2023] **[Redox Biomarkers Assessment after Oral Administration of Wine Extract and Grape Stem Extract in Rats and Mice](#)**

Fotios Tekos, Zoi Skaperda, Periklis Vardakas, Despina Kyriazi, Georgios C. Maravelis, Konstantinos Poulas, Ioannis A. Taitzoglou, Charitini Nepka and Demetrios Kouretas

Molecules **2023**, 28(4), 1574; <https://doi.org/10.3390/molecules28041574>

[2023] **[Antioxidant and DNA-Protective Activity of an Extract Originated from Kalamon Olives Debittering](#)**

Kourti, M.; Alvanou, M.V.; Skaperda, Z.; **Tekos, F.**; Papaefstathiou, G.; Stathopoulos, P.; Kouretas, D.

Antioxidants **2023**, 12, 333. <https://doi.org/10.3390/antiox12020333>

[2022] **[Antioxidant and Neuroprotective Effect of a Grape Pomace Extract on Oxaliplatin-Induced Peripheral Neuropathy in Rats: Biochemical, Behavioral and Histopathological Evaluation](#)**

Chryssa Bekiari, **Fotios Tekos**, Zoi Skaperda, Aikaterini Argyropoulou, Alexios-Leandros Skaltsounis, Demetrios Kouretas and Anastasia Tsingotjidou. *Antioxidants* **2022**, 11(6), 1062; <https://doi.org/10.3390/antiox11061062>

[2022] **[Determination of Redox Status in Different Tissues of Lambs and Kids and Their inter-relationship](#)**

Zoi Skaperda, Ioannis D. Kyriazis, **Fotios Tekos**, Maria V. Alvanou, Paraskevi-Maria Nechaloti, Sotiria Makri, Angeliki Argyriadou, Sotiria Vouraki, Theodoros Kallitsis, Maria Kourti, Valasi Irene, Georgios Arsenos and Demetrios Kouretas.

Antioxidants **2022**, 11(10), 2065; <https://doi.org/10.3390/antiox11102065>

- [2022] [The impact of diet upon mitochondrial physiology \(Review\)](#)
Ioannis D. Kyriazis, Eleni Vassi, Maria Alvanou, Christos Angelakis, Zoi Skaperda, **Fotios Tekos**, Venkata Naga Srikanth Garikipati, Demetrios A. Spandidos, Demetrios Kouretas. INTERNATIONAL JOURNAL OF MOLECULAR MEDICINE 50: 135, 2022. DOI: 10.3892/ijmm.2022.5191
- [2022] [Estimation of Redox Status in Military Pilots during Hypoxic Flight-Simulation Conditions—A Pilot Study](#)
Konstantina Petraki, Maria G. Grammatikopoulou, **Fotios Tekos**, Zoi Skaperda, Marina Orfanou, Robin Mesnage, Tonia Vassilakou*, Demetrios Kouretas*
Antioxidants 2022, 11(7), 1241; <https://doi.org/10.3390/antiox11071241>
- [2022] [Biological effects of grape stem extracts on human cancer cell lines](#)
Eleni Vassi, Aristidis S. Veskoukis, **Fotios Tekos**, Zoi Skaperda, Konstantinos Poulas, Serkos Haroutounian, Demetrios Kouretas.
International journal of functional nutrition 3: 4, 2022.
- [2022] [ROS and COVID \(Editorial\)](#)
Periklis Vardakas, Zoi Skaperda, **Fotios Tekos** and Demetrios Kouretas
Antioxidants 2022, 11(2), 339; <https://doi.org/10.3390/antiox11020339>
- [2021] [Reconceptualization of Hormetic Responses in the Frame of Redox Toxicology](#)
Zoi Skaperda, **Fotios Tekos**, Periklis Vardakas, Charitini Nepka and Demetrios Kouretas.
Int. J. Mol. Sci. 2022, 23, 49. <https://doi.org/10.3390/ijms23010049>
- [2021] [Assessment of Antioxidant and Antimutagenic Properties of Red and White Wine Extracts In Vitro.](#)
Tekos F, Makri S, Skaperda ZV, Patouna A, Terizi K, Kyriazis ID, Kotseridis Y, Mikropoulou EV, Papaefstathiou G, Halabalaki M, Demetrios K.
Metabolites. 2021;11(7):436. Published 2021 Jul 2. doi:10.3390/metabo11070436
- [2021] [In vitro antioxidant properties of herb decoction extracts derived from Epirus, Greece](#)
Zoi Skaperda, Ioannis D Kyriazis, Periklis Vardakas, **Fotios Tekos**, Konstantina Antoniou, Nikolaos Giannakeas, Dimitrios Kouretas
INTERNATIONAL JOURNAL OF FUNCTIONAL NUTRITION 2: 11, 2021. DOI: 10.3892/ijfn.2021.21
- [2021] [Methodology for the biofunctional assessment of honey \(Review\)](#)
IOANNIS D. KYRIAZIS, ZOI SKAPERDA, **FOTIOS TEKOS**, SOTIRIA MAKRI, PERIKLIS VARDAKAS, ELENI VASSI, ANASTASIA PATOUNA, KALLIRROI TERIZI, CHRISTOS ANGELAKIS and DEMETRIOS KOURETAS
INTERNATIONAL JOURNAL OF FUNCTIONAL NUTRITION 2: 5, 2021

- [2021] [Effects of a 12-Month Treatment with Glucagon-like Peptide-1 Receptor Agonists, Sodium-Glucose Cotransporter-2 Inhibitors, and Their Combination on Oxidant and Antioxidant Biomarkers in Patients with Type 2 Diabetes.](#)
- Lambadiari V, Thymis J, Kouretas D, Skaperda Z, **Tekos F**, Kousathana F, Kountouri A, Balampanis K, Parissis J, Andreadou I, Tsoumani M, Chania C, Katogiannis K, Dimitriadis G, Bamias A, Ikonomidis I.
- Antioxidants (Basel). 2021 Aug 28;10(9):1379. doi: 10.3390/antiox10091379.
- [2021] [Redox Biomarker Baseline Levels in Cattle Tissues and Their Relationships with Meat Quality](#)
- Zoi Skaperda, Angeliki Argyriadou, Paraskevi Maria Nechaloti, Maria Alvanou, Sotiria Makri, Efterpi Bouroutzika, Ioannis D. Kyriazis, **Fotios Tekos**, Aristidis S. Veskoukis, Theodoros Kallitsis, Robin Mesnage, Georgios Arsenos and Demetrios Kouretas
- Antioxidants 2021, 10, 958. <https://doi.org/10.3390/antiox10060958>
- [2021] [The EU endocrine disruptors' regulation and the glyphosate controversy](#)
- Paraskevi Kalofiri, Giorgos Balias, **Fotios Tekos**
- Toxicology Reports 8 (2021) 1193–1199
- [2021] [Patients Undergoing Surgery for Hip Fractures Suffer from Severe Oxidative Stress as Compared to Patients with Hip Osteoarthritis Undergoing Total Hip Arthroplasty](#)
- Theofilos Karachalios, Dionyssios Paridis, **Fotios Tekos**, Zoi Skaperda, Aristidis S. Veskoukis and Demetrios Kouretas
- Volume 2021, Article ID 5542634, 10 pages <https://doi.org/10.1155/2021/5542634>
- [2021] [Fasting-mediated metabolic and toxicity reprogramming impacts circulating microRNA levels in humans](#)
- Stylianos Ravanidis, Franziska Grundler, Françoise Wilhelmi de Toledo, Evangelos Dimitriou, Fotios Tekos, Zoi Skaperda, Demetrios Kouretas, Epaminondas Doxakis
- Food and Chemical Toxicology, Volume 152, June 2021, 112187
- [2021] [A novel combined bioactivity / chemoactivity holistic approach for the evaluation of dietary supplements](#)
- Zoi Skaperda[#], **Fotios Tekos**[#], Sotiria Makri, Christos Angelakis, Eleni Vassi, Periklis Vardakas, Anastasia Patouna, Kallirroï Terizi, Despina Kyriazi, Demetrios Kouretas
- Food and Chemical Toxicology Volume 152, June 2021, 112159
- [#]Authors had equal contribution
- [2021] [An integrated approach for assessing the in vitro and in vivo redox-related effects of nanomaterials](#)
- Periklis Vardakas, Zoi Skaperda, **Fotios Tekos**, Aikaterini-Flora Trompeta, Aristidis Tsatsakis, Constantinos A. Charitidis, Demetrios Kouretas
- Environmental Research, Volume 197, June 2021, 111083
- [2020] [Interplay between oxidative damage, the redox status, and metabolic biomarkers during long-term fasting.](#)

Grundler F, Mesnage R, Goutzourelas N, **Tekos F**, Makri S, Brack M, Kouretas D, Wilhelmi de Toledo F.

Food Chem Toxicol. 2020 Aug 25;145:111701. doi: 10.1016/j.fct.2020.111701.

[2020] [**The Importance of Redox Status in the Frame of Lifestyle Approaches and the Genetics of the Lung Innate Immune Molecules, SP-A1 and SP-A2, on Differential Outcomes of COVID-19 Infection.**](#)

Tekos F, Skaperda Z, Goutzourelas N, Phelps DS, Floros J, Kouretas D.

Antioxidants (Basel). 2020 Aug 25;9(9):E784. doi: 10.3390/antiox9090784.

[2020] [**Analysis of the intricate effects of polyunsaturated fatty acids and polyphenols on inflammatory pathways in health and disease.**](#)

Margină D, Ungurianu A, Purdel C, Nițulescu GM, Tsoukalas D, Sarandi E, Thanasoula M, Burykina TI, **Tekos F**, Buha A, Nikitovic D, Kouretas D, Tsatsakis AM.

Food Chem Toxicol. 2020 Sep;143:111558. doi: 10.1016/j.fct.2020.111558. Epub 2020 Jul 5.

[2020] [**Chronic Inflammation in the Context of Everyday Life: Dietary Changes as Mitigating Factors.**](#)

Chronic Inflammation in the Context of Everyday Life: Dietary Changes as Mitigating Factors.

Margină D, Ungurianu A, Purdel C, Tsoukalas D, Sarandi E, Thanasoula M, **Tekos F**, Mesnage R, Kouretas D, Tsatsakis A.

Int J Environ Res Public Health. 2020 Jun 10;17(11):4135. doi: 10.3390/ijerph17114135.

[2020] [**Influence of Long-Term Fasting on Blood Redox Status in Humans.**](#)

Wilhelmi de Toledo F, Grundler F, Goutzourelas N, **Tekos F**, Vassi E, Mesnage R, Kouretas D.

Antioxidants (Basel). 2020 Jun 6;9(6):496. doi: 10.3390/antiox9060496.

[2020] [**Obesity - a risk factor for increased COVID-19 prevalence, severity and lethality \(Review\).**](#)

Petrakis D, Margină D, Tsarouhas K, **Tekos F**, Stan M, Nikitovic D, Kouretas D, Spandidos DA, Tsatsakis A.

Mol Med Rep. 2020 Jul;22(1):9-19. doi: 10.3892/mmr.2020.11127.

[2020] [**Olive oil with high polyphenolic content induces both beneficial and harmful alterations on rat redox status depending on the tissue.**](#)

Kouka P, **Tekos F**, Papoutsaki Z, Stathopoulos P, Halabalaki M, Tsantarliotou M, Zervos I, Nepka C, Liesivuori J, Rakitskii VN, Tsatsakis A, Veskoukis AS, Kouretas D.

Toxicol Rep. 2020 Feb 13;7:421-432. doi: 10.1016/j.toxrep.2020.02.007.

[2020] [**Prediction of Antioxidant Activity of Cherry Fruits from UAS Multispectral Imagery Using Machine Learning.**](#)

Karydas C, Iatrou M, Kouretas D, Patouna A, Iatrou G, Lazos N, Gewehr S, Tseni X, **Tekos F**, Zartaloudis Z, Mainos E, Mourelatos S.

Antioxidants (Basel). 2020 Feb 14;9(2):156. doi: 10.3390/antiox9020156.

- [2019] [Olive tree blossom polyphenolic extracts exert antioxidant and antimutagenic activities in vitro and in various cell lines.](#)
Kouka P, **Tekos F**, Valta K, Mavros P, Veskoukis AS, Angelis A, Skaltsounis AL, Kouretas D. *Oncol Rep.* 2019 Dec;42(6):2814-2825. doi: 10.3892/or.2019.7386. Epub 2019 Oct 23.
- [2019] [A lightly roasted coffee extract improves blood and tissue redox status in rats through enhancement of GSH biosynthesis.](#)
Priftis A, Soursou V, Makiou AS, **Tekos F**, Veskoukis AS, Tsantarliotou MP, Taitzoglou IA, Kouretas D. *Food Chem Toxicol.* 2019 Mar;125:305-312. doi: 10.1016/j.fct.2019.01.012.
- [2023] [Toxicity assessment of core-shell and superabsorbent polymers in cell-based systems](#)
Ioannis A. Kartsonakis, Periklis Vardakas, Panagiotis Goulis, Nikolaos Perkas, Ioannis D. Kyriazis, Zoi Skaperda, **Fotios Tekos**, Constantinos A. Charitidis, Demetrios Kouretas. *Environmental Research* 228 (2023) 115772
- [2023] [Determination of the polyphenolic content and the antioxidant activities of four indigenous Greek red and white wine varieties](#)
Fotios Tekos, Maria Gkasdrogka, Periklis Vardakas, Zoi Skaperda, Demetrios Kouretas. *International Journal of Functional Nutrition*, 4, 3. <https://doi.org/10.3892/ijfn.2023.33>
- [2023] [Development of a Holistic In Vitro Cell-Free Approach to Determine the Redox Bioactivity of Agricultural Products](#)
Zoi Skaperda, Fotios Tekos, Periklis Vardakas, Paraskevi-Maria Nechalioti, Maria Kourti, Anastasia Patouna, Sotiria Makri, Maria Gkasdrogka and Demetrios Kouretas*. *Int. J. Mol. Sci.* **2023**, 24(22), 16447; <https://doi.org/10.3390/ijms242216447>
- [2023] [An antioxidant 'database' for local food products from the Serres region in Greece](#)
Thomas Karampatzakis, **Fotios Tekos**, Periklis Vardakas, Zoi Skaperda, Demetrios Kouretas *International Journal of Functional Nutrition*, 4, 4. <https://doi.org/10.3892/ijfn.2023.34>
- [2024] [The Bioactivity of a Hydroxytyrosol-Enriched Extract Originated after Direct Hydrolysis of Olive Leaves from Greek Cultivars](#)
Kourti, M.; Skaperda, Z.; Tekos, F.; Stathopoulos, P.; Koutra, C.; Skaltsounis, A.L.; Kouretas, D. *Molecules* **2024**, 29, 299. <https://doi.org/10.3390/molecules29020299>
- [2024] [Bioaccumulation of Organic and Inorganic Pollutants in Fish from Thermaikos Gulf: Preliminary Human Health Risk Assessment Assisted by a Computational Approach](#)
Kasiotis KM, Zafeiraki E, Manea-Karga E, Kouretas D, Tekos F, Skaperda Z, Doumpas N, Machera K. *Journal of Xenobiotics*. 2024; 14(2):701-716. <https://doi.org/10.3390/jox14020041>
- [2024] [Effects of Religious Fasting on Markers of Oxidative Status in Vitamin D-Deficient and Overweight Orthodox Nuns versus Implementation of Time-Restricted Eating in Lay Women from Central and Northern Greece](#)

Spyridon N. Karras, Konstantinos Michalakis, **Fotios Tekos**, Zoi Skaperda, Periklis Vardakas, Panayiotis D. Ziakas, Maria Kypraiou, Marios Anemoulis, Antonios Vlastos, Georgios Tzimagiorgis, Costas Haitoglou, Neoklis Georgopoulos, Evangelos G. Papanikolaou and Demetrios Kouretas

Nutrients 2024, 16, 3300. <https://doi.org/10.3390/nu16193300>

PATENTS

[07/07/2022]

GR1010260B METHOD FOR THE EVALUATION OF THE ANTIOXIDANT AND CELL PROTECTIVE ACTION OF FOODSTUFF AND NUTRITIONAL SUPPLEMENTS

The present invention relates to a method consisting of distinct procedures, which, being followed independently of the sequence of steps, lead to the evaluation of the protective effect of orally administered food and / or dietary supplements in combination with their antioxidant activity. This methodology includes complementary discrete procedures: the 1st step includes in-vitro combined studies on the evaluation of the antioxidant activity of food and / or dietary supplements by measuring the free radicals neutralization, the reducing capacity, and the protection capacity of the DNA from free radicals; the second step concerns the evaluation of their anti-genotoxic and anti-mutagenic activity; the third step regards the effect of food and / or dietary supplements after their application to cell lines is evaluated by, first, measuring their cytotoxicity and, then, the endogenous glutathione levels, the reactive oxygen species (ROS) levels and the lipid peroxidation levels.

Link: <https://worldwide.espacenet.com/patent/search/family/082848646/publication/GR1010260B?q=GR1010260B>

BOOK WRITING

[2022]

Chapter 6 - Oxidative stress-mediated nanotoxicity: mechanisms, adverse effects, and oxidative potential of engineered nanomaterials

Advanced Nanomaterials and Their Applications in Renewable Energy (Second Edition).

Periklis Vardakas, Ioannis D. Kyriazis, Maria Kourti, Zoi Skaperda, **Fotios Tekos**, Demetrios Kouretas

Link: <https://www.sciencedirect.com/science/article/pii/B9780323998772000126>

[2018]

Intermittent Fasting and Disease Prevention (in Greek)

Kouretas Dimitrios, Nikolaos Goutzourelas, Tekos Fotios. ARMOS Publications

ISBN: 9789606151750

Link: https://armosbooks.gr/shop/best_sellers/dialeimmatiki-nisteia/

WRITING SCIENTIFIC BOOKS

[03/2020 – 04/2023]

Study of the biological activity of extracts of indigenous wine varieties, in in vitro and in vivo systems using molecular techniques

Doctoral thesis

Three-member advisory committee

Dimitrios Kouretas (supervisor): Professor of Physiology of Animal Organisms - Toxicology, Department of Biochemistry & Biotechnology, University of Thessaly.

Serkos Haroutounian: Professor of Chemistry, Department of Animal Production Science, Agricultural University of Athens. Chairman of the Board of Directors of ELGO-DIMITRA.

Konstantinos Poulas: Associate Professor of Biochemistry, Department of Pharmacy, University of Patras.

[02/2018 – 02/2019] **Assessment of antioxidant & antimutagenic activity of olive and wild olive flower extracts.**

Postgraduate Study (in Greek)

Supervisor: Professor Kouretas Dimitrios

Link: <http://dx.doi.org/10.26253/heal.uth.5473>

[08/2016 – 06/2017] **In vitro construction of recombinant strains between Sabin 1 and Coxsackie A13 vaccine strain.**

Graduate Study (in Greek)

Supervisor: Professor Markoulatos Panagiotis

Link: <http://hdl.handle.net/11615/46711>

HONOURS AND AWARDS

[2017] **Praise Awarding institution:** Panhellenic Union of Bioscientists

Commendation from the Panhellenic Union of Bioscientists for the development and presentation of an innovative device for measuring antioxidants in food and biological material (blood).

[2016] **Excellence in achieving excellent academic performance Awarding institution:** University of Thessaly

Degree in Biochemistry and Biotechnology

[06/2013] **Excellence award Awarding institution:** Hellenic Ministry of Education, Life-long Learning and Religious Affairs

[06/2012] **Excellence award Awarding institution:** Hellenic Ministry of Education, Life-long Learning and Religious Affairs

[06/2011] **Excellence award Awarding institution:** Hellenic Ministry of Education, Life-long Learning and Religious Affairs

[06/2010] **Excellence award Awarding institution:** Hellenic Ministry of Education, Life-long Learning and Religious Affairs

[06/2009] **Excellence award Awarding institution:** Hellenic Ministry of Education, Life-long Learning and Religious Affairs

[06/2008] **Excellence award Awarding institution:** Hellenic Ministry of Education, Life-long Learning and Religious Affairs

[11/2023] **FORBES 30 UNDER 30 (GR) Awarding institution:** FORBES

Link: https://www.forbesgreece.gr/forbes-30-under-30-2024/3750133/foodoxys-diasfalizei-ti-diatrofiki-euexia-se-exatomikeumeno-epipedo?fbclid=IwAR3QwoTS6vcnifjVfP-ei4640-2J4N5mufpA-H-GZobAVPbB6_XksvEqp00

CONFERENCES AND SEMINARS

[10/02/2023] **Invited speaker** Innovent forum 2023, Joist Innovation Park, Larissa

FoodOxys: The Spin-off Company from the University of Thessaly - Actions and Possibilities in the Agri-Food Sector (in Greek)

Link: <https://innoventforum.joistpark.eu>

[04/12/2022] **Invited speaker** 3rd Thessaly Wine Festival, Volos

Wine Quality Certification. Antioxidant Control (In Greek)

[2018] **Invited speaker** Pint of Science Athens 2019

Should I (brain) stay... or should I go? University and Entrepreneurship. The example of FoodOxys.

Link: <https://pintofsciencegr.wixsite.com/2018/copy-of-may-20-t-a-f>

[01/02/2019 – 02/02/2019] **Oral Presentation** Department of Biochemistry and Biotechnology, Larissa

Assessment of antioxidant & antimutagenic activity of olive and wild olive flower extracts.
3rd TOXICOLOGY SYMPOSIUM

[05/04/2019] **Invited speaker**

14th MULTICONFERENCE INNOVATION & DEVELOPMENT, the Met Hotel, Thessaloniki
"PEOPLE INNOVATING AND BUSINESSING TODAY".

Coordination: Stefanos Diamantopoulos, Journalist, Radio Thessaloniki - THESSNEWS.

Link: <https://ka-business.gr/ka-synedria/14o-polysynedrio-kainotomia-kai-anaptyxi/>

[25/11/2018] **Poster** 30th International Symposium on the Chemistry of Natural Products.

Assessment of the antioxidant and antimutagenic profile from a total polyphenolic olive oil extract and its polyphenols separately.

Paraskevi Kouka, **Fotios Tekos**, Alexios-Leandros Skaltsounis, Demetrios Kouretas.

[25/11/2018] **Poster** 30th International Symposium on the Chemistry of Natural Products.

Coffee improves rat redox status by increasing GSH biosynthesis.

Alexandros Alexandros, Vasiliki Soursou, Anthi-Styliani Makiou, **Fotis Tekos**, Ioannis Taitzoglou, Dimitrios Kouretas

[25/11/2023] **Invited speaker** Joist innovation park, Larissa

TTO/Uth BROKERAGE EVENT

Presentation of Technology Transfer Office Actions

FoodOxys

Link: <https://www.ttoevents.gr>

NETWORKS AND MEMBERSHIPS

- [2019 – Current] **Member of the Hellenic Society of Toxicology**
- [2018 – Current] **Member of the Scientific Association for the Promotion of Educational Innovation**
- [2017 – Current] **Member of the Panhellenic Association of Life Sciences**
- [2024] **Member at Panhellenic Union of Workers in Research and Higher Education**

VOLUNTEERING

- [2018 – Current] **100mentors**
Mentor in "100mentors"
Link: <https://www.100mentors.com>
- [2018 – Current] **ALLILONnet**
Young Mentor ALLILONnet
Link: <https://allilonnet.gr/index.php/el/tag/2272-allilonnet-young-mentor-fotios-tekos-offers-free-mentoring-in-toxicology-biochemistry-biotechnology-studies>
- [10/10/2018 – 12/10/2018] **Member of the organizing committee of the 1st Science and Innovation Festival of Thessaly**
1st Thessaly Science Festival
Link: https://www.thessaly-science-festival.gr/team_category/organotiki-epitropi/
- [05/2023 – 12/2023] **Special Issue Guest Editor**
Special Issue "Redox Biomarkers in the Evaluation of the Antioxidant Profile In Vitro and In Vivo"
A special issue of International Journal of Molecular Sciences (ISSN 1422-0067)
Link: https://www.mdpi.com/journal/ijms/special_issues/75YQV11C3W#editors
- [04/2023 – 12/2023] **Special Issue Assistant**
Special Issue "Xenobiotics and Redox Regulation".
A special issue of International Journal of Molecular Sciences (ISSN 1422-0067).
Link: https://www.mdpi.com/journal/ijms/special_issues/Y6X2F411Y3
- [02/2024 – 12/2024] **Special Issue Guest Editor**
Special Issue "Insights into Redox Homeostasis and Oxidative Stress"
A special issue of International Journal of Molecular Sciences (ISSN 1422-0067).
Link: https://www.mdpi.com/journal/ijms/special_issues/C55WATU64S#editors