



Part A. PERSONAL INFORMATION

CV date

10/12/2021

First and Family name	ANTONI PONS BIESCAS		
Social Security, Passport, ID number	41732389Q	Age	63
Researcher codes	WoS Researcher ID (*)	L-4844-2014	
	SCOPUS Author ID(*)	55314402500	
	Open Researcher and Contributor ID (ORCID) **	0000-0003-2447-3868	

(*) At least one of these is mandatory

(**) Mandatory

A.1. Current position

Name of University/Institution	Universitat de les Illes Balears		
Department	Biologia Fonamental i Ciències de la Salut		
Address and Country	Edifici Guillem Colom Casanovas, Campus Universitari Illes Balears Spain		
Phone number	034971173171	E-mail	antonipons@uib.es
Current position	Catedràtic (Biochemistry & Molecular Biology)	From	22-12-2009
Key words	Oxidative Stress, Nutrition, Exercise, Metabolic syndrome		

A.2. Education

PhD	University	Year
Licenciado en Ciencias (Químicas)	Universitat Illes Balears	1980
Doctor en Ciencias (Químicas)	Universitat Illes Balears	1984

A.3. JCR articles, h Index, thesis supervised...

Número de sexenios de investigación: 7

Fecha del último sexenio concedido: 31-12-2019.

Número de tesis doctorales dirigidas en los últimos 10 años: 5

Citas totales: 5333 Citas 2010-2020: 4322

Promedio de citas/año durante los últimos 10 años: 432

Publicaciones totales (243) en primer cuartil (Q1) en los últimos 7 años= 22

Publicaciones totales en segundo cuartil (Q2) en los últimos 10 años= 37

Indice h= 39

Part B. CV SUMMARY (max. 3500 characters, including spaces)

Catedratic of Biochemistry and Molecular Biology and Director of the Laboratory of Sciences of the Physical Activity of the University of the Balearic Islands. Current research lines: Biochemistry of nutrition and food; Nutritional Epidemiology; Oxidative stress and its regulation; Biochemistry of Physical Activity and its interaction with nutrition. He has been Principal Investigator and has experience in the management of funded projects obtained in public calls: two projects that have generated transfer of results to the company (PTR89-0039; PTR91-0091), a basic research project (PB92-0728-C03) , two research projects in Sports and Food (DEP2005-00238-C04-02 and DPS08-07033-C03-3), a project funded by the Council Superior of Sports (10 /UNI/10-00), a project of the National Plan of Agrifood Resources and Technologies (AGL2007 62806), a project in the Strategic Action in Health as co-Principal Investigator (PI14/00636) that focuses in the PREDIMED-DM study, he participates in a COST action (OC-2016-1-20695) funded by the European Commission, is a member of a CIBEROBN research team (CB12/03/30038) and in addition to projects funded in competitive

calls of the Autonomous Community of the Balearic Islands and others funded by companies in which there has been transfer of results. He has made scientific contributions in the fields of Food Biochemistry, Sports Sciences, Dietetics and Nutrition, Biochemistry and Physiology. He has experience in functional food design and its validation, in the action of antioxidants and oxidative stress in athletes, on those affected by porphyria or metabolic syndrome, in particular on the functionality of the immune system in their pro/ anti-inflammatory and pro/antioxidant aspects. He also has experience in trials of nutritional intervention with functional foods or with Mediterranean diet and physical activity such as PREDIMED and PREDIMEDplus. It has shown that the intake of polyphenols is correlated with increases in the circulating levels of nitrite/nitrate and these with decreased blood pressure in metabolic syndrome (Nutr Metab Cardiovasc Dis.25:60, 2015). It has shown that Mediterranean diets supplemented with virgin olive oil and nuts enhance plasmatic antioxidant capabilities and decrease xanthine oxidase activity in metabolic syndrome (Mol Nutr Food Res. 60:2654, 2016). It has shown that regular practice of moderate physical activity by older adults ameliorates their anti-Inflammatory status (Nutrients, 10: E1780, 2018) and it modulates antioxidant adaptations in PBMCs (Nutrients. 10: E1555, 2018). It has evidenced that training enhances immune cells mitochondrial quality and their antioxidant capabilities synergistically with dietary docosahexaenoic supplementation (Oxid Med Cell Longev. 2016: 8950384 and Eur J Appl Physiol. 117: 1977, 2017). He has extensive experience assessing the activities, levels and gene expression of antioxidant and inflammatory proteins in nutritional trials (Br J Nutr, 103:69, 2010; Cytokine, 69: 155, 2014). He has participated in double-blind studies of dietary supplementation with nitrate or placebo to assess their influence on athletic performance (Med. Sci. Sports Exerc, 44: 2400,2012) and on the antioxidant and inflammatory status in syndrome metabolic (Antioxidants 9:596, 2020; J Clin Med. 10:2618, 2021).

Part C. RELEVANT MERITS

C.1. Publications (including books)

- 1.- **Autores:** Sureda, A.; Mestre-Alfaro, A.; Banquells, M.; Pons, A. **Título:** Exercise in a hot environment influences plasma anti-inflammatory and antioxidant status in well-trained athletes **Revista:** Journal of Thermal Biology 47:91-98 **Año** 2015. **Indicios de calidad:** Q1 (IF: 2.157).
- 2.- **Autores:** Medina-Remón A, Tresserra-Rimbau A, Pons A, ... Lamuela-Raventos RM; PREDIMEDStudy Investigators **Título:** Effects of total dietary polyphenols on plasma nitric oxide and blood pressure in a high cardiovascular risk cohort. The PREDIMED randomized trial. **Revista:** Nutrition Metabolism and Cardiovascular Diseases 25 (1): 60-67, **Año:** 2015 **Indicios de calidad:** Q2 (IF:3.340)
- 3.- **Autores:** Sureda, A.; Bibiloni, M.D.; Martorell, M.; Buil-Cosiales, P.; Marti, A.; Pons, A.; Tur, J.A.; Martinez-Gonzalez, M.Á. **Título:** Mediterranean diets supplemented with virgin olive oil and nuts enhance plasmatic antioxidant capabilities and decrease xanthine oxidase activity in people with metabolic syndrome: The PREDIMED study. **Revista:** Molecular Nutrition & Food Research, 60 (12): 2654-2664, **Año:** 2016 **Indicios de calidad:** Q1 (IF: 4.323)
- 4.- **Autores:** Ferrer, M.D.; Capó, X.; Martorell, ... Pons, A. **Título:** Regular Practice of Moderate Physical Activity by Older Adults Ameliorates Their Anti-Inflammatory Status. **Revista:** Nutrients, 10 (11): E1780, **Año:** 2018 **Indicios de calidad:** Q1 (IF: 4.171)
- 5.- **Autores:** Busquets-Cortés C.; Capó X.; Bibiloni M.M...Pons A.; Sureda A. **Título:** Peripheral Blood Mononuclear Cells Antioxidant Adaptations to Regular Physical Activity in Elderly People **Revista:** Nutrients,10 (10): E1555 **Año:** 2018 **Indicios de calidad:** Q1 (IF: 4.171)
- 6.- **Autores:** Carla Busquets-Cortés, Xavier Capó, Emma Argelich, ... and Antoni Pons **Título:** Effects of Millimolar Steady-State Hydrogen Peroxide Exposure on Inflammatory and Redox Gene Expression in Immune Cells from Humans with Metabolic Syndrome. **Revista:** Nutrients, 10(12): E1920, **Año:** 2018 **Indicios de calidad:** Q1 (IF: 4.171)

7.- **Autores:** Sureda A, Martorell M, Bibiloni MDM, Bouzas C, Gallardo-Alfaro L, Mateos D, Capó X, Tur JA, Pons A. **Título:** Effect of Free Fatty Acids on Inflammatory Gene Expression and Hydrogen Peroxide Production by Ex Vivo Blood Mononuclear Cells. **Revista:** Nutrients. Jan 4;12(1):146. **Año:** 2020 **Indicios de calidad:** Q1 (IF: 4.171).

8.- **Autores:** Capó X, Martorell M, Ferrer MD, ...Pons A. **Título:** Calorie Restriction Improves Physical Performance and Modulates the Antioxidant and Inflammatory Responses to Acute Exercise. **Revista:** Nutrients. Mar 27;12(4):930 **Año:** 2020 **Indicios de calidad:** Q1 (IF: 4.171)

9.- **Autores:** Capó X, Ferrer MD, Olek RA, ... A, Pons A. **Título:** Oral Administration of Sodium Nitrate to Metabolic Syndrome Patients Attenuates Mild Inflammatory and Oxidative Responses to Acute Exercise. **Revista:** Antioxidants (Basel). Jul 7;9(7):596. **Año:** 2020 **Indicios de calidad:** Q1 (IF: 6.312)

10.- **Autores:** Miguel D. Ferrer; Xavier Capó; Clara Reynés; Magdalena Quetglas;... Pons A. **Título:** Dietary Sodium Nitrate Activates Antioxidant and Mitochondrial Dynamics Genes after Moderate Intensity Acute Exercise in Metabolic Syndrome Patients. **Revista:** Journal Of Clinical Medicine, 10-2618; pp 1-16. **Año:** 2021 **Indicios de calidad:** Q1

C.2. Research projects and grants

1. Researcher: Antoni Pons Biescas

Project reference: PI14 / 00636

Title: PREDIMED + DM: Effect of a hypocaloric Mediterranean diet and promotion of physical activity in prevention of type 2 diabetes in people with metabolic syndrome

Principal Researcher: Josep A Tur Marí Co-Principal Researcher: Antoni Pons Biescas

Funding entity: Fondo de Investigaciones Sanitarias. Instituto de Salud Carlos III

Duration: 01/01/2015 until 31/12/2017

Funding received (in euros): 112,832.50

Relationship with the project presented: same topic

Status of the project or contract: granted

2. Researcher: Antoni Pons Biescas

Project reference: DPS2008-07033-C03-03

Title: Scientific basis of the action of foods rich in essential fatty acids on the expression of antioxidant genes and sports performance

Principal investigator (name and surname): Antoni Pons Biescas

Funding entity: Acción Estratégica en Salud (Acciones en Salud, Deportes y Actividad Física. ISCIII- Ministerio de Ciencia e Innovación

Duration: 01/01/2009 - 12/30/2011

Funding received (in euros): 112,465.00

Relationship with the project presented: it is closely related

Status of the project or contract: granted

3. Researcher of the research team participating in the project / contract (name and surname): Antoni Pons Biescas

Project reference: AGL2007-62806 / ALI

Title: Scientific basis of the biological and antioxidant activity of a functional almond drink (nutritional intervention in those affected by porphyria and controls)

Principal investigator (name and surname): Antoni Pons Biescas

Funding entity: Programa Nacional de Acción Movilizador de Investigación sobre Alimentos Funcionales. Ministerio de Sanidad y Consumo.

Duration: 12/01/2007 - 11/30/2010

Funding received (in euros): 120,000

Relationship with the project presented: it is very related.

Status of the project or contract: granted

4. Researcher: Antoni Pons Biescas

Project reference: OC-2016-1-20695; CA COST Action CA16112

Title: Personalized Nutrition in aging society: redox control of major age-related diseases

Principal investigator (name and surname): Josep A Tur Marí by the Spanish group

Funding entity: Action Cost- European Commission

Duration: 03/29/2017 - 03/28/2021

Funding received (in euros):

Relationship with the project presented: it is closely related

Status of the project or contract: granted.

5. Researcher: Antoni Pons Biescas.

Project reference: Ajuts per a projectes de recerca de La Marató TV3 Foundation

Title: Prevention and reversion of non-alcoholic fatty liver disease (NAFLD) among obese patients by means of customized nutritional and physical activity intervention

Principal investigator (name and surname): Josep A Tur Marí

Funding entity: Fundació La Marató de TV3. Duration: 01/01/2017 - 31/12/2019

Funding received (in euros): 199,375

Relationship with the project presented: it is closely related

Status of the project or contract: granted

C.3. Contracts

1) Title of the project/contract: Desenvolupament i assaig del confit de porcella negra mallorquina com a producte innovador. Financing company/Administration: Government of the Balearic Islands (FOGAIBA)-FEDER-ASSOCIACIÓ DE RAMADERS DE PORC NEGRE MALLORQUÍ SELECTE Project/contract number: DNP 06/2010 Amount: 11,750.00 Duration, from: 2010 to: 2012 Researcher Main: Antoni Pons Biescas Number of participating researchers: 5

C.4. Patents

1- Pons Biescas, Antoni; Sureda Gomila Antonio; Tur Marí, Josep A .; Martorell Pons Miguel; Hood Fiol, Xavier. Title: Pharmaceutical composition comprising 5-dodecanolide, its preparation and its use. Application Number: P201630015. Country of priority: Spain. Priority date: January 12, 2016. Main Entity: NETWORK BIOMEDICAL RESEARCH CENTER and University of the Balearic Islands.

2- Pons Biescas, Antoni; Tur Marí, Josep A .; Cases Porcel, Nuria; Tauler Riera, Pedro; Aguiló Pons, Antoni; Pinya Florit, Antoni. Title: Isotonic energy drink and procedure for obtaining it. Application Number: WO03/01929. Country of priority: Countries European Union, USA. Priority date:2002. Main Entity: Fundació Universitat-Empresa

3- Pons; Tur; Riutord; Tauler; Gimeno; Balasch; Sancho Title: Teeth whitening product. Application Number: ES00004000. Entity Holder: Laboratories KIN and University of the Balearic Islands

C.5. Institutional responsibilities

Director of the Department of Basic Biology and Health Sciences of the Universitat de les Illes Balears (1990-1994). Director of Laboratory of Physical Science at the Universitat de les Illes Balears (1999-actually)