



Fotios Tekos

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LinkedIn: www.linkedin.com/in/tekos-fotios

ResearchGate: https://www.researchgate.net/profile/Fotis_Tekos

Date of birth: 18/04/1995 **Nationality:** Greek

WORK EXPERIENCE

Association of Industries of Thessaly & Central Greece <https://www.sbtse.gr/en/>

[06/2025] **BOARD OF DIRECTORS**

University of Thessaly

City: Larissa

[10/06/2025 – Current] **Researcher**

Participation in the Research Excellence Partnerships program titled: *“Design and development of a mobile application for the adoption of intermittent fasting patterns through the assessment of metabolic profiles and the provision of personalized nutrition.”*

University of Thessaly

City: Larissa

[20/10/2025 – 23/01/2026] **Contract Lecturer**

Teaching the course “Biochemical Toxicology”

University of Thessaly

City: Volos | **Country:** Greece

[19/03/2024 – Current] **Member of the management body**

UTH Innovation - Technology Transfer Unit and Entrepreneurship Center

Tekos Group

Country: Greece

[07/2023 – Current] **Freelance**

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.

Olea Fortius P.C.

Address: Drosi 95, N. Politeia, 41335, Larissa, Greece

[07/07/2022 – Current] **Chief executive officer**

University of Thessaly

City: Larisa | **Country:** Greece

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

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

FoodOxys PC Spin-off www.foodoxys.com

Address: Drosi 95, N. Politeia, 41335, Larissa, Greece

[01/2019 – Current] **Chief executive officer**

FoodOxys PC Spin-off www.foodoxys.com

Address: Drosi 95, N. Politeia, 41335, Larissa, Greece

[01/2019 – Current] **Co-founder and shareholder**

Joist Innovation Park

City: Larisa | **Country:** Greece

[01/04/2024 – 31/12/2024] **Project management & coordination**

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

Boosting the Innovation Potential

University of Thessaly

City: Larissa | **Country:** Greece

[10/2023 – 01/2024] **Contract Lecturer**

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

University of Thessaly

[17/01/2022 – 31/03/2023] **Scientific Researcher**

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.

University of Thessaly

City: Larissa | **Country:** Greece

[18/10/2022 – 17/12/2022] **Creation and presentation of educational material as part of the 2022 Researcher's Night**

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.

University of Thessaly

City: Volos | **Country:** Greece

[31/10/2021 – 31/01/2022] **Instructor at the Lifelong Learning Center of the University of Thessaly**

Instructor in the "Toxicology for all" program.

University of Thessaly www.bio.uth.gr

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

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

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.

University of Thessaly

City: Larissa | **Country:** Greece

[26/10/2021 – 29/11/2021] **2021 Researcher's Night project coordinator**

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

University of Thessaly

City: Larissa | **Country:** Greece

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

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.

University of Thessaly

City: Larissa | **Country:** Greece

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

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.

University of Thessaly

City: Larissa | **Country:** Greece

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

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.

University of Thessaly

City: Larissa | **Country:** Greece

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

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.

University of Thessaly

City: Larissa | **Country:** Greece

[17/07/2018 – 17/08/2018] **Scientific Researcher**

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.

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

City: Thessaloniki | **Country:** Greece

[30/06/2015 – 30/08/2015] **Biochemist**

Vocational training

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

- [26/02/2025] **Comprehensive Training Modules for Digital Skills & Soft Skills - Basic Digital Skills**
AluVET

- [26/02/2025] **Comprehensive Training Modules for Digital Skills & Soft Skills - Business Ethics**
AluVET

- [26/02/2025] **Comprehensive Training Modules for Digital Skills & Soft Skills - Commitment**
AluVET

- [26/02/2025] **Comprehensive Training Modules for Digital Skills & Soft Skills - Dependability**
AluVET

- [26/02/2025] **Comprehensive Training Modules for Digital Skills & Soft Skills - Digital Literacy**
AluVET

- [26/02/2025] **Comprehensive Training Modules for Digital Skills & Soft Skills - Digital Literacy**
AluVET

- [26/02/2025] **Comprehensive Training Modules for Digital Skills & Soft Skills - Digital Security**
AluVET

- [26/02/2025] **Comprehensive Training Modules for Digital Skills & Soft Skills - Good Communication**
AluVET

- [26/02/2025] **Comprehensive Training Modules for Digital Skills & Soft Skills - Management Skills and Leadership**
AluVET

- [26/02/2025] **Comprehensive Training Modules for Digital Skills & Soft Skills - Motivation**
AluVET

- [24/02/2025] **Aluminium focused Light Metals Vocational Training Module - Introduction to metals**
AluVET

- [02/2025] **CEMforSMEs training**
cemforsmes.com

- [02/2025] **Work well-being manager**

WELLY

[28/01/2025] **Mastering Scholar GPT for Research Excellence**

Level Up / Joist

[15/01/2025] **NEARVET Applied Researcher in VET**

Nearvet

Link: <https://nearvethub.projectlibrary.eu/certificates/0b43232210d87aca3eadbcfe222a71a7/>

-Problem Identification And Definition In The Field Of VET

-Review And Understand Existing Researches And Good Practices Relevant To The Applied Research In Vet Assignment

-Design The Appropriate Applied Research Methods

-Implement Data Collection (Interviewing Skills)

-Experimentation (Ensuring Practices To Respond To The Inquiry)

-Adaptability And Flexibility

-Ethics In Research

-Collaboration With Different Vet Stakeholders

-Use Technology To Better Understand What Needs To Be Improved

-Use Digital/Social Media Services For Research

-Improve Curricula And Methods Based On The Results Of The Applied Research In Vet

-Develop Student Capabilities, In Particular Creative Thinking, Problem Solving, Self-Direction

-Build Innovative Entrepreneurial Practices

-Create And Manage Hubs And Innovation Ecosystems

-Use Digital/Social Media Tools And Communities Of Practice For Dissemination

[26/12/2024] **Pop-up shop Entrepreneurship for Creators & Artists**

iED Academy

[26/12/2024] **Social Entrepreneurship for Young Unemployed**

iED Academy

[26/12/2024] **Virtual Reality for Learning**

iED Academy

[12/2024] **Google Ads - Measurement Certification**

Link: <https://skillshop.credential.net/4609bcdd-cb35-4d87-9246-56601aa1bcef#acc.RBJxNM4t>

[12/2024] **Google Ads Apps Certification**

Google

Link: <https://skillshop.credential.net/7c22a836-e5b5-4c51-9e5b-a01bcddedf9b>

[12/2024] **Google Analytics Certification**

Google

[12/2024] **AI-Powered Shopping ads Certification**

Google

[24/11/2024] **Excel for Data Reporting**

Level Up / Joist

[24/11/2024] **LevelUp - Certificate of Attendance - Adobe**

Level Up / Joist

[24/11/2024] **Power Automate: Automation and Optimisation of Business Processes**

Level Up / Joist

[24/11/2024] **WooCommerce Essentials: Launch Your Own Website**

Level Up / Joist

[24/11/2024] **Training Programme Boosting Business Intelligence Skills for SME Growth**

BI4SME

[21/11/2024] **StartUp Academy**

iED Academy

[21/11/2024] **E-Commerce Business for Handicraft and Agriculture**

iED Academy

[03/08/2024] **Open Water Diver**

PADI

[13/07/2024] **Advanced Excel for Data Visualization and Presentation**

Level Up / Joist

[13/07/2024] **Introduction to Industry 4.0**

iED

[13/07/2024] **Excel-Based Time Series Analysis for Business Insights**

Level Up / Joist

[13/07/2024] **Mastering Project Management with Notion**

Level Up / Joist

[12/07/2024] **Excel for Data Reporting**

Level Up / Joist

[12/07/2024] **Introduction to SEO**

iED Academy

[12/07/2024] **Optimize Workflow with Canva: Enhance Efficiency, Collaboration, and Design in Project Management**

Level Up / Joist

- [12/07/2024] **The Art of Networking**
iED Academy
- [04/2024] **ISO 22000:2018 FSMS LEAD AUDITOR CERTIFICATE**
Swiss Approval
- [07/2023] **Forensics, medicine in the service of justice**
Aristotle University of Thessaloniki
- [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
- [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 SATI Smart Agriculture Training & Implementation** <https://sati-project.eu>
- [18/03/2023] **Legal Frame on UAS use in the participating countries and the EU SATI Smart Agriculture Training & Implementation** <https://sati-project.eu>
- [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 |
- [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

[08/2007 – 05/2010] **Middle School Diploma**
Mandoulides Educators <https://mandoulides.edu.gr>
City: Thessaloniki | **Country:** Greece | | **Level in EQF:** EQF level 2
Leaving Certificate Grade 19/20

[08/2001 – 05/2007] **Primary school diploma**
22 Elementary School of Evosmos
City: Thessaloniki | **Country:** Greece | | **Level in EQF:** EQF level 1
Excellent (10/10)

[03/2025] **Gender Equality and Entrepreneurship for All**
iED

[03/2025] **Starting up an International Business**
iED

[03/2025] **Real-world education to foster environmental**
iED

[03/2025] **Business models for innovative educators**
iED

[03/2025] **The innovative VET Curriculum for the Public Procurement of Innovation Manager**
iED

[03/2025] **Accessing International Markets**
iED

[03/2025] **Promoting Future Digital Social Entrepreneurs**
iED

[12/02/2025] **First Aid**
Hellenic Red Cross

[03/2025] **VBA in Excel Course**
Woorkearly

[03/2025] **Social Media Management for SMEs: a practical approach with Canva**
Centro per lo Sviluppo Creativo Danilo Dolci ETS

[03/2025] **Introduction to Microcontrollers through Arduino**
Centro per lo Sviluppo Creativo Danilo Dolci ETS

[18/04/2025] **Supply Chain Analytics Course**
Workearly / Level up

ColorADD Awareness Training – Stage #1, #2, #3
ColorADD Training Auditors

Completion of 20-hour workshop focused on awareness and inclusion practices related to the ColorADD code for color blindness.

[03/07/2025] **Grow Your Business: Development of Digital Skills**

ATHENS UNIVERSITY OF ECONOMICS AND BUSINESS

| Final grade: 100/100 | Type of credits: ECTS | Number of credits: 4

[08/10/2025] **Introduction Cybersecurity**

cisco networking academy

[08/10/2025] **introduction to data science**

cisco networking academy

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

SKILLS

Certificate Computer skills from the University of Thessaly

PUBLICATIONS

[2025] **[Evaluation of the Antioxidant Properties and Bioactivity of Koroneiki and Athinolia Olive Varieties Using In Vitro Cell-Free and Cell-Based Assays](#)**

Gkasdrogka, M., **Tekos, F.**, Skaperda, Z., Vardakas, P., & Kouretas, D. (2025). Evaluation of the Antioxidant Properties and Bioactivity of Koroneiki and Athinolia Olive Varieties Using In Vitro Cell-Free and Cell-Based Assays. *International Journal of Molecular Sciences*, 26(2), 743. <https://doi.org/10.3390/ijms26020743>

[2025] **[Pomegranate juice ameliorates craving and oxidative stress on patients under medication for opioid addiction treatment with methadone and buprenorphine: A ranzomised controlled trial](#)**

Christonikos Leventelis, Sotiria Makri, Anastasia Ververi, Kalliopi Papageorgiou, Anna Tentolouri, Evangelia Mountzouridi, **Fotios Tekos**, Petros T Barmpas, Sotiris Tasoulis, George S Metsios, Demetrios Kouretas, Aristidis S Veskoukis. *Clinical Nutrition ESPEN*. <https://doi.org/10.1016/j.clnesp.2025.01.025>

[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>
- [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>
- [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] [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 Nechaloti, 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>
- [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>

[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] [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] [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] [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] [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>

[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

[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, Kallirrois Terizi, Despina Kyriazi, Demetrios Kouretas

Food and Chemical Toxicology Volume 152, June 2021, 112159

[#]Authors had equal contribution

- [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] [The EU endocrine disruptors' regulation and the glyphosate controversy](#)
- Paraskevi Kalofiri, Giorgos Balias, **Fotios Tekos**
Toxicology Reports 8 (2021) 1193–1199
- [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] [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] [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] [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] [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.
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- [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] [**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>

[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.

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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.

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

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- [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.
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- 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.](#)
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- [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.
- [2025] [Greek Raw Honey from Pindos Mountain Improves Redox Homeostasis of RAW264.7 Macrophages](#)
- Patouna A, **Tekos F**, Charouli M, Vardakas P, Kouretas D. Int. J. Mol. Sci. 2025, 26, 2868. <https://doi.org/10.3390/ijms26072868>
- [2025] [Effect of Vitamin D Supplementation on Oxidative Stress Biomarkers in Women Following Religious or Intermittent Fasting Patterns](#)
- Karras SN, Michalakis K, Kypraiou M, Anemoulis M, Vlastos A, Tzimagiorgis G, Haitoglou C, **Tekos F**, Skaperda Z, Vardakas P, et al. *Nutrients*. 2025; 17(21):3389. <https://doi.org/10.3390/nu17213389>
- [2025] [The endemic Greek wines Xinomavro, Agiorgitiko, Assyrtiko, and Malagouzia exert beneficial effects on human cells by upregulating the antioxidant defense mechanisms](#)
- Fotios Tekos**, Periklis Vardakas, Zoi Skaperda, Paraskevi-Maria Nechaloti, Korina Atsopardi, Kyriaki Xiftou, Anastasia Patouna, Maria Gkasdrogka, Aristidis S. Veskoukis, Antonis Giakountis, Konstantinos Poulas, Demetrios Kouretas
- Journal of Functional Foods, Volume 135, 2025, 107088, ISSN 1756-4646, <https://doi.org/10.1016/j.jff.2025.107088>.

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

[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-ei464O-2J4N5mufpA-H-GZobAVPbB6_XksvEqp00

[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

CONFERENCES AND SEMINARS

[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>

[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)

[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/>

[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

[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>

[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

[20/03/2025] **The perinatal exposure to a low dose of glyphosate and a mixture of glyphosate, dicamba and 2,4-D induces oxidative stress in offsprings' liver and kidney: Implications for long-term health risks (POSTER)**

Orlando, Florida, USA

64th Annual meeting of the *Society of Toxicology*

[13/05/2025] **Bridging the Gap: Turning European Scientific Research into Startups** Larisa

Startup Europe Week 2025 – Connecting the Dots of the Startup World

Panel Discussion: Researchers and startup founders share challenges and success stories on transforming scientific research into viable business ventures. Real-life startup case examples included.

- [30/05/2025] **Olive oil side-stream products as natural antioxidants: Potential for a circular bioeconomy**
22nd SFRRRI Biennial Meeting, Galway, Ireland
Zoi Skaperda, Fotios Tekos, Paraskevi-Maria Nechalioti, Periklis Vardakas, Thomas Karampatzakis, Maria Gkasdrogka, Clémence Messant, Christos Gougoulis, Demetrios Kouretas,
Olive oil side-stream products as natural antioxidants: Potential for a circular bioeconomy,
Free Radical Biology and Medicine,
Volume 233, Supplement 1, 2025, Page S67, ISSN 0891-5849,
<https://doi.org/10.1016/j.freeradbiomed.2025.05.236>.
- [23/06/2025] **Comparative effects of perinatal exposure to a low dose of glyphosate and a glyphosate mixture with dicamba and 2,4-D on offsprings plasma and heart redox state**
22nd SFRRRI Biennial Meeting, Galway, Ireland
Paraskevi Maria Nechalioti, Zoi Skaperda, Fotios Tekos, Periklis Vardakas, Demetrios Kouretas,
Comparative effects of perinatal exposure to a low dose of glyphosate and a glyphosate mixture with dicamba and 2,4-D on offsprings plasma and heart redox state,
Free Radical Biology and Medicine,
Volume 233, Supplement 1, 2025, Page S46, ISSN 0891-5849,
<https://doi.org/10.1016/j.freeradbiomed.2025.05.163>.
- [23/06/2025] **Olive oil side-stream products as natural antioxidants: Potential for a circular bioeconomy (POSTER)**
22nd SFRRRI Biennial Meeting, Galway, Ireland
Zoi Skaperda, Fotios Tekos, Paraskevi-Maria Nechalioti, Periklis Vardakas, Thomas Karampatzakis, Maria Gkasdrogka, Clémence Messant, Christos Gougoulis, Demetrios Kouretas,
Olive oil side-stream products as natural antioxidants: Potential for a circular bioeconomy,
Free Radical Biology and Medicine,
Volume 233, Supplement 1, 2025, Page S67, ISSN 0891-5849,
<https://doi.org/10.1016/j.freeradbiomed.2025.05.236>.
- [15/09/2025] **Long-term effects of perinatal exposure to a low dose of glyphosate and a mixture of glyphosate, dicamba and 2,4- D on brain redox status (POSTER)**
Eurotox, Athens
P. M. Nechalioti, Z. Skaperda, F. Tekos, P. Vardakas, D. Kouretas
Conclusions: Perinatal exposure to NOAEL glyphosate and the ADI mixture of glyphosate, dicamba and 2,4-D triggered oxidative stress in offspring's brain, indicating adverse effects during sensitive developmental stages. Interestingly, NOAEL glyphosate exposure induced sex-specific changes in redox homeostasis, with more profound effects to be presented in male rats. These findings highlight the potential neurotoxic effects of low doses of glyphosate individually and in a mixture form with dicamba and 2,4-D, raising concerns about the need for re-assessment of regulatory limits of the herbicides.

[15/09/2025]

Exploring the Antioxidant and Toxicological Effects of Grape Stem and Wine Extracts: A Comparative Study in Mice and Rats (POSTER)

Eurotox, Athens

Z. Skaperda, P. -M. Nechaloti, P. Vardakas, F. Tekos, D. Kouretas

Conclusions

This study demonstrates that the *Xinomavro* wine extract had no impact on body weight, growth, or clinical parameters but affected redox balance in rats, showing both antioxidant and prooxidant effects depending on the tissue. This highlights the complexity of polyphenolic compounds, which do not act uniformly across biological systems. In contrast, the *Mavrodaphne* grape stem extract showed beneficial effects in mice by preventing lipid peroxidation and inducing redox adaptations in antioxidant defense mechanisms.

These findings contribute to a growing body of research supporting the potential health applications of wine by-products while also underscoring the need for further investigation into their safety, efficacy, and mechanisms of action.

Keywords: antioxidant, grape stem, wine extract, toxicology, in vivo

Link: <https://eventclass.it/eurotox2025/scientific/external-program/search?search=Tekos+>

[15/09/2025]

Short-term exposure to multi-walled carbon nanotubes impairs cell viability and causes redox perturbations in EA.hy926 cells (POSTER)

Eurotox, Athens

P. Vardakas, F. Tekos, Z. Skaperda, P. -M. Nechaloti, C. A. Charitidis, D. Kouretas

The elucidation of potential health hazards associated with occupational exposure to nanoscale materials constitutes a prominent area of scientific research. Accordingly, toxicological investigations designed to characterize their toxicity profile are pivotal in advancing our understanding for occupational health risks. Among the diverse mechanisms underlying nanotoxicity, oxidative stress emerges as a critical toxicological endpoint, providing valuable insights into the cellular and molecular responses activated upon nanomaterial exposure. In this context, multi-walled carbon nanotubes (MWCNTs), cylindrical carbon nanostructures consisting of multiple concentric layers of graphene, are of particular interest owing to their widespread applications across various industrial and biomedical domains. Indeed, their extended π -conjugated systems with high electron affinity, enable them to act as both electron donors and acceptors, thereby contributing to their redox activity and potential toxicity. The purpose of the present study was to evaluate the acute toxic effects of an 8-h exposure to different MWCNTs formulations, including pristine (CNTs-Ref), carboxylated (CNTs-COOH), and hybrid nanocomposites with inorganic nanoparticles (CNTs@Fe₃O₄, CNTs@ZnFe₂O₄, CNTs@SiC, CNTs@SiO₂), on cell viability and redox state in EA.hy926 human endothelial cells. According to our results, most of the examined MWCNTs, to be more specific CNTs-Ref, CNTs-COOH, CNTs@Fe₃O₄, and CNTs@ZnFe₂O₄, exerted acute toxic effects on cell viability at a concentration of 200 μ g/ml following an 8-h exposure. Additionally, CNTs-Ref, CNTs@Fe₃O₄, CNTs@ZnFe₂O₄, and CNTs@SiC caused disturbances of redox homeostasis and oxidative damage to critical biomolecules, such as lipids and proteins. The case was different for CNTs-COOH and CNTs@SiO₂, wherein the activation of cellular adaptive mechanisms effectively mitigated molecular damage.

Link: <https://eventclass.it/eurotox2025/scientific/external-program/search?search=Tekos+>

[30/09/2025 – 02/10/2025] **Invited Speaker 2nd Thessaly AgriBusiness Forum 2025** Larissa

Session No. 5 - **Session Title:** Innovation, Synergies, New Technologies in primary production

NETWORKS AND MEMBERSHIPS

[2024 – Current] **Member at Panhellenic Union of Workers in Research and Higher Education**

[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**

[06/2025] **Member of the Board of Association of Industries of Thessaly and Central Greece (AITCG)**

Link: <https://www.sbtse.gr/en/board-of-directors-w-4224.html>

[07/2025] **Member, Society for Free Radical Research – Europe (SFRR-Europe)**

Link: <https://www.sfrr-europe.org>

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/