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In tube extraction for determination of the main volatile compounds in

3 *Physalis peruviana* L.

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15
16 **Abbreviations:** CIM, conventional interpolative method; EI, electron impact; GC×GC, two
17 dimensional gas chromatography, HS, headspace; ITEEX, in tube extraction;

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Abstract

20 An analytical procedure based on in-tube extraction followed by gas chromatography mass
21 spectrometry has been developed for the analysis of 24 main volatile components in cape
22 gooseberry (*Physalis peruviana* L.) samples. According to their chemical structure, the
23 compounds were organised in different groups: 1 hydrocarbon, 1 aldehyde, 4 alcohols, 4
24 esters and 14 monoterpenes. By single-factor experiments, incubation temperature, incubation
25 time, extraction volume, extraction strokes, extraction speed, desorption temperature and
26 desorption speed were determined as 60 °C, 20 min, 1000 µL, 20, 50/50 µL/s, 280 °C, 100
27 µL/s, respectively. Quantitative analysis using authentic standards and external calibration
28 curves was performed. The limit of detection and limit of quantification for the analytical
29 procedure were calculated. Results shown the benzaldehyde, ethyl butanoate, 2-methyl-1-
30 butanol, 1-hexanol, 1-butanol, α -terpineol, terpinen-4-ol were the most abundant volatile
31 compounds in analysed fruits (68.6 - 585 µg/kg). The obtained data may contribute to qualify
32 cape gooseberry to group of superfruits and therefore increase its popularity.

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Keywords

40 in-tube extraction; gas chromatography; cape gooseberry; fruit; terpenes

41 1. Introduction

42 The word “superfood” has been recently introduced to the nomenclature [1]. It comprises 14
43 natural products among which can be found e.g. fruits, vegetables, corns and tea. These food
44 ingredients introduced into human diet bring many health benefits and can easily enhance
45 well-being. A large group of nutrient-rich fruits played an important role in folk medicine in
46 Asia (China, Tibet) and Africa for thousands of years. Nowadays, the “superfruit” is treated
47 more like a marketing term than a science and that is the reason why food and medicinal
48 preparations based on these kind of fruits are more and more popular among consumers. The
49 globalization of world markets enables the availability of even the most exotic fruits which
50 can be used in order to enrich the diet with new flavours while providing many significant
51 health natural ingredients [2]. The term superfruits is considered as a new marketing approach
52 to promote the demand for rare fruits which can be consumed as foodstuffs or used as
53 ingredients by manufacturers of functional foods, nutraceuticals, beverages. However, gaining
54 the popularity of health-oriented, superfruits on market depend heavily on both research
55 results and appropriate marketing. Fruits which contain powerful bioactive compounds such
56 as polyphenols, anthocyanins or procyanidins, with high antioxidant capacity may be
57 classified as a superfruits. Also very important is contents of terpenes, because they determine
58 the flavour and taste of fruits and many of them have bioactive properties e.g. α -phellandrene
59 and β -myrcene has antioxidant properties [3], limonene has antimicrobial, antidiabetic,
60 antifungal [4-7], *p*-cymene has antibacterial, antinociceptive and anti-inflammatory [8-10]
61 properties. Considerable interest led to the increase of the number of research and
62 publications focusing on health benefits of superfruits [11-14] and determination terpenes
63 compounds in food products [15-17].

64 *Physalis peruviana*, commonly known as goldenberry or cape gooseberry, is a solanaceous
65 hairy plant native to tropical South America. Cape gooseberry is an herbaceous, semi-shrub,

66 upright and perennial growing in subtropical zones. Its general size is between 0.6 to 0.9 m
67 but in some cases it can reach 1.8 m. The flower can be easily pollinated by insects, wind and
68 also by auto-pollination. The fruit is a juicy berry with ovoid shape and a diameter between
69 1.25 cm to 2.50 cm, 4 g and 10 g weight, containing inside around 100 to 200 small seeds
70 [18]. The cape gooseberry is extensively used as medicinal herb for treating diseases such as
71 cancer, malaria, asthma, hepatitis, dermatitis and rheumatism [19]. There are known
72 additional attributed properties such as antispasmodic, diuretic, antiseptic, sedative, analgesic,
73 helping to fortify the optic nerve, throat trouble relief, elimination of intestinal parasites and
74 amoeba. There have also been reported antidiabetic properties, recommending the
75 consumption of five fruits per day. There are studies indicating that eating the fruit of cape
76 gooseberry reduces blood glucose after 90 min postprandial in young adults, causing a greater
77 hypoglycaemic effect after this period [20]. So far, there are no studies that indicate possible
78 adverse effects. Cape gooseberry is an attractive fruit for international markets due to its
79 important nutritional as well as medicinal properties. Currently, there are different products
80 made of this fruit such as jams, raisins and chocolate-covered candies. It can also be
81 processed for juice, pomace and other products sweetened with sugar as a snack [21].
82 However, it is still one of the less consumed raw materials of plant origin for human nutrition.
83 In-tube extraction (ITEX) combines efficient sample extraction, with selective analytes
84 concentration and rapid transfer to GC-MS system. A micro trap filled with adsorbent
85 materials is placed between the HS syringe and a needle. This allows a rapid, simple and
86 efficient extraction and concentration of volatile compounds. Analysis is carried out by
87 multiple pumping of headspace fraction in the closed vial through adsorbent located in a
88 special type of needle [22]. The main advantages of the in-tube extraction are: i) its
89 effectiveness with highly volatile compounds, ii) the possibility of optimising its

90 concentration capability, depending on the analytes amount in the vapour phase by selecting a
91 suitable number of pull/push cycles [23, 24].

92 The aim of the present work was to identify main volatile compounds from *Physalis*
93 *peruviana* and optimize ITEX extraction method for their subsequent quantitation by GC-MS.

94 To our knowledge there are no reports on use of the ITEX for analysis of gooseberries volatile
95 compounds. Previous publications on determination of volatile compounds in that fruit were
96 related to liquid-liquid extraction [25, 26], dynamic headspace [27] and solid phase
97 microextraction techniques [28-30]. Only in two publications information on quantitative data
98 of few compounds [26, 29] were reported, as well as semiquantative using of relative percent
99 area [27, 28].

100 **2. Materials and Methods**

101 **2.1. Materials**

102 All standard chemicals: α -pinene $\geq 99\%$; β -pinene $\geq 99\%$; limonene $\geq 99\%$; ocimene $\geq 90\%$; γ -
103 terpinene $\geq 97\%$; α -terpineol 97%; β -citronellol $\geq 99\%$; β -myrcene $\geq 90\%$; *p*-cymene 99%;
104 eucalyptol $\geq 99\%$; α -terpinolene $\geq 90\%$; terpinen-4-ol $\geq 95\%$; α -phellandrene $\geq 95\%$; geraniol
105 $\geq 99\%$; ethyl butanoate $\geq 99.5\%$; butyl acetate $\geq 99.7\%$; ethyl octanoate $\geq 99\%$; ethyl decanoate
106 $\geq 99\%$; 1-butanol $\geq 99.9\%$; 1-hexanol $\geq 99.9\%$; heptan-2-ol $\geq 97\%$; *n*-pentanal $\geq 97.5\%$; 2-
107 methyl-1-butanol $\geq 99\%$; benzaldehyde $\geq 99\%$; were purchased from Sigma-Aldrich (Sigma-
108 Aldrich, Poznań, Poland).

109 Samples of cape gooseberry (*Physalis Peruviana* L.) imported from Colombia and purchased
110 at supermarket were analysed. Prior to analysis, fruit samples (calyx removed) were stored in
111 the freezer at $-35\text{ }^{\circ}\text{C}$.

112 **2.2. Methods**

113 **2.2.1. Sample preparation**

114 Before the extraction step, the fruits were pureed using a mortar and pestle. NaCl was added
115 (10% *w/w*) during the blending stage in order to prevent possible enzymatic reactions that can
116 lead to the conversion of some volatile compounds to their derivatives and to increase the
117 concentration of analytes in the sample headspace [31]. The fruits reached the room
118 temperature before proceeding with the ITEX extraction. Eight grams of sample were moved
119 to 20 mL vial crimped with Teflon coated silicon rubber septa.

120 **2.2.2. Optimized extraction procedure**

121 The extraction process was carried out with a commercial version of ITEX installed in
122 autosampler (Alpha M.O.S. HS100) with PAL1 Cycle Composer software (version 1.5.4). A
123 2.5 mL headspace ITEX syringe (Hamilton Bonaduz AG, CTC Analytics, Switzerland) was
124 used with the ITEX trap (Tenax TA 80/100 mesh). The ITEX extraction parameters were a
125 subject of study, the optimal parameters have been provided in Table 1.

126 **2.2.3. Instrumentation**

127 The analysis was carried out on an Agilent 7890A gas chromatograph with single quadrupole
128 mass detector (Agilent Technologies, 5975C VL MSD, (TAD)). The injector was a standard
129 split/splitless. The injection was carried out in a split mode (1:10). The carrier gas was He at a
130 constant linear velocity of 32.4 cm/sec (pressure 15.7 psi, flow of 0.8 mL/min) during the run.
131 The column was DB-5 (Agilent Technologies, 30 m × 0.2 mm I.D., 0.2 μm film thickness).
132 The chromatographic oven was held at 40 °C for 1 min, then raised to 200 °C at 10 °C/min,
133 then to 280 °C at 20 °C/min and finally the temperature was held at 280 °C for 1 min.
134 Analyses were performed in electron impact (EI) mode. The ion source temperature was 230
135 °C GC/MS interface was kept at 280 °C. Detection was in a scan mode with *m/z* 33 to 333
136 range. The ITEX/GC-MS process was carried out according to optimized conditions.

137 **2.2.4. Data analysis**

138 Tentative identification was accomplished through MS library search using the NIST (version
139 2.0) mass spectral library. Positive identification of 24 analytes (α -pinene, β -pinene,
140 limonene, ocimene, γ -terpinene, α -terpineol, β -citronellol, β -myrcene, *p*-cymene, eucalyptol,
141 α -terpinolene, terpinen-4-ol, α -phellandrene, geraniol, ethyl butanoate, butyl acetate, ethyl
142 octanoate, ethyl decanoate, 1-butanol, 1-hexanol, heptan-2-ol, *n*-pentanal, 2-methyl-1-butanol,
143 benzaldehyde) was confirmed by the comparison of retention times with authentic standards.
144 Moreover, an ITEX blank run was done every one analysis of fruit samples as well as
145 standards to consider the influence of column or Tenax degradation. The analysis of fruits
146 sample was performed in five repetition. The calculation were performed using Excel 2010,
147 Microsoft Office 2010. In order to define significance of differences the statistical tests were
148 used (the Fisher-Snedecor test, the Student's t-test, the c-Cochran and Cox test).

149 **3. Results and discussion**

150 **3.1. Optimization of extraction conditions**

151 To provide the highest peak responses and best resolution of analysed compounds the
152 following parameters were optimized for the ITEX extraction: incubation temperature,
153 incubation time, extraction volume, extraction strokes, extraction speed, desorption
154 temperature and desorption time. For the extraction method optimization, a mixture of 12
155 compounds detected in cape gooseberry was used and peak areas were compared in these
156 experiments. The following compounds were chosen to represent main classes of volatiles
157 present in gooseberries: alcohols (2-methyl-1-butanol and 1-hexanol), esters (butyl acetate
158 and ethyl octanoate), monoterpene hydrocarbons (β -myrcene and α -terpinolene), monoterpene
159 alcohols (terpinen-4-ol and α -terpineol), monoterpene aromatic hydrocarbon (*p*-cymene),
160 monoterpene cyclic ether (eucalyptol), aromatic and aliphatic aldehydes (benzaldehyde and
161 pentanal). The average dry matter of cape gooseberry is 20,7 % (*w/w*). The vast majority of
162 the fruit consists of water, therefore the water standards solutions was used to select optimal

163 parameters of the extraction process. The repeatability of the extraction under tested
164 conditions were calculated as relative standard deviation of absolute peak areas for the
165 triplicate analyses of model samples. Table 1 presents summarized optimization parameters
166 and tested values.

167 **3.1.1. Effect of incubation temperature and incubation time**

168 In the sample analysis via ITEX, analytes are extracted from the sample headspace.
169 Therefore, the temperature and the time at which equilibrium is reached between the
170 concentration of analytes in the sample and the sample headspace are crucial parameters.
171 Figure 1A and Figure 1B show the results of analyses performed in order to optimize the
172 temperature and time of extraction steps.

173 All the extraction temperatures were tested at the same extraction time of 10 minutes. The
174 highest extraction efficiency for all compounds was noted at 60 °C. The extraction efficiency
175 increased along with an increase of the extraction (incubation) temperature. It is known that in
176 the higher temperatures thermal degradation of compounds can take place. Therefore, the
177 extraction temperature was established at 60 °C and it was used for subsequent analyses.

178 The next step involved optimization of the extraction time. In case of five compounds (β -
179 myrcene, α -terpinolene, p-cymene, eucalyptol, benzaldehyde) the highest extraction
180 efficiency was obtained at 5 min. For esters and monoterpene alcohols the most convenient
181 time was 20 min. The lowest repeatability of the analysis was observed for 10 min of
182 incubation. In case of alcohols, the difference in the extraction efficiency in different
183 incubation time was not significant. Considering the above the optimal incubation time was
184 established at 20 min.

185 **3.1.2. Effect of extraction volume**

186 The following volumes of extraction were tested: 300, 500, 1000, 2000 μL . For the 300 μL
187 the significant problem with repeatability of the peaks area in subsequent analyses was
188 observed. For almost all compounds the highest efficiency of extraction in the volume of 2000
189 μL were obtained (only for butyl acetate in 1000 μL peaks were the most abundant). In case
190 of 500 μL for esters the lowest repeatability was observed. The results are presented in Figure
191 1C.

192 At first 2000 μL was chosen as the optimal extraction volume. However, in further analyses
193 the leaks in syringe was observed (twice). Therefore, it was decided to choose 1000 μL as
194 optimal volume (the leaks at syringe was not observed).

195 **3.1.3. Effect of extraction strokes**

196 The relationship between the number of extraction cycles and signal of analytes is presented
197 in Figure 1D. For nine of the compounds with increasing number of strokes extraction
198 efficiency increased. Only for monoterpene hydrocarbons and monoterpene aromatic
199 hydrocarbon the maximum of extraction efficiency was obtained at 20 and 30 strokes,
200 respectively. However, it should be noticed that increasing numbers of strokes increases the
201 extraction time (in case of 40 strokes extraction time is 4 times longer than for 10 strokes, it
202 gives 5 min and 20 min respectively, the test were carried out in 50 $\mu\text{L}/\text{s}$ of aspirate speed and
203 100 $\mu\text{L}/\text{s}$ of dispense speed). Moreover, the greater is the number of stokes the higher is the
204 risk of the syringe leaks in subsequent analyses. Therefore, the optimum value as 20 strokes
205 was chosen.

206 **3.1.4. Effect of extraction speed**

207 Extraction speed consists of aspirate and dispense speed. The first is related to the speed of
208 rising the syringe plunger, the second with the speed of lowering the syringe plunger during
209 extraction process. Figure 2A presents the relationship between the number of extraction

210 cycles and signal from analytes. An increase of the extraction (aspiration and dispense) speed
211 lead to decrease of the extraction time. For the tested parameters the extraction times were as
212 follows: 13.3 min (50/50), 10 min (50/100), 6.6 min (100/100), 4.4 min (100/300) and 2.2 min
213 (300/300). However, the higher is the dispense speed the higher is pressure in syringe and the
214 risk of the syringe leaks increases [32]. In case of all analysed monoterpene hydrocarbons, the
215 extraction speed is decreasing with growing extraction speed. For the rest compounds the
216 minimum is reach in 100/100 $\mu\text{L/s}$. Taking into account the above, the optimal extraction
217 speed established 50/50 $\mu\text{L/s}$.

218 **3.1.5. Effect of desorption temperature and desorption speed**

219 In order to ensure quantitative transfer of the analysed compounds adsorbed on the ITEX trap
220 to the chromatography system, an adequate trap temperature during desorption and speed of
221 the desorption process is required. Both conditions should not promote the formation of
222 artefacts and thermal degradation of the stationary phase of the ITEX sorbent, whereas the
223 analytes should be completely desorbed from the Tenax TA.

224 The results of analyses carried out using various desorption temperature of analytes by the
225 ITEX trap are present in Figure 2B. For esters, monoterpene hydrocarbons and monoterpene
226 aromatic hydrocarbon, the most intense peaks were observed in desorption temperature of 240
227 $^{\circ}\text{C}$, while the most reproducible results were obtained at 280 $^{\circ}\text{C}$. For the remaining
228 compounds (especially alcohols and monoterpene alcohols) no significant difference was
229 observed.

230 The carry over effect was checked for all standards and was tested in different desorption
231 temperatures. It was found that this effect occurs for four compounds (β -myrcene, p-cymene,
232 eucalyptol, α -terpinolene). The results of analyzes carried out using various desorption
233 temperatures from the Tenax TA are present in Table 2. In the desorption temperature of 240

234 °C carry over is more than 0.1% after the first analysis, moreover the highest is for β-
235 myrcene. The lowest carry over was achieved at 280 °C. The highest decline in the size of the
236 peaks area as the temperature increases was observed for β-myrcene (240 °C - 0.258%, 260
237 °C - 0.158%, 280°C - 0.099%). Furthermore, the highest repeatability of the analyses was
238 achieved in the temperature of 280 °C. Therefore, the 280 °C of desorption temperature was
239 chosen as optimal for further analysis.

240 The results of analyses carried out using various desorption speed of analytes from the Tenax
241 TA are presented in Figure 2C. For all compounds the most intense peak areas at 100 μL/s
242 were observed, while for esters the smallest repeatability of the analyses. Also in the lowest
243 desorption speed the best peaks shapes (narrows and fully separated) was achieved.

244 Based on the literature data, for the volatile compounds determination (including terpenes) in
245 fruits samples the injector temperature of 250 °C and 3 min was found as optimum [33-35].

246 **3.1.6. Exhaustion extraction of analytes from the sample using in-tube extraction**

247 In order to check the number of analysis that can be performed on one sample, provides the
248 result reliable, it was carried out a exhaustion test of the sample. For the first two analyses no
249 significant decrease in total peak areas was observed (statistically significant). For subsequent
250 analyses decline in the total peak area with the number of repetitions was evident. The results
251 of analyses are presented in Figure 3.

252 **3.2. Performance of the analytical procedure**

253 The performance of the optimized analytical procedure for the analysis of 24 the most
254 concentrated volatile compounds in cape gooseberry fruit by ITEX/GC-MS was evaluated by
255 applying the extraction procedure as described in Table 1.

256 For the creation of standard curves, 8g of cape gooseberry (after isolation step using Dering
257 apparatus) with salt addition were spiked with mix of standards in the range of concentrations.
258 The analysis was performed by GC-MS using an external calibration curve method (CIM -
259 Conventional Interpolative Method). Using this method several standard solutions of various,
260 known concentrations of the analytes were prepared (in range 5 - 500 $\mu\text{g}/\text{kg}$). Making
261 measurements for mix of standard solution and for sample, the calculations was done in the
262 interpolative way (in the linearity range of calibration curves). The stock solutions of
263 standards were prepared in methanol. For each standard the following concentrations were
264 analysed: 5, 10, 25, 50, 100, 250, 500, $\mu\text{g}/\text{kg}$. Each of standard solution concentrations was
265 run three times.

266 The LOD and LOQ for the analytical procedure were calculated on the basis on the standard
267 deviation of a set of signals and the angle of inclination of the calibration curve. The
268 equations of calibration curve in the range of linearity, linearity range, coefficient of
269 determination, detection and quantification limits in order of retention time of analytes were
270 shown in Table 3.

271 **3.3. Analysis of compounds in cape gooseberry sample**

272 The volatile compounds determined in cape gooseberry are presented in Table 4. Compounds
273 with the highest peak areas (24) after first test analysis with use of ITEX/GC-MS were
274 chosen. This group consisted of 1 hydrocarbon, 1 aldehyde, 4 alcohols, 4 esters and 14
275 monoterpenes.

276 19 of 24 compounds were previously identified by using LLE/GC-MS [25], this include 1
277 hydrocarbon, 1 aldehyde, 4 alcohols, 4 esters and 9 monoterpenes. 21 of 24 compounds were
278 previously identified by using HS-SPME/GC-MS, this include 1 aldehyde, 4 alcohols, 4 esters
279 and 12 monoterpenes [28] and additional 112 compounds were determined.

280 Moreover, the profile of volatile terpenes in cape gooseberry was determined using GC×GC-
281 ToFMS. The 62 terpenes were identified [30], and it confirms 14 chosen monoterpenes in this
282 work. The cape gooseberry is known for its high percentage content of compounds from the
283 group of terpenes, compared to other fruits [29]. For this reason, it is assumed that cape
284 gooseberry is starting to be known as superfruit.

285 The 1-butanol, 2-methyl-1-butanol, heptan-2-ol, 1-hexanol and α -terpineol were also reported
286 by Mayorga et al. [36], with additional 39 compounds as a glycosidically bound flavour
287 compounds. Also α -pinene, ethyl octanoate and eucalyptol (as 1,8-cineole) were previously
288 determined by Ramadan et al. [27] with additional 31 compounds.

289 Previously reported quantitative results by Ymaztekin [26] for some of analytes are different
290 comparing to data obtained in this paper (benzaldehyde 110.4 $\mu\text{g}/\text{kg}$, 1-butanol 514.3 $\mu\text{g}/\text{kg}$,
291 heptan-2-ol 10.07 $\mu\text{g}/\text{kg}$, 1-hexanol 292.9 $\mu\text{g}/\text{kg}$, 2-methyl-1-butanol 470.4 $\mu\text{g}/\text{kg}$, butyl
292 acetate 19.4 $\mu\text{g}/\text{kg}$, ethyl decanoate 130.2 $\mu\text{g}/\text{kg}$, ethyl octanoate 28.8 $\mu\text{g}/\text{kg}$, β -citronellol 26.0
293 $\mu\text{g}/\text{kg}$, terpinen-4-ol 128.5 $\mu\text{g}/\text{kg}$, α -terpineol 160.7 $\mu\text{g}/\text{kg}$, β -myrcene 7.9 $\mu\text{g}/\text{kg}$, ocimene 2.8
294 $\mu\text{g}/\text{kg}$, α -terpinolene 13.2 $\mu\text{g}/\text{kg}$). For determination of volatile compounds the liquid-liquid
295 extraction with combination of GC-FID and GC-MS was used. However, for quantification
296 only 4-nonanol, γ -valerolactone and cyclohexyl butanoate were used. Whereas Dymerski et
297 al. [29] determined terpinen-4-ol (50 $\mu\text{g}/\text{kg}$), γ -terpinene (95 $\mu\text{g}/\text{kg}$) and α -terpinolene (180
298 $\mu\text{g}/\text{kg}$) using HS-SPME/GC×GC-ToFMS. The difference in the obtained results may be due
299 to the biological sample, different origin, agronomic and climatic conditions, as also store the
300 fruits during transportation.

301 The benzaldehyde, ethyl butanoate, 1-hexanol, 2-methyl-1-butanol, 1-butanol, α -terpineol was
302 found in greatest concentrations (more than 70 $\mu\text{g}/\text{kg}$). 1-butanol and 2-methyl-1-butanol have
303 a sweet, floral and fruity notes [26]. This alcohols are reported in many exotic fruits as



304 acerola, jackfruit, *Annona cherimolia* or *Spondias mombin* [37]. α -Terpineol is known in
305 antimicrobial effects [38].

306 From the state of the art it is known the Tenax is releasing aldehydes (e.g. benzaldehyde) and
307 ketones during thermal desorption, which can obscure the determination of these compounds
308 [32, 39]. However, in consideration of linearity and reproducibility of the content of
309 benzaldehyde, it can be assumed that the impact of benzaldehyde derived from sorbent is not
310 significant. It is certain that the benzaldehyde is present in the fruit, as indicated in the
311 literature [25, 29].

312 As was observed during optimization of the ITEX/GC-MS method the concentration level
313 was different for single compounds (very abundant peak of one compound, in fact, did not
314 indicate a high concentration of this compound). It depends of the LOD and LOQ, the
315 linearity of calibration curve, selectivity and sensitivity of GC system. This is related to all
316 relative quantitative methods - they are not so accurate and reliable as quantification using
317 authentic standards and calibration curves.

318 **4. Concluding remarks**

319 The method development for in-tube extraction and gas chromatography was successfully
320 applied to the analysis of the volatile fractions from cape gooseberry fruit. The results indicate
321 that the ITEX/GC-MS technique is a good alternative for the determination of volatile and
322 semi-volatile compounds, in particular terpenes, compared with other concentration
323 techniques and separation methods for volatile analytes. Also it limits the use of chemical
324 reagents in the sample preparation step. The principal components analysis indicated that the
325 *Physalis peruviana* L. is mainly composed of compounds from the branched esters, alcohols
326 and monoterpene groups. Literature data about flavour compounds of cape gooseberry are
327 rare. It is assumed the obtained data will contribute to qualify these fruits to group of



328 superfruits and also increase their popularity. The results of this research may encourage both
329 the food and pharmaceutical industry to utilize these fruits as raw material or additives for
330 new, health-oriented food products (such as fruity juices, wines and liqueurs) and
331 nutraceuticals including dietary supplements. As a result, the human diet will be
332 supplemented with additional healthy and valuable products.

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336 **Conflict of interest**

337 The authors have declared no conflict of interest.

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451 **Figure captions**

452 **Figure 1.** Optimization of the extraction parameters: (A) incubation temperature, (B)
453 incubation time, (C) extraction volume, and (D) extraction strokes by single factor-
454 experiments. The error bars based on triplicate analyses are included.

455 **Figure 2.** Optimization of the extraction parameters: (A) extraction speed, (B) desorption
456 temperature, and (C) desorption speed by single factor-experiments. The error bars showing
457 standard deviation based on triplicate analyses are included.

458 **Figure 3.** Exhaustive extraction for gooseberry sample performed from a single vial.