



Olga Gortzi, BChem, MSc, PhD

I. Personal data

- ✓ *Present position: Head of the Nutrition and Dietetics Department*
- ✓ *Professor of Food Chemistry, School of Agricultural Sciences, Department of Agriculture Crop Production and Rural Environment, University of Thessaly*
- ✓ *Work address: Phytokou str., 38443, N. Ionia, Volos, Greece*
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Dr. Olga Gortzi received a Bachelor's degree in Chemistry from Ioannina University in 1994 and Master's in Nanotechnology from Patras University, Greece. After obtaining a PhD from Patras University (2002), Dr Gortzi completed postdoctoral training in Food Nanotechnology from University of West Attica (2003-2005). She then joined Thessaly Educational Institution in 2009 as an Assistant Professor and was promoted to Associate Professor in 2015. Professor Gortzi joined the University of Thessaly in 2019. She is a Full Professor at the Department of Applied Sciences, University of Thessaly. She has extensive experience in isolation of compounds from natural products and successful their encapsulation in nano-compounds. She also has experience in nanotechnology applications for food and agriculture demands, deeper understanding on the biological implications of nanomaterials, beyond the creation of novel functional properties. Finally, Dr. Gortzi has experience in physicochemical characterization of nanocompounds and re-evaluation of the bioactivity of encapsulated substances in model systems. Professor Gortzi has served in professional society leadership committees, as chair/organizer of several scientific sessions at conferences. She has participated in 32 research and education programs. She has authored/co-authored 56 journal articles, one patent, two book chapters and 58 invited talks in National and International Conferences. She has been serving as an editorial board member of more than 3 international journals. She was also a supervisor/co-supervisor of 10 MSc thesis, co-supervisor of 6 PhD theses and a reviewer in 20 international scientific journals.

II. Education

- *Post Doc (2003-2005). **Evaluation of the antimicrobial and antioxidant activities of extracts before and after encapsulation in liposomes.** Department of Food Science and Technology, T.E.I. of Athens.*
- *Doctor of Philosophy (2002). **"Study of Preparation, Characterization and Toxicity of arsonolipid containing liposomes on normal and cancer cells in culture"**. Department of Pharmacy, University of Patras, Greece. Supervisor: Professor S. Antimisiari.*
- *Master of Science on "Industrial Pharmacy" (1999) **"Iontophoretic ability of arsonolipids"**. Department of Pharmacy, University of Patras, Greece.*
- *Bachelor in Chemistry (1994). Department of Chemistry, University of Ioannina, Greece.*

III. Research activities

1. **Study of the biophysical properties of simple and complex arsonolipid containing liposomes** (1/9/1996 - 31/12/1999). Research Program EPET II.

2. **Program of Additional Training on the study of lipid bioactivity (EPEAEK I)** (01/10/1998 - 30/09/1999).
3. **Preparation and preclinical assessment of Liposome containing drugs for transdermal application.** GEROLAB (2/7/2001 - 31/12/2002).
4. **Study and Development of New Products Based on Olive And its Products Which May Contain New Production Procedures and/or Addition Of Natural Products.** ROI S.A. (31/12/2002 - 31/3/2006).
5. **Activity of Chios Mastic Gum on Human Pathology and New product Development** (01/01/2004 - 31/1/2004, 1/2/2004 - 29/02/2004 and 1/12/2004 - 31/12/2004).
6. **Study and uses of natural products of Greek origin in Cosmetology and Aesthetics (01/02/2004 - 31/08/2006).** EPEAEK II (Arhimidis I Research program). Participants: (1) T.E.I. of Athens (Department Food Technology and Department of Cosmetology and Aesthetics), (2) National and Kapodistrian University of Athens (Pharmacognosy and Chemistry of Natural Products Branch of the Department of Pharmacology), (3) Laboratory of Dermatology in Medical School of University of Athens).
7. **Development of new technology for the fast debittering of olives and the production of high nutritional food (01/01/2006 - 31/08/2006).** EPEAEK II (Arhimidis I Research program). Participants: (1) T.E.I. of Athens (Department Food technology).
8. **Application of simple and environmentally pure technology in a system of complete exploitation of wine making waste for the production of natural antioxidants and fertilizer (01/01/2006 - 31/03/2006).** (ATHENS 2004 Research Program- T.E.I. of Athens).
9. **Optimization of the biological activity of the essential oils from Greek medicinal plants (01/01/2005 - 31/12/2007).** EPEAEK II (Arhimidis II Research program). Participants: (1) T.E.I. of Western Macedonia (Department of Agricultural Products Marketing and Quality Control), (2) T.E.I. of Athens (Department Food Technology and Department of Cosmetology and Aesthetics), (3) National and Kapodistrian University of Athens (Pharmacognosy and Chemistry of Natural Products Branch of the Department of Pharmacology), (4) Agricultural University of Athens (Department of Food Science and Technology).
10. **Study on modified production processes for the production of various types of table olives fortified with natural antioxidants in order to produce functional food products (10/02/2009 - 31/12/2010).** Participants: (1) Department of Food Technology, Technological Educational Institute (T.E.I.) of Larissa (Karditsa Annex) (2) ROI S.A.
11. **Development of a new functional product that combines low-fat and no sugar addition (6/2011 - 10/2011).** Participants: (1) Food and Drinks Safety and Hygiene Laboratory, Institute of Technology and Management of Agricultural Ecosystems, Greece (2) Stergios Latsios & Co.
12. **Preparation of nanoparticles which contain propolis in order to deodorize it and increase its solubility in water solutions.** Participants: (1) Department of Food Technology, Technological Educational Institute (T.E.I.) of Larissa (Karditsa Annex) (2) Melissokomiki Hellas-Konstantionos Doulias.
13. **Recovery of lycopene from tomato juice waste production to produce value added products.** Participants: (1) Food and Drinks Safety and Hygiene Laboratory, Institute of Technology and Management of Agricultural Ecosystems, Greece (2) Iliogennima-Rahmani Alexandra.
14. **Study and research to optimize existing production conditions in order to acquire the knowledge needed to produce dried whey protein concentrates rich in polyunsaturated fat (in free and encapsulated form) for use as ingredients in the food industry.** Participants: (1) Food and Drinks Safety and Hygiene Laboratory, Institute of Technology and Management of Agricultural Ecosystems, Greece (2) Hipirotikes Proteins S.A.

15. **Study on the impact of known and novel antifungal agents on the characteristics of Cretan Gruyere cheese.** Participants: (1) Food and Drinks Safety and Hygiene Laboratory, Institute of Technology and Management of Agricultural Ecosystems, Greece (2) Tirokomiki Amariou S.A.
16. **Design, construction of a mechanical system, electronically controlled for the preparation of biologically interesting nanoparticles.** Participants: (1) Food and Drinks Safety and Hygiene Laboratory, Institute of Technology and Management of Agricultural Ecosystems, Greece (2) Energiaki-Stavarakakis Evangelos.
17. **Study of the antimicrobial activity of Chios mastic gum fractions before and after encapsulation in liposomes in order to prolong the shelf life and enhance the biological activities and sensory characteristics of milk products.** Arhimidis III Research program. Participants: (1) T.E.I. of Athens (Department Food Technology and Department of Cosmetology and Aesthetics), (2) T.E.I. of Larissa (Karditsa Annex) (Department Food Technology), (3) National and Kapodistrian University of Athens (Pharmacognosy and Chemistry of Natural Products Branch of the Department of Pharmacology), (4) University of Ioannina (Department of Chemistry).
18. **Quality control and food safety in foodservice - Intervention programs.** Ministry of Health – TEI of Athens (Department of Food Technology)

IV. Professional experience

- **Head of the Nutrition and Dietetics Department** (6/2016 - today). Technological Educational Institute (T.E.I.) of Thessaly.
- **Director of the FoodInnova Laboratory** (5/2016 – 5/2019). Technological Educational Institute (T.E.I.) of Thessaly.
- **Full Professor** of Food Chemistry (**20-1-2020-today**), School of Agricultural Sciences, Department of Agriculture Crop Production and Rural Environment, University of Thessaly.
- **Associate Professor** (**3/2015 – 5-6-2019**). Department of Food Technology. Technological Educational Institute (T.E.I.) of Thessaly. Teaching subjects: Food Chemistry, Food Analysis, Food Toxicology, Research and Development of New Products.
- **Assistant Professor** (**9/2009 – 3/2015**). Department of Food Technology. Technological Educational Institute (T.E.I.) of Thessaly. Teaching subjects: Food Chemistry, Food Analysis, Food Toxicology, Research and Development of New Products.
- **Visiting Assistant Professor** (9/2005 – 9/2009). Department of Food Technology. Technological Educational Institute (T.E.I.) of Thessaly. Teaching subjects: Food Chemistry, Food Analysis, Microbiology, Biology, Organic Chemistry.
- **Visiting Lecturer** (2/2003 – 7/2003). Technological Educational Institute (T.E.I.) of Athens. Department of Food Technology. Teaching subjects: Food Chemistry, Organic Chemistry, Food Analysis.
- **Visiting Assistant Professor** (9/2008-7/2009). Faculty of Veterinary Science. University of Thessaly. Teaching subjects: Chemistry and Biochemistry.
- **Visiting Lecturer** (9/2003-7/2004). Department of Pharmacy, University of Patras. Teaching subjects: Pharmaceutical Technology.
- **2007-present.** Researcher position at Institute of Technology and Management of Agricultural Ecosystems (ITEMA) as one of the four institutes of the Centre of Research and Technology-Thessaly (CERETETH).

V. Supervision activities

VI. Publications

International journals

1. **Preparation and properties of arsonolipid containing liposomes.** (2001) D. Fatouros, O. Gortzi, P. Klepetsanis, S.G. Antimisiaris, M.C.A. Stuart, A. Brisson, P.V. Ioannou. *Chemistry and Physics of Lipids*, 109, 75-89.
2. **Capability of arsonolipids to transport divalent cations: A Pressman cell study.** (2001). O. Gortzi, P. Klepetsanis, S.G. Antimisiaris, P.V. Ioannou. *Chemistry and Physics of Lipids*, 112, 21-29.
3. **Arsonoliposomes a Novel Class of Arsenic- Containing Liposomes: Effect of Palmitoyl- Arsonolipid Containing Liposomes on the Viability of Cancer and Normal Cells in Culture.** (2002). O. Gortzi, E. Papadimitriou, C.G. Kontoyiannis, S. Antimisiaris and P.V. Ioannou. *Pharmaceutical Research*, 19 (1), 79-86.
4. **Arsonoliposomes, a novel class of arsenic containing liposomes: Effect of arsonolipid containing liposomes on the viability of cancer and normal cells in culture.** (2002). Antimisiaris S.G., Gortzi O., Klepetsanis P., Papadimitriou E., Ioannou P.V. *Review of Clinical Pharmacology and Pharmacokinetics, International Edition*. 16 (1), 53.
5. **Arsonoliposomes: Effect of arsonolipid acyl chain length and vesicle composition on their toxicity towards cancer and normal cells in culture.** (2003). O. Gortzi, E. Papadimitriou, S.G. Antimisiaris and P. Ioannou. *European Journal of Pharmaceutical Sciences*, 18(2), 175-183.
6. **Physical stability of sonicated arsonoliposomes: Effect of calcium ions.** (2005). Fatouros D.G., Piperoudi S., Gortzi O., Ioannou P.V., Frederic P, Antimisiaris SG. *Journal of Pharmaceutical Sciences*, 94 (1), 46-55.
7. **Physicochemical changes of olive oil and selected vegetable oils during frying.** (2006). Chatzilazarou A., Gortzi O., Lalas S., Zoidis E. and Tsaknis J. *Journal of Food Lipids*, 13 (1), 27-35.
8. **Application of cloud point extraction (CPE) on the isolation of phenolic antioxidants from olive mill wastewaters (OMW) by the non-ionic surfactant Triton X-114.** (2006). E. Katsoyannos, A. Chatzilazarou, O. Gortzi, *Ernahrung/Nutrition*, 30, 197-204.
9. **Frying stability of *Moringa stenopetala* seed oil.** (2006). Lalas S., Gortzi O. and Tsaknis J. *Plant Foods for Human Nutrition*, 61 (2), 99-108.
10. **Application of cloud point extraction using surfactants in the isolation of physical antioxidants (phenols) from olive mill wastewater.** (2006). E. Katsoyannos, A. Chatzilazarou, O. Gortzi, S. Lalas, Sp. Konteles and P. Tataridis. *Fresenius Environmental Bulletin*, 15 (9B), 1122-1125.
11. **Reevaluation of Antimicrobial and Antioxidant Activity of *Thymus* spp. Extracts before and after Encapsulation in Liposomes.** (2006). O. Gortzi, S. Lalas, I. Chinou and J. Tsaknis. *Journal of Food Protection*, 69 (12), 2998-3005.
12. **Effect of essential oil of *Citrus cinensis* cv new hall – *Citrus aurantium* (indigenous in Greece) upon growth of *Yarrowia lipolytica*.** (2006). O. Gortzi, S. Papanikolaou, S. Lalas, M. Galiotou-Panayotou and P. Mitliaga. *Planta Medica*, 72 (11) DOI: 10.1055/s-2006-950112.
13. **Chemical analysis of edible aromatic plants growing in Tanzania.** (2007). Vagionas K., Ngassapa O., Runyoro D., Graikou K., Gortzi O., I. Chinou. *Food Chemistry*, 105, 1711-1717.
14. **Chemical composition and antimicrobial activity of the essential oil of Algerian *Phlomis*: *Phlomis bovei* De Noé subsp. *Bovei*.** (2007). C. Liolios, H. Laouer, N. Boulaachen, O. Gortzi, I. Chinou. *Molecules*, 12, 772-781.
15. **Evaluation of the antimicrobial and antioxidant activities of *Origanum dictamnus* extracts before and after encapsulation in liposomes.** (2007). O. Gortzi, S. Lalas, J. Tsaknis and I. Chinou. *Molecules*, 12, 932-945.

16. **Irradiation effect on oxidative condition and tocopherol content of various vegetable oils.** (2007). S. Lalas, O. Gortzi, J. Tsaknis and K. Sflomos. *International Journal of Molecular Sciences*, 8, 533-540.
17. **Protection of traditional Greek foods using a plant extract.** (2007). Lalas S., Aggelousis G., Gortzi O., Dourtoglou V., and Tsaknis J. *Italian Journal of Food Science*, 19 (3), 279-286.
18. **Chemical constituents of *Lavatera trimestris* L.-antioxidant activities.** (2007). K. Skalicka-Woźniak, E. Melliou, O. Gortzi, K. Glowniak and I.B. Chinou. *Zeitschrift für Naturforschung*, 62c, 797-800.
19. **Enhanced bioactivity of *Citrus limon* (Lemon Greek cultivar) extracts, essential oil and isolated compounds before and after encapsulation in liposomes.** (2007). O. Gortzi, S. Lalas, J. Tsaknis, I. Chinou. *Planta Medica*, 73(9). DOI: 10.1055/s-2007-986965.
20. **Reevaluation of bioactivity and antioxidant activity of *Myrtus communis* extract before and after encapsulation in liposomes.** (2008). O. Gortzi, S. Lalas, I. Chinou and J. Tsaknis. *European Food Research and Technology*, 226 (3), 583-590.
21. **Recovery of natural antioxidants from olive mill wastewater using Genapol-X080.** (2008). O. Gortzi, Lalas S., Chatzilazarou A., Katsoyannos E., Papakonstandinou Sp. and Dourtoglou E. *Journal of American Oil Chemists' Society*, 85 (2), 133-140.
22. **Effect of Citrus essential oil upon growth and lipids of *Yarrowia lipolytica*.** (2008). Papanikolaou S., Gortzi O., Margeli E., Chinou I., Galiotou-Panayotou M., Lalas S. *European Journal of Lipid Science and Technology*, 110 (11), 997-1006.
23. **Liposomal incorporation of carvacrol and thymol isolated from the essential oil of *Origanum dictamnus* L. and in vitro antimicrobial activity.** (2009). C.C. Liolios, O. Gortzi, S. Lalas, J. Tsaknis and I. Chinou. *Food Chemistry*, 112, 77-83.
24. **Removal of polyphenols from wine wastes using cloud point extraction.** (2009). A. Chatzilazarou, E. Katsoyannos, O. Gortzi, S. Lalas, Y. Paraskevopoulos, E. Dourtoglou, and J. Tsaknis. *Journal of the Air & Waste Management Association*, 60, 454-459.
25. **Assessing the quality of raw milk in southern Greece for benzimidazole residues.** (2010). Tsiboukis Dimitrios, Sazakli Eleni, Gortzi Olga, Chatzichristodoulou Christos, Matara Chrisanthi and Leotsinidis Michalis. *Food Additives and Contaminants, part B*, 3(2), 73-79.
26. **Chemical composition - biological activities of selected samples of propolis from South Greece.** K Graikou, I Chinou, O. Gortzi, S Lalas. *Planta Medica* 2010; 76. DOI: 10.1055/s-0030-1264321.
27. **Enrichment of table olives with phenolic compounds from olive leaves.** (2011). S. Lalas, V. Athanasiadis, M. Bounitsi, I. Giovanoudis, O. Gortzi. *Food Chemistry*, 127 (4), 1521-1525.
28. **Effects of essential oils on milk production and composition, and rumen microbiota in Chios dairy ewes.** (2011). Giannenas, I., Skoufos, J., Giannakopoulos, C., Wiemann, M., Gortzi, O., Lalas, S., and Kyriazakis, I. *Journal of Dairy Science*, 94, 5569-5577 .
29. **Chemical Composition and Biological Activity of Essential Oil of *Pinus leucodermis* wood.** (2012). K. Graikou, O. Gortzi, G. Mantanis and I. Chinou. *Eur. J. Wood Prod.* DOI 10.1007/s00107-012-0596-9.
30. **Determination of antimicrobial activity and resistance to oxidation of *Moringa peregrina* seed oil (2012).** Lalas S., Gortzi O., Athanasiadis V., Tsaknis J. and Chinou I. *Molecules*, 17, 2330-2334.
31. **Development and evaluation of a novel membrane mimic system (PC/CHOL liposome- β -Lg formulation) for vitamin E delivery. (2012).** M. Rovoli, O. Gortzi, S. Lalas and G. Kontopidis. *Annals of Nutrition and Metabolism* 60: 131 - 145. DOI:10.1159/ 000337881.

32. **Evaluation of the suitability of low hazard surfactants for the separation of phenols and carotenoids from red-flesh orange juice and olive mill waste water using cloud point extraction. (2012).** E. Katsoyannos, O. Gortzi, Ar. Chatzilazarou, V. Athanasiadis, J. Tsaknis, and S. Lalas. *Journal of Separation Science*, 35,2665-2670 (DOI: 10.1002/JSSC.2012000356).
33. **Full characterisation of Crambe abyssinica Hochst. seed oil. (2012).** S. Lalas, O. Gortzi, V. Athanasiadis, Ef. Dourtoglou and V. Dourtoglou. *Journal of the American Oil Chemists' Society*, 89 (12), 2253-2258.
34. **Qualitative analysis and biological evaluation of selected propolis samples all over the world (2012).** K Graikou, M Popova, O. Gortzi, V Bankova, I Chinou. *Planta Medica* 78 - PI465, DOI: 10.1055/s-0032-1321152.
35. **Effect of artificial aging using eleven different wood chips on the antioxidant activity, phenolic profile, sensory properties and color of two Greek red wines. (2013).** O. Gortzi, X. Metaxa, G. Mantanis and S. Lalas. *Food Chemistry*,141 (3), 2887-2895.
36. **β -Lactoglobulin improves liposome's encapsulation for vitamin E delivery. (2013).** **Rovoli M., Gortzi O.,Lalas S. and Kontopidis G.** *Journal of Liposome Research*, DOI: 10.3109/08982104.2013.839701.
37. **Study of antioxidant and antimicrobial activity of Chios mastic gum fractions (neutral, acidic) before and after encapsulation in liposomes (2014).** Olga Gortzi, V. Athanasiadis, Stavros Lalas, I. Chinou, Tsaknis J. *Journal of Food Processing & Technology*.
38. **Development and evaluation of a phospholipid-sterol-protein membrane resembling system. (2015).** Gortzi O., Rovoli M., Lalas S. and Kontopidis G. *Food Biophysics*, 10 (3), 300-308.
39. **Comparative evaluation of ELISA kits' reliability for the aflatoxin M1 determination in goat milk (2015).** Sofia Christoforidou, Eleni Malissiova, Olga Gortzi, Christos Hadjichristodoulou. *Eur Food Res Technol* 240, 701-706. DOI 10.1007/s00217-014-2374-x.
40. **Development and Evaluation of a Phospholipid-sterol-protein Membrane Resembling System (2015).** Olga Gortzi, Magdalini Rovoli, Stavros Lalas, George Kontopidis. *Food Biophysics*. DOI 10.1007/s11483-015-9390-7.
41. **Kinetics of polyphenol extraction from woodchips in wine model solutions:effect of chip amount and botanical species. (2015).** Christina Psarra, Olga Gortzi and Dimitris P. Makris. *J.Inst. Brew.* DOI 10.1002/jib.212.
42. **Coencapsulation of Ferulic and Gallic acid in hp-b-cyclodextrin (2015).** Olga Gortzi, Styliani Christophoridou, Ioannis Roussis. *Food Chem.* 15 (185), 33-40. DOI: 10.1016/j.foodchem.2015.03.058.
43. **Luteolin as an anti-inflammatory and neuroprotective agent: A brief review (2015).** Seyed Fazel Nabavi, Nady Braidy, Olga Gortzi, Eduardo Sobarzo-Sanchez, Maria Daglia Krystyna Skalicka-Wozniak, Seyed Mohammad Nabavi. *Brain Research Bulletin* 119,1-11.
44. **Neuroprotective effects of chrysin: From chemistry to medicine. (2015).** Nabavi SF, Braidy N, Habtemariam S, Orhan IE, Daglia M, Manayi A, Gortzi O. Nabavi SM. *Neurochem Int.* (90), 224-31. DOI: 10.1016/j.neuint.2015.09.006.
45. **Characterization and biological evaluation of selected Mediterranean propolis samples. Is it a new type? (2016).** Konstantia Graikou, Milena Popova, Olga Gortzi, Vassya Bankova, Ioanna Chinou. *Food Science and Technology.* 65, 261-267.
46. **Chlorogenic acid and mental diseases: from chemistry to medicine (2016).** S. F. Nabavi, S. Tejada, W. N Setzer, O. Gortzi, A. Sureda, N. Braidy, M. Daglia, A. Manayi, S. M. Nabavi. *Curr Neuropharmacol.* Mar 25.
47. **Antibacterial and antifungal activities of thymol: A brief review of the literature (2016).** Anna Marchese, Ilkay Erdogan Orhan, Maria Daglia, Ramona Barbieri, Arianna Di Lorenzo, Seyed Fazel Nabavi, Olga Gortzi, Morteza Izadi, Seyed Mohammad Nabavi., *Food Chemistry.* 210, 402-414.

48. **Wound Healing Effects of Curcumin: A Short Review** (2016). Silvia Tejada, Azadeh Manayi, Maria Daglia, Seyed F. Nabavi, Antoni Sureda, Zohreh Hajheydari, Olga Gortzi, Hamidreza Pazoki-Toroudi and Seyed M. Nabavi, Current Pharmaceutical Biotechnology.17, 15, 1002-1007.
49. **Neuroprotective effects of Ellagitannins: A brief review.** (2016). Tejada S, Setzer W, Daglia M, Nabavi SF, Sureda A, Braidy N, Gortzi O, Nabavi SM. Curr Drug Targets. DOI: 10.2174/1389450117666161005112002.
50. **Food Safety and Quality Control in the Public Catering Sector- Intervention Programs.** (2016). Efstathia Tsakali, Olga Gortzi, Dimitrios Timpis and John Tsaknis. Nutrition and Food Technology: Open Access. ISSN 2470-6086.
51. **Enhanced Antioxidant Activity of Capsicum annum L. and Moringa oleifera L. Extracts after Encapsulation in Microemulsions.** (2018). Georgia Batra, Olga Gortzi, Stavros I. Lalas, Anna Galidi, Angeliki Alibade and George D. Nanos. ChemEng, 1, 15, 1-13.
52. **Enhanced Efficacy and Bioavailability of Skin-Care Ingredients Using Liposome and Nano-liposome Technology.** (2017) Dokhani A, Amini J, Gortzi O, Danaei M, Mozafari MR* and Maherani B. Mod Appl Bioequiv Availab 2(2): MABB.MS.ID.555584.
53. **Evaluation of antioxidant activity of Rosemary extracts using two different solvents: Edible and Absolute alcohol.** V. Geraci, C. Faggio, O. Gortzi. (2017). Journal of Biological Research Vol 90 Supplement 1-2017.
54. **Aflatoxin M1 levels in milk and dairy products in Greece – Relation to public health.** E. Malissiova, E. Mairaidoni, D. Kyriazi, M. Gonidakis, A. Manouras, O. Gortzi, C. Deligiannis. Clinical Nutrition ESPEN 13 (2016) e55-e74.
55. **The role of control strategies for the implementation of Food Safety in Hospital and Health units, as a tool for HACCP assistants and stimulators.** (2018). E. Tsakali, O. Gortzi, G. Boskou, A. Souliotis, D. Timpis, J. Tsaknis. Food Sim' 2018 (Indexed in ISI-Web of Science).
56. **In Vitro and In Vivo Assessment of Vitamin A Encapsulation in a Liposome-Protein Delivery System** (2019). Rovoli Magdalini¹, Pappas Ioannis, Lalas Stavros, Gortzi Olga, Kontopidis George. Journal of Liposome Research.

* More than **1850** citations to the published work in international journals.

Work Presentations in Conferences

58 work presentations in National and International Conferences

Selected conference presentations

1. **Arsonoliposomes as Ionophores.** (1999). Olga Gortzi, Pavlos Klepetsanis, Sophia G. Antimisiaris, Panagiotis V. Ioannou. "Drug delivery for the third Millennium" Pisa, Italy (October).
2. **Arsonolipids: Ionophoretic ability and preparation of liposomes incorporating them.** (2000). Olga Gortzi, Sophia G. Antimisiaris, Panagiotis V. Ioannou. Department of Biopharmaceutics and Pharmaceutical Technology Saarbrücken, Germany (23rd February-3rd March).
3. **Effect of Arsonolipid containing liposomes on viability of cancerous and non-cancerous cells in culture.** (2000). Olga Gortzi, Evangelia Papadimitriou, Sophia Antimisiaris and Panayiotis V. Ioannou. Controlled Release of Bioactive Materials, Paris, France (July 7-13).
4. **Arsonoliposomes: A novel class of liposomes with anticancer potential.** (2001). Olga Gortzi, Sophia Antimisiaris. 1st International Pharmaceutical Congress, Athens Greece (April 27-30).

5. **Arsonoliposomes, a novel class of arsenic containing liposomes: Effect on the viability of cancer and normal cells in culture.** (2002). Olga Gortzi and Sophia Antimisiaris. 2nd Panhellenic Conference in Pharmacology. Athens, Greece (9-10 February).
6. **Quality changes of olive oil and other selected vegetable oils during frying.** (2005). Tsaknis J., Xatzilazarou A., Gortzi O., Zoidis E., Lalas S., and Bratakos M. Traditional Mediterranean Diet: Past, Present and Future, 2nd International Conference.
7. **Enhanced bioactivity of various plants (*Origanum dictamnus*, *Thymus* and *Myrtus* species) of Greek origin, before and after encapsulation in liposomes.** (2005). O. Gortzi, S. Lalas, I. Tsaknis, I. Chinou. 53rd Annual Congress of GA, Florence, Italy (21-25 August).
8. **Screening for antioxidant activity of Greek plant extracts.** (2006). N. Aligiannis, E. Kal-poutzakis, O. Gortzi, S. Lalas, A.I. Skaltsounis and S. Mitakou. 4th International Conference on Natural Products: A change for the future of mankind. Leysin, Switzerland (28th – 31st May).
9. **Extraction of natural antioxidants (polyphenols, carotens, tocopherols) from food industry wastes with cloud point extraction using food grade surfactants.** (2006). E. Katsoyannos, A. Chatzilazarou, O. Gortzi, S. Lalas, and E. Dourtoglou. International Con-gress of Bioprocesses in Food Industries (ICBF-2006). University of Patras, Rio-Patras, Greece (18th-21st June).
10. **Effect of essential oil of *Citrus cinensis* cv new hall – *Citrus aurantium* (indigenous in Greece) upon growth of *Yarrowia lipolytica*.** (2006). O. Gortzi, S. Papanikolaou, S. Lalas, M. Galiotou-Panayotou and P. Mitliaga. International Congress and 54th Annual Meeting of the Society for Medicinal Plant Research (GA 2006) Helsinki, Finland (29th August-2nd Sep-tember).
11. **Extraction of natural antioxidants (polyphenols, carotenes, tocopherols) from food industry wastes with cloud point extraction using food grade surfactant.** (2007). E. Katsoyannos, A. Chatzilazarou, O. Gortzi, S. Lalas, Sp. Konteles. 5th International Congress on Food technology with the title «Consumer Protection through Food Process Improvement & Innovation in the Real World». Hellenic Association of Food Technologists (PETET). Thessaloniki (9th -11th March).
12. **Effect of essential oil of *Citrus cinensis* cv new hall – *Citrus aurantium* upon growth of *Yarrowia lipolytica* and *Saccharomyces cerevisiae*.** (2007). S. Papanikolaou, O.Gortzi, E. Margeli, N. Niklis, P. Mitliaga, P. Diamantopoulou and S. Lalas. 5th International Congress on Food technology with the title «Consumer Protection through Food Process Improvement & Innovation in the Real World». Hellenic Association of Food Technologists (PETET). Thessaloniki (9th -11th March).
13. **Enhanced bioactivity of *Citrus limon* (Lemon Greek cultivar) extracts, essential oil and isolated compounds before and after encapsulation in liposomes.** (2007). O. Gortzi, S. Lalas, J. Tsaknis, I. Chinou. International Congress and 55th Annual Meeting of the Society for Medicinal Plant Research (GA 2007). Graz, Austria (2nd-6th September).
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15. **Hepatoprotective effect of *Pistacia lenticus* var. *Chia* total extract against carbon tetrachloride induced liver damage in rats.** (2008). Mavridis S.K., Gortzi O., Lalas S., Paraschos S., Skaltsounis A.L., Pappas I.S. 7th Joint Meeting of AFERP, ASP, GA, PSE & SIF. Natural Products with Pharmaceutical, Nutraceutical, Cosmetic and Agro-chemical Interest. Athenaeum Intercontinental. Athens Greece (3-8 August).

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18. **Extraction of tocopherols from olive mill wastewater using cloud point extraction.** (2012). O. Gortzi, E. Katsoyannos, Ar. Chatzilazarou, V. Athanasiadis, I. Giovanoudis, E. Iliadou, Al. Papachatzis, and S. Lallas. 15th International Conference on Fat Soluble Vitamins, FSV 2012, Kalabaka, Greece (22-24 March).
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21. **Qualitative analysis and biological evaluation of selected propolis samples all over the world (2012).** **K Graikou, M Popova, O Gortzi, V Bankova, I Chinou.** International Congress on Natural Products Research, New York, NY. (July 28 – August 1).
22. **Preparation and characterization of Chios mastic gum fractions before and after encapsulation in liposomes by three different methods.** (2013) O. Gortzi, V. Athanasiadis, S. Lallas, J. Tsaknis. 6th International Symposium on Recent Advances in Food Analysis, RAFA 2013, Prague, Czech Republic. (4-8 November).
23. **Antioxidant activity of Chios mastic gum Extracts before and after encapsulation in Liposomes.** (2014). O. Gortzi, V. Athanasiadis, S. Lallas, J. Tsaknis. 9th International Symposium on Chromatography of Natural Products, Lublin, Poland (26-29 May).
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26. **Reduction of heavy metals in water by the use of humic and fulvic acids.** (2014). V. Athanasiadis, O. Gortzi, S. Lallas. 4th International Conference on Industrial and Hazardous Waste Management, Chania, Crete, Greece (2-5 September).
27. **Nutritional value characterization of leaves and herbal tea from *Moringa oleifera* Lam. tree cultivated in Greece.** (2014). S. Lallas, V. Athanasiadis and O. Gortzi. 4th International Conference on Industrial and Hazardous Waste Management, Chania, Crete, Greece (2-5 September).
28. **Phenols separation from olive mill wastewater and liquid wine sludge wastes by cloud point extraction with cremophor.** (2014). E. Katsoyannos, O. Gortzi, A. Chatzilazarou, V. Athanasiadis, S. Lallas 4th International Conference on Industrial and Hazardous Waste Management, Chania, Crete, Greece (2-5 September).

29. **Effects of dietary supplementation with *Moringa oleifera* on antioxidant status of raw and cooked breast and drumstick meat of broiler chickens.** (2015). I. Giannenas, O. Gortzi, A. Galidi, S. Popović, N. Spasevski, L. Kostadinović, V. Athanasiadis, S. Lalas. 2nd International Conference on Food & Biosystems Engineering (FaBE 2015), Mykonos island, Greece (28-31 May).
30. **E-food science project: Bio-functional foods.** O. Gortzi, , E. Tsakali, A. Galidi, K. Sflomos 2nd International Conference on Food & Biosystems Engineering (FaBE 2015), Mykonos island, Greece (28-31 May).
31. **Coencapsulation of ferulic and gallic acid in HP-Cyclodextrin.** (2015). O Gortzi, S Christophoridou, IG Roussis International Conference on Food and Biosystems Engineering, Mykonos island, FaBE2015. (28-31 May)
32. **Encapsulation of *Capsicum annum* L. ethanolic extracts in microemulsions and solid lipid nanoparticles.** (2015). O Gortzi, and A Galidi, International Conference on Food and Biosystems Engineering, Mykonos island, FaBE2015. (28-31 May)
33. **E-food science project: Bio-functional foods.** O. Gortzi, , E. Tsakali, A. Galidi, K. Sflomos 2nd International Conference on Food & Biosystems Engineering (FaBE 2015), Mykonos island, Greece (28-31 May).
34. **Phenols separation from olive mill wastewater by cloud point extraction with food grade surfactants.** (2015). I. Giovanoudis, V. Athanasiadis, G. Nanos, O. Gortzi and S. Lalas. (Greek Lipid Forum), Athens, (11-12 June).
35. **Aflatoxin m1 levels in milk and dairy products in Greece – relation to public health.** (2015). Eleni Malisiova, Eymorfia Maraidoni, Dimitra Kyriazi, Michael Gonidakis, Athanasios Manouras, Olga Gortzi and Constantinos Deligiannis 13th National Nutrition Conference (poster presentation).
36. **Assessment of biological activity of Chios mastic gum (acid, neutral and total fraction) extracts before and after encapsulation in liposomes.**(2015). Gortzi, O., Karagkini, D.-A., Kouretas, D. and Tsaknis, J. (2015). In the 6th Global Summit and Expo on Food & Beverages, International Conference. Orlando – USA, (3-5/08/2015) OMICS International Conferences.
37. **E-Food Science Project: Biofunctional Foods. Olga Gortzi,** 4th International Conference and Exhibition on Food Processing & Technology August 10-12, 2015 London, UK.
38. **Evaluation of the antioxidant activity of Rosemary extracts using two different solvents: Edible and absolute alcohol.** .(2015). V. Geraci1, C. Faggio, O. Gortzi. 90th SIBS National Congress on Experimental biology in basic and applied research to the environment and human health. Trapani, Italy, 27-28 October 2017. Journal of Biological Research 2017; volume 90:(s1).
39. **Involvement of dietitians in diabetes care.** Pafili Z., Samara S., Dimosthenopoulos H., Gortzi O. 7th Annual Middle East Congress on Clinical Nutrition held during May 11 – 13, 2018 at Wyndham Grand Hotel, Athens, Greece.

VII. Reviewer of international scientific journals

- International Journal of Antimicrobial Agents Elsevier (Impact Factor 2017:4.253).
- Trends in Food Science and Technology, Elsevier Editorial System(Impact Factor 2017:6.609).
- Food Chemistry, Elsevier (Impact Factor 2017: 4.529).
- Current Microbiology, Springer (Impact Factor 2017: 1.322).
- International Journal of Food Science and Technology, Blackwell Publishing (Impact Factor 2017: 1.640).
- Food Technology and Biotechnology journal ISSN: 1330-9862 /ESSN: 1334-2606/ (Impact Factor for 2016: 0.891)
- CyTA - Journal of Food, Taylor and Francis Group (Impact Factor 2017: 1.180).
- Journal of Food Safety, Wiley Online Library (Impact Factor 2017: 1.275).
- African Journal of Microbiology Research, Academic Journals (Impact Factor 2011: 0.539).

- Journal of Food Processing and Preservation Wiley Online Library (Impact Factor 2017: 1.51).
- Scientific Journals International (J. Nutrition, Health Care, Nursing, Sports Medicine), http://www.scientificjournals.org/editorial_board.htm
- African Journal of Biotechnology (ISSN 1684-5315)
- African Journal of Agricultural Research (ISSN 1991- 637X)
- Journal of Medical Plants Research, Academic Journals.
- Journal of Microencapsulation (Impact Factor 2018: 2.040)
- International Research Journal of Agricultural Science and Soil Science (ISSN:2251-0044)
- International Food Research Journal (Indexed in Scopus, EBSCO, Chemical Abstract and under Evaluation by ISI Thompson).

VIII. Reviewer of Special Issues

- **“Prospects and Perspective of Sustainable Use of Olive Oil Mill Wastes in Agriculture”**, Bentham Science Publishers.
- **“Natural Products and Melanoma”**, Journal of Chemistry, Hindawi Publishing Corporation.
- **“Damage to Biological Systems Induced by Radiation at Short Time Scales”**, Hindawi Publishing Corporation.
- **“Micro/nanoencapsulation in Foods”**, Hindawi Publishing Corporation.
- **“Interactions of Proteins with Bioactive Molecules in Protein-Rich Food Systems: Effects on food Quality and Digestion”**, Journal of Chemistry, Hindawi Publishing Corporation.
- **“Novel Polyphenols-based Products: Extraction, Structure and Function”**, Journal of Chemistry, Hindawi Publishing Corporation.
- **“Bioactive Food Components; the Structure and Function of Biomolecules in Food, and Their Role in Producing Sustainable and Functional Foods”**, Journal of Chemistry, Hindawi Publishing Corporation.
- **“Nutraceutical Potential of Polyphenols from Food”**, Journal of Chemistry, Hindawi Publishing Corporation.

IX. Editorial Board Member/ Professional Memberships

- **Journal of Chemistry** (Impact Factor 1.300 according to 2017 Journal Citation Reports released by Thomson Reuters (ISI) in 2017). <https://www.hindawi.com/journals/jchem/2013/915381/>
- **African Journal of Microbiology Research**, Academic Journals (Impact Factor 2011: 0.564) http://www.academicjournals.org/ebook/journal1398673147_AJMR%2023%20April,%202014%20Issue%20secured.pdf
- **Pure and Applied Chemical Sciences. Hikari Ltd.** <http://www.m-hikari.com/pacs/edit.html>
- **International Journal of Food and Biosystems Engineer.** <http://fabe.gr/el/periodiko/editorial-board>
- **Colloid and Surface Science** <http://www.sciencepublishinggroup.com/journal/editorialboard?journalid=607>
- **Traditional and Integrative Medicine** http://jtim.tums.ac.ir/index.php/jtim/editorial_board
- **Treat me out** <https://treatmeout.com/boards.php>

X. Administrative experience

- **Director of the FoodInnova Laboratory** (5/2016 – 5/2019). Technological Educational Institute (T.E.I.) of Thessaly.
- **Head of the Nutrition and Dietetics Department** (6/2016 - today). Technological Educational Institute (T.E.I.) of Thessaly.

XI. Research interests

- Antioxidant and Antimicrobial Activity of Plant Extracts
- Nanoscalar encapsulation systems based on surfactant micelles
- Production of foods as well as synthesis of functional ingredients and delivery systems
- Reevaluation of Antioxidant and Antimicrobial Activity of Extracts after Encapsulation in Liposomes

XII. Appendices

Dr. O Gortzi has been Coordinator of the of the EU program entitled « *Design, Development and Pilot Testing of Freely Accessible Online Educational Material, for a Common Group of Modules Intended for Food Science*» *E-Food Science/STRATEGIC PARTNERSHIPS (KEY ACTION 2) (Agreement Number 2014-1-EL01-KA203-001558)*. The produced educational material has been uploaded on a freely accessible online platform (*website:www.efoodscience.com*).
