

1 Antifungal effects of alantolactone on *Candida albicans*: an *in vitro* study

2 Xin Liu¹, Lili Zhong², Zhiming Ma³, Yujie Sui², Jia'nan Xie¹, Tonghui Ma⁴ and Longfei Yang^{2,*}

3 1. *Eye Center, The Second Hospital of Jilin University, Changchun 130024, China*

4 2. *Jilin Provincial Key Laboratory on Molecular and Chemical Genetics, The Second Hospital of*
5 *Jilin University, Changchun 130041, China*

6 3. *Department of Gastrointestinal Nutrition and Hernia Surgery, The Second Hospital of Jilin*
7 *University, Changchun 130041, China*

8 4. *School of medicine and Holistic Integrative Medicine, Nanjing University of Traditional Chinese*
9 *Medicine, Nanjing 210023, China*

10 *, *corresponding author, yanglongfei@jlu.edu.cn*

11 **Abstract:**

12 The human fungal pathogen *Candida albicans* can cause many kinds of infections, including
13 biofilm infections on medical devices, while the available antifungal drugs are limited to only a few. In
14 this study, alantolactone (Ala) demonstrated antifungal activities against *C. albicans*, as well as other
15 *Candida* species, with a MIC of 72 µg/mL. Ala could also inhibit the adhesion, yeast-to-hyphal
16 transition, biofilm formation and development of *C. albicans*. The exopolysaccharide of biofilm matrix
17 and extracellular phospholipase production could also be reduced by Ala treatment. Ala could increase
18 permeability of *C. albicans* cell membrane and ROS contribute to the antifungal activity of Ala.
19 Overall, the present study suggests that Ala may provide a promising candidate for developing
20 antifungal drugs against *C. albicans* infections.

21 **Keywords:** *Candida albicans*, alantolactone, antifungal, virulence factor, biofilm, reactive oxygen
22 species (ROS)

23 **Introduction**

24 An important threat to human health is fungal infections, among which infections caused by *C.*
25 *albicans* are one of the most common (Brown et al., 2012; Perlin et al., 2017). Although opportunistic,
26 this fungus could infect most organs of mammals with compromised immunity, causing oropharyngeal
27 and esophageal candidiasis, and vaginitis (Mayer et al., 2013). In the clinical context, *C. albicans* can
28 cause life-endangering candidemia and dwell on medical devices, such as catheters, leading to the
29 formation of drug-resistant biofilms, where the exopolysaccharide (EPS) of extracellular matrix, the
30 increased cell density, overexpression of drug targets, upregulation of drug efflux pumps and the
31 presence of persister cells, contributes to the antifungal resistance (Fox and Nobile, 2014; Liu et al.,
32 2017; Wall et al., 2019). The calcitrant *C. albicans* biofilms, along with the drug resistance and the
33 undesired side effects of the handful of currently available antifungal drugs, call for the development of
34 new antifungal agents (Liu et al., 2017; Perlin et al., 2017).

35 Natural products, especially those from traditional medicines, are promising candidates for antifungal
36 therapies (Liu et al., 2017). Alantolactone (Ala), the major active sesquiterpene lactone component of
37 *Inula helenium*, is a pleiotropic molecule showing anti-proliferative activities against various kinds of
38 tumors, such as hepatocarcinoma (Khan et al., 2013), leukemia (Yang et al., 2013), lung
39 adenocarcinoma (Zong et al., 2011; Maryam et al., 2017), and glioblastoma (Khan et al., 2012). Other
40 pharmacological activities include neuroprotective (Wang et al., 2018), antiviral (Rezeng et al., 2015),
41 and anti-inflammatory (Kim et al., 2017), as well as antibacterial activities against *Mycobacterium*
42 *tuberculosis* and *Staphylococcus aureus* (Cantrell et al., 1999; Stojanovic-Radic et al., 2012).

43 In addition, Ala has also demonstrated fungistatic activity against *Fusarium solani*, *in vitro*, a fungal
44 pathogen for plants and human, at concentrations above 100 µg/mL (Wahab et al., 1979). However, the

45 antifungal activities of Ala against *C. albicans*, has never been explored. Therefore, this study was
46 conducted to explore the activity of Ala against *C. albicans*, as well as the underlying mechanisms.

47 **Materials and methods**

48 In this study, the widely-used strain *C. albicans* SC5314 was selected for its capacity to form biofilms.
49 Several other *Candida* species, namely *C. albicans* ATCC10231, *Candida glabrata* ATCC2001,
50 *Candida krusei* ATCC6258, and *Candida tropicalis* ATCC7349 were also used to evaluate the
51 antifungal activity of Ala. All these strains were bought from CGMCC and grown on YPD (yeast
52 extract-peptone-dextrose) agar. Before each test, fungal cells were propagated in YPD medium at 28°C
53 overnight with a rotation of 150 rpm.

54 Ala, Amphotericin B (AmB), fluconazole and caspofungin acetate (CAS) were bought from Solarbio,
55 2,3-bis(2-methoxy-4-nitro-5-sulfohenyl)-2H-tetrazolium-5- carboxanilide (XTT), Calcofluor White
56 (CFW), N-Acetyl-glucosamine (GlcNAc), N-acetyl-cysteine (NAC), propidium iodide (PI) and
57 2',7'-Dichlorodihydrofluorescein diacetate (DCFH-DA) were bought from Sigma Aldrich (Shanghai).
58 Ala and antifungal drugs were dissolved in DMSO to get stock solutions of 20 mM.

59 **Antifungal susceptibility tests**

60 The antifungal susceptibility of Ala was assessed in RPMI-1640 medium through micro-dilutions
61 following the guidelines of CLSI-M27-A3, with little modifications (Yang et al., 2018c). The
62 concentration at which no fungal growth was observed was defined as minimum inhibitory
63 concentration (MIC). After MIC detection, entire cultures in each well containing higher concentrations
64 of Ala than MIC were plated on YPD agars and incubated for 2 days. The lowest concentration at
65 which no fungal colony grown on YPD agars was defined as minimum fungicidal concentration
66 (MFC).

67 **Adhesion assay**

68 This assay was performed to assay the influence of Ala on the adhesion of *C. albicans* to polystyrene
69 surfaces of 96-well plates (Li et al., 2015). 100 µL of *C. albicans* suspension (10^6 cells/mL in 1640
70 medium) was added in each well and after treatment with different concentrations of Ala for 90 minutes
71 and PBS washing, the viability of fungal cells left in each well was determined by XTT assay to
72 calculate the percentage of adherent cells.

73 **Growth rate determination**

74 To assess the growth of *C. albicans* in the presence of Ala, overnight grown cultures were subcultured
75 into YPD medium at a density of 10^6 cells/mL, and incubated with 18, 36 and 72 µg/mL of Ala for 24 h
76 at 37 °C, 140 rpm. 100 µL from such culture was transferred into 96-well plates for OD₆₀₀
77 determination at intervals of two hours. These assays were performed in triplicate and repeated for
78 three times.

79 **Yeast-to-hyphal transition**

80 The influence of Ala on morphological transition of *C. albicans* was assessed in four hyphal-inducing
81 media, RPMI-1640, Spider medium, GlcNAc medium and 10% FBS SD medium. 0, 18, 36 and 72
82 µg/mL of Ala were added into *C. albicans* cell suspensions (10^6 cells/mL) in each medium and
83 incubated for 4 hours at 37°C. Then, cellular morphologies were recorded by inverted microscope
84 (IX71).

85 **Biofilm assay**

86 *C. albicans* cell suspension (10^6 cells/mL, in 1640 medium) was added into 96-well plates and allowed
87 to grow statically to form biofilms in the presence of different concentrations of Ala for 24 h. After
88 washing with PBS, the viability of cells in each well was determined by XTT assay (Siles et al., 2013).

89 To assess the effects of Ala on biofilm development, mature biofilms formed without drugs were
90 washed with PBS, and treated with Ala (in fresh 1640 medium) for another 24 h. Then, XTT reduction
91 assay were performed.

92 **CLSM analysis**

93 Biofilms, formed under exposure to different concentrations of Ala, were stained with CFW (50
94 $\mu\text{g}/\text{mL}$), and subjected to confocal laser scanning microscope (CLSM) to observe the structures of
95 biofilms. Pictures acquired through xyz mode of scanning were reconstructed with Imaris 7.02
96 software.

97 **EPS detection**

98 The EPS of preformed biofilms was determined by colorimetry as described by others (Nithyanand
99 et al., 2015). Preformed *C. albicans* biofilms in 24-well plates were treated by different concentration of
100 Ala for 24 h and washed with 0.9% NaCl solution. Then, 200 μL 0.9% NaCl, 200 μL 5% phenol and 2
101 mL 0.2% hydrazine sulfate (dissolved in sulfuric acid) were added into each well and plates were kept
102 in dark for 1 h. The absorbance of reaction product in each well was detected at 490 nm by a
103 multifunctional microplate reader (VarioSkan, Thermo).

104 **Extracellular phospholipase assay**

105 The production of extracellular phospholipase was evaluated by egg yolk emulsion agar (Padmavathi et
106 al., 2015). 1 μL of *C. albicans* cell suspension (10^6 cells/mL) was added on agars supplemented with
107 different concentrations of Ala, followed by incubation at 37°C for 4 days. The diameter of colony (d_1),
108 as well as that of colony and precipitation zone (d_2) was measured. Pz (d_1/d_2) was used to assess the
109 production of enzyme, while a bigger Pz stands for weak enzymatic production.

110 **PI influx**

111 *C. albicans* cells (10^6 cells/mL in 1640 medium) were incubated with different concentrations of Ala at
112 37°C for 4 h before cells were stained with 10 μM PI, a fluorescent dye that gains access into cells
113 when cell membrane was damaged. After incubation in dark for 10 minutes, cells were subjected to
114 flow cytometry (FCM) (Beckman Coulter, EPICS XL-MCL, US) to quantify the cells stained by PI.

115 **ROS detection**

116 To determine the ROS production induced by Ala in *C. albicans* cells, DCFH-DA staining (10 μM , 30
117 minutes) were performed after fungal cells (10^6 cells/mL in 1640 medium) were treated with different
118 concentrations of Ala for 4 h at 28°C, 150 rpm. Then, fungal cells were washed with PBS and subjected
119 to FCM for quantitative analysis.

120 **NAC rescue assay**

121 To further test the effects of oxidative stress caused by Ala on the biofilm formation, N-acetyl-cysteine
122 (NAC) rescue assay was performed. Under biofilm formation conditions, fungal cells in 1640 medium
123 supplemented with or without 5 mM NAC was challenged with 32 $\mu\text{g}/\text{mL}$ of Ala for 24 h. Then, the
124 morphologies of biofilms were photographed before XTT assay were performed to assay the viability
125 of cells in biofilms (Yang et al., 2018a).

126 **Checkerboard assay with antifungal drugs**

127 To elucidate the potential interactions between Ala and antifungal drugs (AmB, fluconazole and CAS),
128 checkerboard assays were performed (Haque et al., 2016). The interaction of combination was
129 considered as synergistic when FICI is ≤ 5 , additive when FICI is >0.5 and ≤ 1 , indifferent when FICI
130 is > 1 and ≤ 4 , and antagonist when FICI is > 4 .

131 **Statistical analysis**

132 Data (expressed as mean + SD, from at least three independent assays) were analyzed with GraphPad

133 Prism 6.02 (GraphPad Software, USA) and statistical significance was determined by Student *t*-test,
134 with * indicating $P < 0.05$.

135 **Results**

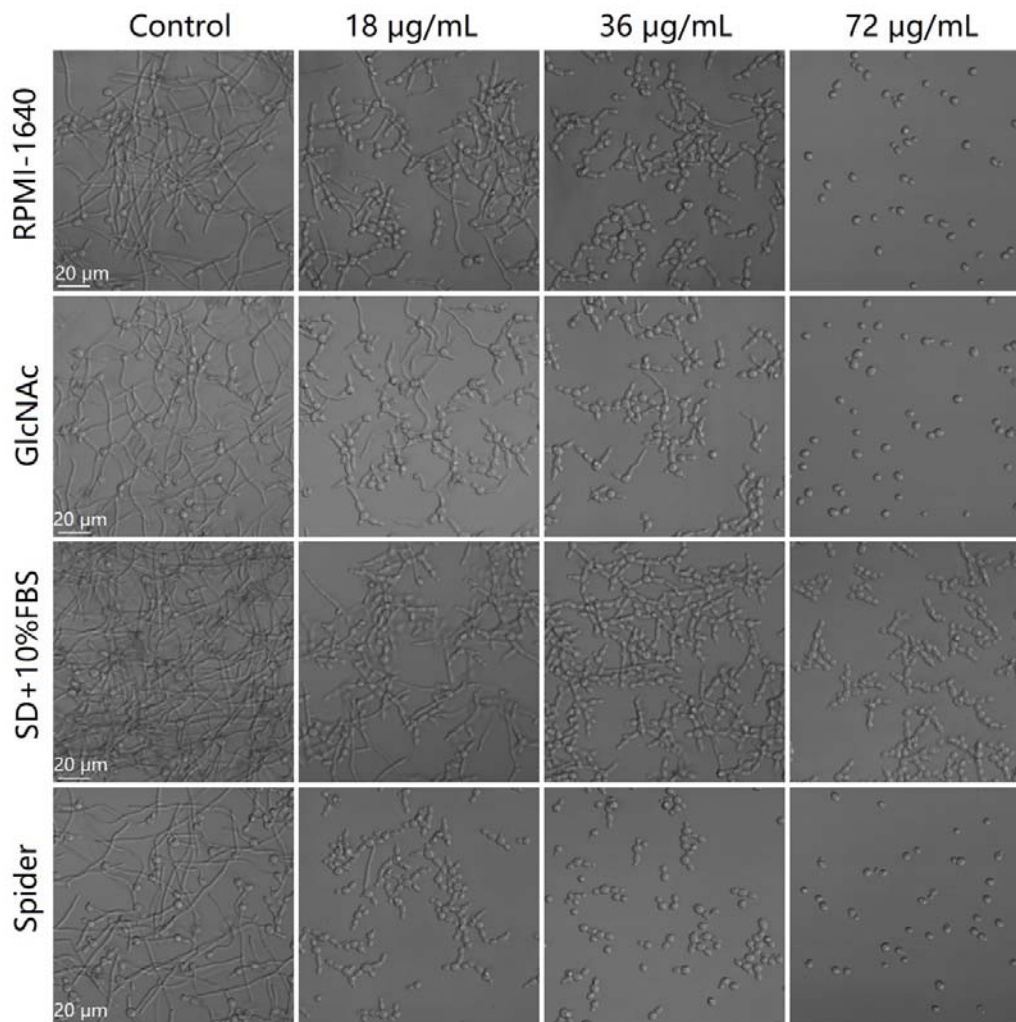
136 From the results of CLSI microdilution assays, as shown in Table 1, the MIC of Ala against *C. albicans*
137 SC5314 was 72 $\mu\text{g/mL}$, while the MFC of also 72 $\mu\text{g/mL}$, yielding an MFC/MIC ratio of 1, which
138 indicated a fungicidal activity of Ala. The antifungal activities of Ala against other *Candida* species
139 were similar to that against *C. albicans* SC5314. Therefore, the widely-used standard strain *C. albicans*
140 SC5314 was selected for further assays in this study.

141 Table 1. Antifungal susceptibility of Ala against *Candida* species.

Strains	MIC ($\mu\text{g/mL}$)	MFC ($\mu\text{g/mL}$)
<i>C. albicans</i> SC5314	72	72
<i>C. albicans</i> ATCC10231	72	144
<i>C. krusei</i> ATCC6258	18	36
<i>C. tropicalis</i> ATCC7349	72	72
<i>C. glabrata</i> ATCC2001	36	72

142

143 Hyphal formation is closely associated with biofilm formation and escape from immune surveillance.
144 As shown in Figure 1, with the increase of Ala concentration, the hyphal growth of *C. albicans* in all
145 four kinds of media was inhibited gradually. The degree of inhibition was a little different, with
146 inhibition in Spider medium be strongest where Ala at 36 $\mu\text{g/mL}$ could keep cells in yeast type.
147 Although hyphal induction in medium containing FBS could be suppressed by 72 $\mu\text{g/mL}$ of Ala, the
148 cells in yeast type were more than those in other media, indicating the strong induction of FBS and the
149 weak inhibition of Ala in this FBS-containing medium.



150

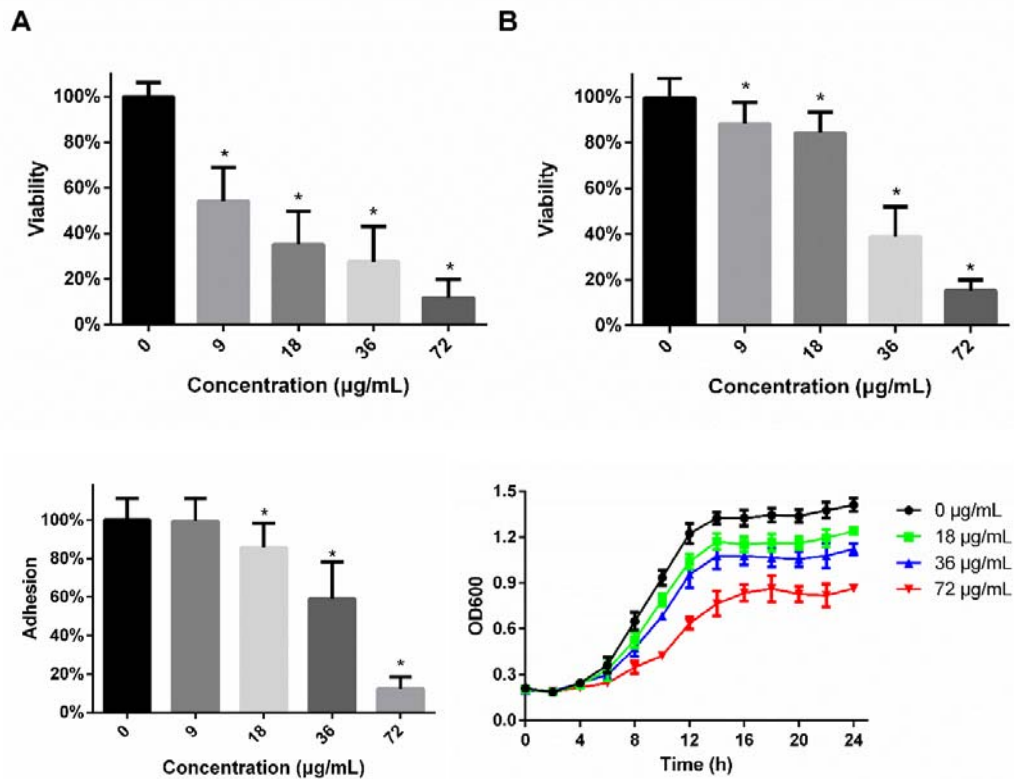
151 Figure 1. Hyphal induction in four kinds of media, namely RPMI-1640, GlcNAc, SD+10% FBS
152 and Spider medium, was impeded by Ala in a concentration-dependent manner. After inoculation into
153 each fresh medium to achieve a density of 10^6 cells/mL, *C. albicans* cells were incubated at 37°C for 4
154 h, followed by microscope inspection and micrograph capture through inverted microscope (Olympus
155 IX 71, Japan).

156

157 The widely used XTT reduction assay was performed to determine the antibiofilm activity of Ala. At
158 concentrations below MIC, namely 9, 18, 36 and 72 µg/mL, Ala could significantly inhibit the biofilm
159 formation of *C. albicans*, with a half maximal inhibitory concentration (IC_{50}) of about 9 µg/mL (Figure
160 2A). 18, 36 and 72 µg/mL of Ala could also reduce the metabolic activity of preformed biofilm by 20%,
161 65% and 85% respectively, as compared to drug-free controls (Figure 2B). Adhesion plays important
162 roles in biofilm formation and infections of *C. albicans*. The inhibitory effect of Ala on the adhesion of
163 *C. albicans* cells to polystyrene surfaces was also quantified by XTT assay. As shown in Figure 2C, 18,
164 36 and 72 µg/mL of Ala could also significantly decrease the adhesion to polystyrene surfaces, to an
165 extent of 15%, 40% and 88%, respectively.

166 The inhibition of Ala on biofilm formation could also be confirmed by results from CLSM. Pictures of
167 biofilms formed under treatment of Ala were recorded by CLSM and reconstructed by software to

168 visualize the 3D structures. As shown in Figure 3, increasing the Ala concentration from 0 to 72 $\mu\text{g}/\text{mL}$,
169 lead to the thinner and sparser biofilms. While treatment with 72 $\mu\text{g}/\text{mL}$ of Ala can almost completely
170 block the biofilm formation, and only yeast cells can be seen.

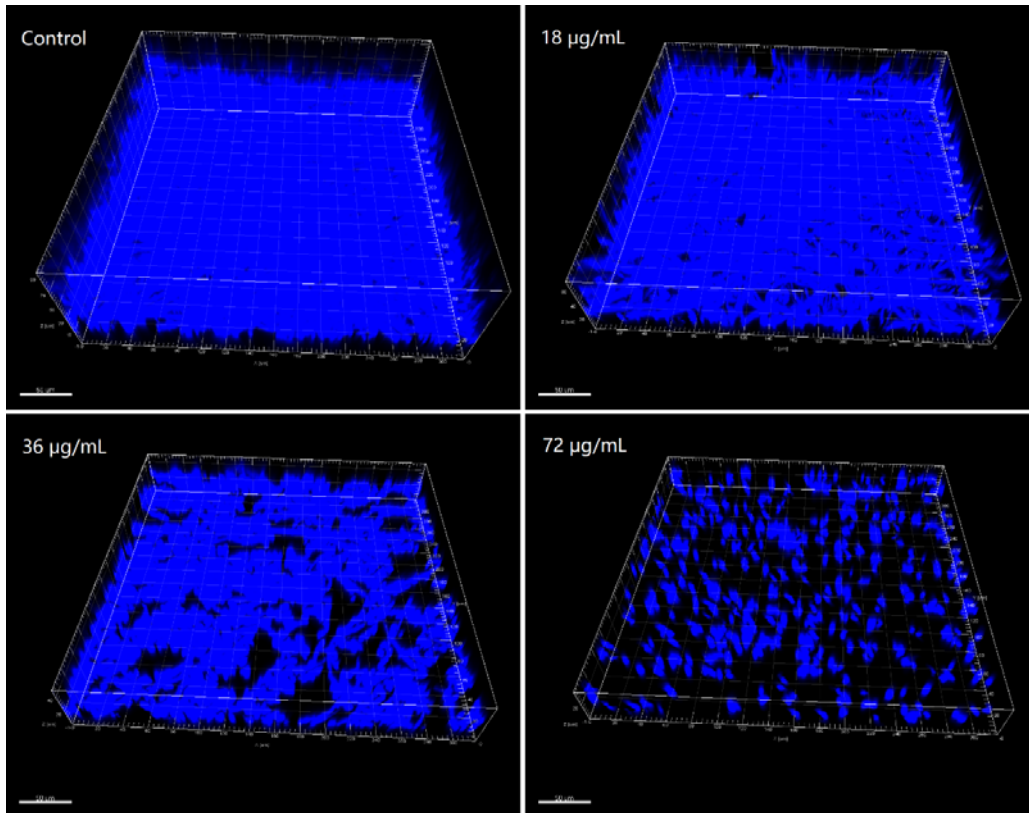


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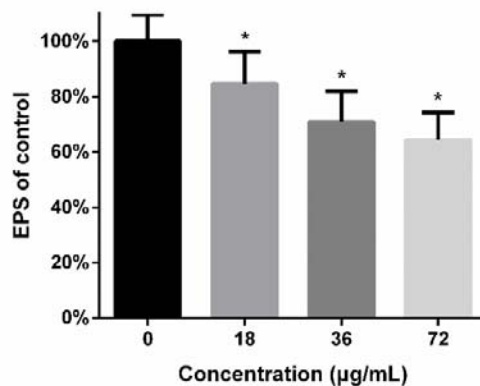
173 Figure 2. The effects of Ala on the biofilm formation and development. *C. albicans* biofilms were
174 formed under exposure to Ala (A) or preformed biofilms were treated by Ala (B) for 24 h, followed by
175 XTT reduction assay. (C) Ala decreased the adhesion of *C. albicans* cells to polystyrene surfaces.
176 Adhesion to polystyrene surfaces was determined by XTT, which was used to quantify the viability of
177 the residual cells standing 90 minutes of Ala treatment and subsequent PBS washing. *, $p < 0.05$,
178 Ala-treated vs control. (D) 18, 36 and 72 $\mu\text{g}/\text{mL}$ of Ala did not inhibit completely the growth of *C.*
179 *albicans*.

180



181
182 Figure 3. Ala inhibited biofilm formation, visualized and recorded by confocal microscope. Cells
183 in biofilms were stained with 20 µg/mL CFW before microscope analysis. Z-stacked images obtained
184 by CLSM were re-constructed by Imaris software version 7.02.

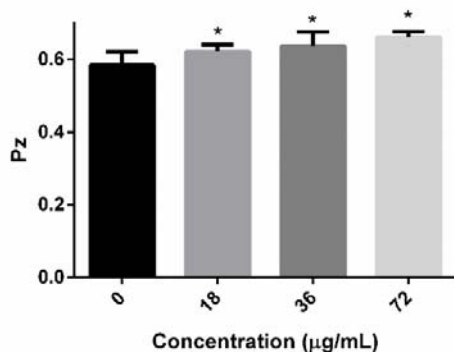
185
186 EPS of preformed *C. albicans* biofilm contribute to the sequestration of antifungal drugs within
187 biofilms. So, we tested the effects of Ala on EPS production of preformed biofilms. As shown in Figure
188 4, Ala treatment could decrease the EPS production in mature biofilms, in a concentration-dependent
189 way. Treatment with 18, 36 and 72 µg/mL of Ala could reduce the EPS production about 15%, 30% and
190 34%, as compared to drug-free controls.



191
192 Figure 4. Ala inhibits the EPS production of *C. albicans* biofilms. Preformed *C. albicans* biofilms
193 were treated with different concentrations of Ala for 24 h before the determination of EPS production
194 in biofilms through phenol-hydrazine sulfate method. *, p<0.05 vs control.

195

196 Extracellular phospholipase of *C. albicans* contributes to its virulence in mouse models. Our results
197 from egg yolk emulsion agar assay showed that Ala could significantly inhibit the production of
198 extracellular phospholipase of *C. albicans* (Figure 5), although the increased extent of Pz was limited,
199 which was considered as an indicator of phospholipase production.

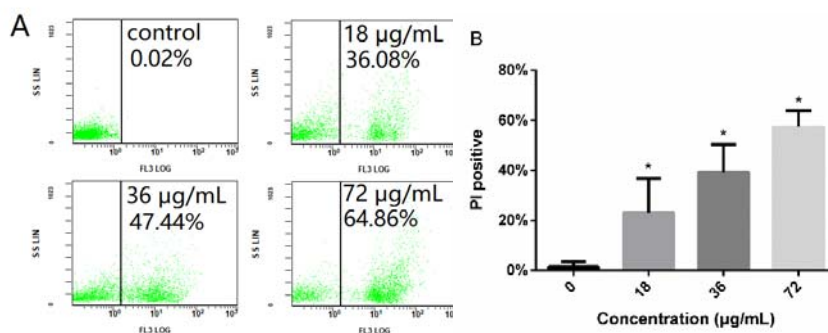


200

201 Figure 5. Ala affected the production of extracellular phospholipase in *C. albicans*. Fungal cells
202 were added on egg yolk emulsion agars supplemented with different concentrations of Ala. After 4-day
203 incubation at 37°C, the diameter of colony (d_1) and that of colony plus precipitation zone (d_2) were
204 determined. Pz means d_1/d_2 , while higher Pz indicates lower phospholipase production. *, $p < 0.05$,
205 Ala-treated vs control

206

207 After we found the inhibitory effects of Ala on the virulence factors of *C. albicans*, we proceeded to
208 explore the mechanisms underlying the antifungal activity of Ala. At first, the effects of Ala on the
209 permeability of *C. albicans* plasma membrane were determined by FCM after treated cells were stained
210 by PI. Treatment with Ala for 4 hours, could increase the membrane permeability of *C. albicans* cells,
211 as evidenced by increased proportion of cells stained by PI (Figure 6).



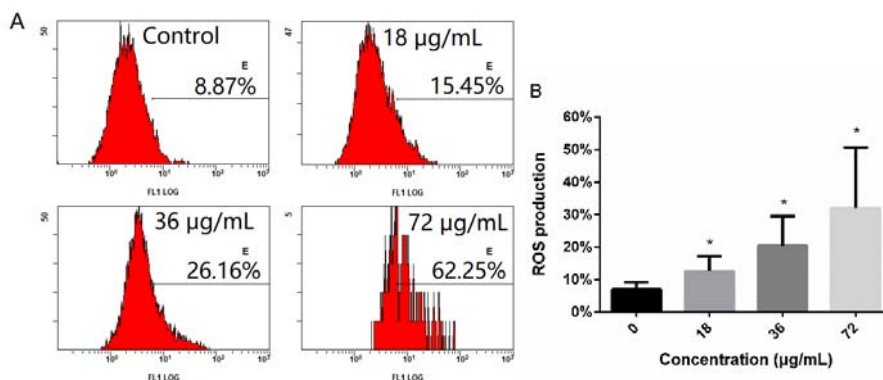
212

213 Figure 6. Ala induces permeability of plasma membrane of *C. albicans* cells. After exposure to 18,
214 36 and 72 µg/mL Ala for 4 h, fungal cells were stained with PI (final concentration: 10 µM) for 10
215 minutes before FCM analysis. A: representative FCM charts. B: statistical graph of PI staining. *,
216 $p < 0.05$, Ala-treated vs control.

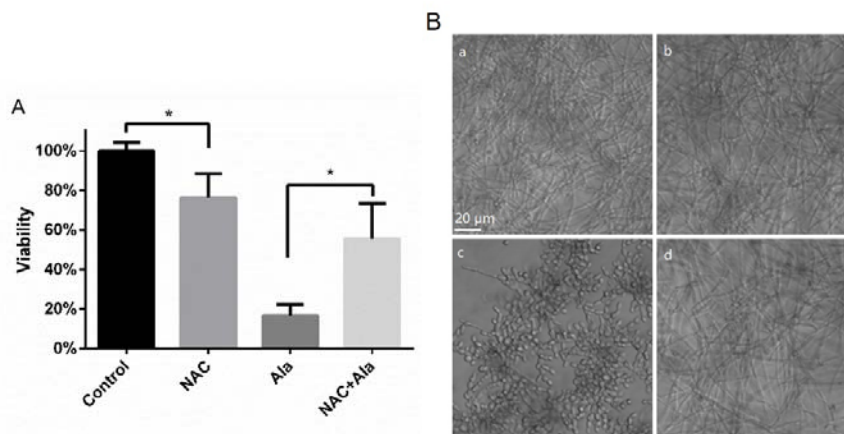
217

218 The effects of Ala on ROS production in *C. albicans* cells were evaluated through FCM. As revealed
219 by Figure 7, treatment with Ala significantly increased endogenous ROS production. Then, we assessed
220 the role of ROS in the antifungal activity of Ala against biofilm formation. The addition of 5 mM NAC

221 could save part of decreased viability of biofilms treated with 36 $\mu\text{g/mL}$ of Ala, despite that 5 mM
 222 NAC alone could significantly reduce the viability of biofilms (Figure 8A). In addition, this kind of
 223 rescue by NAC could also be confirmed by microscope observations (Figure 8B), whereas the presence
 224 of NAC could restore the biofilm growth under the treatment of 36 $\mu\text{g/mL}$ of Ala.



225
 226 Figure 7. Ala increased endogenous ROS production in *C. albicans* cells. Fungal cells treated with
 227 different concentrations of Ala for 4 h were subjected to FCM to determine the intracellular ROS
 228 production. A: representative FCM charts. B: Statistical graph of ROS production. *, $p < 0.05$
 229 Ala-treated vs control.



230
 231 Figure 8. NAC could rescue the damages on biofilm viability imposed by Ala. Under
 232 biofilm-forming conditions, fungal cells in 1640 medium alone or with 5 mM NAC were allowed
 233 to grow 24 h in the absence or presence of 36 $\mu\text{g/mL}$ Ala. XTT reduction assay were employed
 234 to determine the viability of each group (A) and the biofilm morphologies of each group were recorded
 235 by microscope (B). a, control; b, 5 mM NAC; c, 36 $\mu\text{g/mL}$ Ala; d, 36 $\mu\text{g/mL}$ Ala+5 mM NAC. *, $p < 0.05$,
 236 determined by *t*-test.

237
 238

Table 2. Interaction of Ala with antifungal drugs

Drug	MIC of drugs ($\mu\text{g/mL}$)		MIC of Ala ($\mu\text{g/mL}$)		FICI	Interaction
	Alone	Combined	Alone	Combined		
AmB	0.625	0.156	72	36	0.75	Additive
CAS	0.625	0.313	72	9	0.6125	Additive
FLZ	1.25	1.25	72	72	2	Indifferent

239

240 To characterize the interactions between Ala and antifungal drugs, namely, AmB, FLZ and CAS,
241 checkerboard assays based on microdilutions were performed. From data obtained, as shown in Table 2,
242 the FIC of the combination of Ala and AmB was 0.75, suggesting an additive antifungal effect. In other
243 words, Ala could potentiate the efficacy of AmB. Therefore, by adding Ala to the antifungal therapy,
244 the dose of AmB could be decreased. This kind of additive and potentiating effect could also be seen in
245 the combination of Ala and CAS. However, as for the combination between Ala and FLZ, the
246 interaction was indifferent.

247 **Discussion**

248 *C. albicans*, one of the most notorious human fungal pathogens, causes more than 250,000 death and
249 millions of episodes of recurrent infections every year around the world, leaving a heavy burden on
250 public health system (da Silva Dantas et al., 2016). The pressing situation we faced, including
251 resistance and toxicity of currently available antifungal drugs, calls for new antifungal agents,
252 especially agents effective against fungal biofilms which are highly resistant to antifungal agents and
253 host defense (Wong et al., 2014; Lohse et al., 2018). In this study, we for the first time, to our
254 knowledge, demonstrated the antifungal activity of Ala against *C. albicans*, as well as its biofilms and
255 several other *Candida* species. Although this lactone has failed to show antifungal activities against *C.*
256 *albicans* before, that may be due to the concentrations used (40 µg/mL), which was lower than the MIC
257 of Ala in this study (Meng et al., 2001).

258 Biofilms formed on surfaces of medical devices and mucosal tissues represent a calcitrant reservoir for
259 persistent infections, due to the complicated structures and resistance to antifungals (Mathe and Van
260 Dijck, 2013). Adhesion constitutes the first prerequisite for *C. albicans* biofilm formation. Thus, many
261 antifungal agents active against *C. albicans* biofilms showed suppression on adhesion, although
262 biofilm-inhibitory agents without effects against adhesion did exist (Holtappels et al., 2018). In this
263 study, Ala could inhibit the adhesion of *C. albicans* to polystyrene surfaces, upon which the biofilm
264 formation of *C. albicans* could also be inhibited by Ala. More importantly, 18-72 µg/mL of Ala (1/4~1
265 MIC) could exert disruptive effects on preformed biofilms, which could hardly be eradicated by
266 antifungal drug fluconazole, as well as AmB at 1 MIC (Vila et al., 2013). This makes Ala a promising
267 antibiofilm compound, although the MIC against *C. albicans* was a little high. Despite this, many
268 factors present in vivo, such as liquid flow, host factors and components of immune response, may
269 influence the biofilm formation and development (Nobile et al., 2012). The in vivo efficacy of Ala may
270 also be influenced and warrant further investigation.

271 Yeast-to-hyphal transition is closely associated with the virulence of *C. albicans*, although this
272 transition could be decoupled from pathogenicity (Noble et al., 2010). Multiple physical properties of *C.*
273 *albicans* hyphae can be employed to promote active fungal invasion to epithelial tissues, especially
274 those terminally differentiated (Richardson et al., 2019). Hyphae of *C. albicans* could produce
275 candidalysin, a cytolytic peptide, to damage mucosal tissues, and hyphae can also facilitate the escape
276 from macrophages and the formation of biofilms (Moyes et al., 2016; Noble et al., 2017). In the four
277 kinds of hyphal-inducing media, Ala could inhibit the morphological transition, albeit that the degree of
278 inhibition differed. The reason may be that the different signaling pathways were activated in those
279 four kinds of media, among which the FBS-containing medium was the most potent inducer of hyphae
280 (Sudbery, 2011). Meanwhile, even blocked in yeast state in the presence of 72 µg/mL Ala, *C. albicans*
281 cells growing in FBS-containing SD medium outnumbered those growing in the other media. This is
282 consistent with the fact that the presence of FBS could increase the MIC of CAS (Shields et al., 2011).
283 Antifungal resistance of *C. albicans* biofilms may, at least partly, stem from the presence of EPS in

284 biofilms, which could sequester the antifungal drugs (Taff et al., 2013). The complex physical and
285 biological properties of EPS may warrant multitargeted or combination therapies (Karygianni et al.,
286 2020). Ala could decrease the EPS of preformed biofilms, similar to antifungal agents active against
287 biofilms published by others (Nithyanand et al., 2015). When used in combination with other
288 antifungal drugs, Ala might facilitate the access of drugs to fungal cells within biofilms, thus posing a
289 synergistic or additive effect on mature biofilms.

290 Extracellular phospholipase secreted by *C. albicans* contributes to the invasion and infection through
291 degrading phospholipids in host cell membrane, while mutants of phospholipase showed less
292 infectivity in experimental animal models of infection (Mayer et al., 2013; Singh et al., 2018). Many
293 antifungal agents, such as fluconazole, dracorhodin perchlorate and 2, 4-di-tert-butylpheno, have
294 shown inhibitory effects on phospholipase production (Padmavathi et al., 2015; Singh et al., 2018;
295 Yang et al., 2018c). Similarly, in this study, the production of *C. albicans* extracellular phospholipase in
296 the presence of Ala was less, in comparison to drug-free controls. Taken together, Ala could inhibit the
297 growth and virulence factors of *C. albicans*.

298 Ala could significantly increase the portion of PI positive cells, suggesting that Ala permeabilized the
299 plasma membrane. The increased permeability of *C. albicans* cell membrane can also be induced other
300 antifungal agents, such as dioscin and hibicuslide C (Hwang et al., 2013; Yang et al., 2018b).

301 Among the mechanisms underlying antifungal agents and macrophages, ROS induction plays
302 important roles (Erwig and Gow, 2016; Thangamani et al., 2017; Ries et al., 2019). Since Ala could
303 induce ROS production in various kinds of tumor cells (Khan et al., 2012; Khan et al., 2013), so we
304 speculated that ROS may be closely associated with the antifungal activity of Ala. As expected, Ala
305 could significantly increase the production of ROS, consistent with our previous reports on Ala and
306 other ROS-inducing antifungal agents (Khan et al., 2012; Khan et al., 2013; Thangamani et al., 2017;
307 Yang et al., 2018a; Ries et al., 2019).

308 The famous antioxidant NAC showed inhibition on *C. albicans* growth and disruptive effects on
309 preformed biofilms, although the effective concentrations were high, at the level of mg/mL (Venkatesh
310 et al., 2009; Aslam and Darouiche, 2011). In our study, although 5 mM NAC (approximately 0.8
311 mg/mL) alone can inhibit the viability of *C. albicans* biofilms, which was consistent with its fungistatic
312 property at high concentrations in previous researches by others (Aslam and Darouiche, 2011),
313 supplement with 5 mM NAC could obviously rescue the decrease in viability caused by Ala treatment.
314 This, along with the FCM results, confirmed that ROS did contribute to the antifungal activity of Ala.

315 Combination therapy has been considered to extend the efficacy of current antifungal drugs and
316 prevent/slow the emergence of drug resistance (Cui et al., 2015; Wright, 2016; Fisher et al., 2018). For
317 example, the combinational use of fluconazole, flucytosine and AmB has been employed to treat
318 cryptococcal meningitis in patients with HIV infections (Fisher et al., 2018)., the combination of Ala
319 and AmB or CAS could produce an additive effect. This suggests that when used in combination, Ala
320 might reduce the dose of AmB and CAS required to treat *C. albicans* infections.

321 **Conclusion**

322 In conclusion, our current study reveals the antifungal effects of Ala on *C. albicans* for the first time.
323 The virulence factors of this pathogenic fungus, including morphological transition, adhesion, biofilm
324 formation, production of extracellular phospholipase, could be inhibited by Ala. Of note, the metabolic
325 activity and EPS production of preformed biofilm also can be suppressed by this natural product. The
326 antifungal effects of Ala against *C. albicans* may involve increased cell membrane permeability and
327 ROS production.

328

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331 **Conflict of interest**

332 The authors declare that they have no competing interest.

333 **Availability of data and material**

334 The all data could be obtained from the corresponding author.

335 **Authors' contributions**

336 Conception and design: XL, TM and LY; experiments: XL, LZ and LY, data analysis: XL, ZM and
337 LY, review and comment: JX, ZM, TM and YS; All authors read and approved the manuscript.

338 The authors declare that all data were generated in-house and that no paper mill was used.

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