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Additional Information

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3 **Exploring correlations between sex steroids and fatty acids and their potential**
4 **roles in the induced maturation of the male European eel**
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Abstract

1 The present study was undertaken to evaluate the correlations between the fatty acids in
2 the liver and testis and the plasma levels of the hormonal steroids used during eel
3 spermatogenesis, in order to clarify the physiological roles fatty acids play in the
4 spermatogenetic process. The stages of testis development (S1-S5) were assessed by
5 histological observations in order to classify the different phases of hormonally-induced
6 spermatogenesis and evaluate the possible relationships between the hormones and fatty
7 acids in each stage.
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9 The highest plasma levels of 17β -Estradiol (E2), testosterone (T) and 11-
10 ketotestosterone (11KT) were found in S1, when spermatogonial proliferation occurs. A
11 correlation was found between 17α - 20β -dihydroxy-4-pregnen-3-one (DHP) levels and
12 some fatty acids during the proliferation and growing phases (S1-2), suggesting that
13 DHP might modulate lipid metabolism in the liver during early spermatogenesis. The
14 DHP levels increased significantly during the growing phase (S2) and remained at high
15 levels throughout the subsequent development stages (S3-S5).
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17 Similar to results found in mammals, our results show that in the eel there are regulatory
18 mechanisms, including eicosapentaenoic acid (20:5-n3, EPA) and docosahexaenoic acid
19 (22:6-n3, DHA), which act as modulators in the synthesis of androgens, particularly
20 during the final phase of sperm maturation. Our results suggest that the fact that EPA,
21 ARA and DHA concentrations in the eel testis remain constant/stable during
22 spermiation could be related to the subsequent union of the spermatozoa and the egg.
23 The findings from this research provide new insights for further studies about the
24 possible effect of steroids on desaturase activity and highlight the importance of the
25 effect of lipid metabolism during male eel spermatogenesis.
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Keywords:

54 Steroid hormone, desaturase, fatty acid, prostaglandins, spermatogenesis
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Introduction

1 European eel (*Anguilla anguilla*) is seriously under threat and has declined notably in
2 recent years (Nielsen and Prouzet, 2008). The decline in the health of the spawners
3 occurs as a consequence of pollution, diseases, migration barriers, restriction of habitat,
4 etc. Together these stressors decrease the chances of successful migration and
5 reproduction, thus affecting, egg and larval development in wild (ICES 2013). Eel is an
6 valued product with a high commercial demand in both Europe and Asia, and recently
7 standardized artificial fertilization techniques have been developed for this species
8 (Butts et al., 2014).

9 To date, eels do not mature spontaneously in captivity, and many studies have focused
10 on achieving this goal. However, maturity can be induced by long-term hormonal
11 treatments in female (Dufour et al., 2003; Mazzeo et al., 2012; Peñaranda et al., 2013;
12 Pérez et al., 2011) and male broodstock (Asturiano et al., 2006; Gallego et al., 2012;
13 Müller et al., 2005; Peñaranda, et al., 2010).

14 Eels do not feed during their transoceanic migration, as such the food available during
15 the growing phase of their life cycle provides them with the fat stores which they later
16 use for their reproductive migration and gonadal development (Van Ginneken and Van
17 den Thillart, 2000). Fatty acids affect gametogenesis, and we know that in males they
18 have two specific functions: to regulate steroid production and to ensure the appropriate
19 composition of the sperm cell membranes (Dupont et al., 2014). Unsaturated fatty acids
20 provide the sperm plasma membrane with the fluidity required for membrane fusion, an
21 event associated with fertilization (Whates et al., 2007). Numerous studies have focused
22 on the modulatory effects dietary fatty acids have on steroid production in terrestrial
23 animals (Castellano et al., 2011; Kelton et al., 2013; Zhang et al., 1992) and aquatic
24 animals (Asturiano et al., 2000; Cerdá et al., 1995, 1997; Navas et al., 1998; Martin et
25 al., 2009). In terms of steroidogenesis, most research has focused on arachidonic acid
26 (20:4-n6, ARA) because there is clear evidence that it can influence steroid output at a
27 cellular level and is considered to be one of the most important factors in successful fish
28 reproduction (Alorend, 2004; Furuita et al., 2003; Norambuena et al., 2013). ARA is the
29 precursor for some prostaglandins which are active biological substances involved in
30 reproduction (Sargent et al., 2002). For instance, in vitro, ARA promotes testicular
31 synthesis of testosterone in goldfish (*Carassius auratus*) stimulating prostaglandin
32 synthesis (Wade et al., 1994). Asturiano et al. (2000) demonstrated that in European sea
33 bass (*Dicentrarchus labrax*) ARA stimulated a significant increase in prostaglandin E₂

1 production, in a dose- and time-dependent manner, and suggested that it may have
2 important effects on steroidogenesis and spermiation. On the other hand, series 3 fatty
3 acids can influence both the prostaglandin and steroid pathways involved in the
4 regulation of the reproductive function, as well as the fatty acid composition and
5 fertilizing capacity of sperm (Whates et al., 2007).
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8 Another important factor is the influence of steroids on the metabolism of fatty acids. In
9 the case of tilapia (*Oreochromis mossambicus*), an increase in desaturase activity was
10 seen in fish treated with E2 injections. This was reflected in the decrease in the saturated
11 fatty acids and the increase in the monounsaturated fatty acids (Hsieh et al., 2004). In
12 rats, testosterone can cause an increase or decrease in various desaturase activities, thus
13 modifying the fatty acid profile in the testis (Hurtado and Gómez, 2005). In humans,
14 Burdge (2006) suggested that estrogen has a regulatory effect on the conversion of
15 linolenic acid (18:3n3, ALA) to eicosapentaenoic acid (20:5n3, EPA) and
16 docosahexaenoic acid (22:6n3, DHA).
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18 The objective of this research was to investigate the correlations between liver and testis
19 fatty acids and sex steroids at different stages of gonadal development (S1-S5) during
20 hormonally-induced sexual maturation in male European eels.
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25 **2 Material and methods**

26 **2.1 Fish acclimatization and hormonal treatment**

27 Three hundred and seventeen male eels (mean body weight 100 ± 2 g) from the fish
28 farm Valenciana de Acuicultura, S.A., (Puçol, Valencia; East coast Spain) were
29 transported to the Aquaculture Laboratory at the Polytechnic University of Valencia.
30 They were housed in six 200 L aquaria, each equipped with separate recirculation
31 systems and covered to maintain constant darkness. The fish were gradually
32 acclimatised over the course of two weeks from freshwater to seawater (37 ± 0.3 g L⁻¹).
33 Once a week they were anesthetized with benzocaine (60 ppm) and weighed before
34 being administered human chorionic gonadotropin (hCG; 1.5 IU g⁻¹ fish; Argent
35 Chemical Laboratories. USA) by intraperitoneal injection (Pérez et al., 2000).
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53 **2.2 Thermal regimes**

54 The fish underwent three thermal regimes: T10 (10 °C for the first 6 weeks, 15 °C for
55 the next 3 weeks and 20 °C for the last 6 weeks); T15 (15 °C for the first 6 weeks and 20
56 °C for the last 9 weeks) and T20 (20 °C throughout the whole experimental period;
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Gallego et al., 2012). Two aquaria were used for each treatment and 50 eels per aquaria, thus, 100 eels per thermal regime.

When the means of the fatty acids and of the hormones in each of the thermal regimes were compared by stage of development, no differences between the thermal treatments were found (P-value <0.05, see Supplementary Tables 1-3). Thus, in order to increase the number of samples and having checked beforehand that there were no differences, all the analyses were carried out independently of the thermal regime.

2.3 Sampling

When the animals arrived at our facilities, and before starting any treatment, eight animals were sacrificed as freshwater controls. Fish sacrifice was carried out by decapitation, after having previously been anesthetized with benzocaine (60 ppm). Blood samples were collected in heparinized vials and centrifuged at 3000 r.p.m. for 5 min, and the blood plasma was stored at -80 °C until analysis.

A small sample of testis (0.5 g) from each male was preserved in 10% buffered formalin for histology processing. For each thermal regime, liver and testis samples from eight animals were obtained during the first eight weeks of treatment, and from five animals in the last five weeks. The first testis samples were collected as soon as they had reached an appropriate size for analysis. All the testis and liver samples were stored at -80 °C until lipid extraction and fatty acid quantification.

2.4 Fat extraction and fatty acid quantification

The fat extraction of the liver and testis was carried out using a modified version of the method described by Baeza et al. (2014). The fatty acid quantification was carried out by gas chromatography as described by Baeza et al. (2014).

2.5 Steroids

Plasma concentrations of 17 α -20 β -dihydroxy-4-pregen-3-one (DHP), 17 β -estradiol (E2), testosterone (T), and 11-ketotestosterone (11-KT) were measured by means of radioimmunoassay, as described previously (Schulz, 1985; Frantzen et al., 2004). Assay characteristics and cross-reactivities of the E2 and T antisera have previously been examined by Frantzen et al. (2004) and further validated for eel plasma by Mazzeo et al. (2014). The characteristics and cross-reactivities of the DHP assay have previously been described by Tveiten et al. (2010) and validated for eel plasma by Peñaranda et al.

1 (2010). The cross-reactivities of a new 11-KT antiserum used in this work have
2 previously been described by Johnsen et al. (2013). To validate the recovery of 11-KT
3 from plasma in the eel assay, a plasma pool was spiked with 45ng 11-KT pr. ml of
4 plasma and then underwent ether extraction as described below. The resulting product
5 was then assayed by the 11-KT RIA at three different dilutions. The dilutions were
6 found to be parallel to the standard assay curve. Steroid recovery after ether extraction
7 was 71.9±2.8.0%. The 11-KT values were corrected for recovery losses. The inter and
8 intra assay coefficients of variation (CV) for the 11-KT assay were 15.4% (n=7) and
9 5.3% (n=10), respectively.
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18 **2.6 Gonad histology**

19 After fixation in 10% buffer formalin (pH 7.4), a small section of testis was dehydrated
20 in ethanol and embedded in paraffin. The samples were sectioned to thicknesses of 5
21 and 10 µm. The sections were stained using the current haematoxylin and eosin method.
22 The slides were observed using a Nikon Eclipse E-400 microscope and the images were
23 taken with a Nikon DS-5M camera.
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29 The maturation stages were determined using the following criteria: Stage 1 (S1) was
30 characterized by the dominance of spermatogonia; some spermatocytes can be present
31 but not dominant; Stage 2 (S2), with spermatocytes as the dominant cell. Some
32 spermatids can be present in low numbers. The dominant process in this stage is
33 meiosis; Stage 3 (S3) was characterized by the dominance of spermatids. The dominant
34 process in this stage is spermiogenesis (spermatid maturation). Males in non-
35 spermiating stage; if some milt was produced, it is of a low volume (< 0.5 ml) and low
36 motility (<10 %); Stage 4 (S4), abundant sperm cells present inside the tubule lumen.
37 Tubule lumen delimited by a multiple germ cell layer. Males in early spermiation stage;
38 Stage 5 (S5), was characterized by a dominance of spermatozoa and a low proportion of
39 other germ cells and luminal fusion. Males showing high sperm motility and high sperm
40 volume. Stage of maximal spermiation. (Figure 1).
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51 Once the fatty acid and steroid analyses had been carried out, the results were classified
52 into the different development stages of the testis. These were assigned once the
53 animals had been sacrificed.
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60 **2.7 Statistical analysis**

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1 The differences between the sex steroids at the different stages of testis development
2 were analysed by one way ANOVA . Pearson´s correlations ($P<0.05$) were then used to
3 find the correlations between each fatty acid in the liver and testis and the steroid
4 hormone. When the fatty acids and the hormone levels were correlated for each testis
5 development stage, it was observed that the number of samples in each stage was very
6 low when the three thermal treatments (T10, T15 and T20) were considered separately.
7 The absence of statistical differences was checked by one way ANOVA, comparing the
8 means of the fatty acids (with the thermal regimes considered separately) at each stage
9 of testis development. So, considering the absence of statistical differences and with the
10 knowledge that all the animals were at the same development stage, correlations were
11 carried out independently of the initial thermal regime. This decision was made in order
12 to give us a higher number of samples for the correlations. Finally, Pearson´s
13 correlations ($P<0.05$) were also used to find the correlations between the fatty acids at
14 each stage of testis development. All the ANOVA were followed by a post-hoc multiple
15 Newman-Keuls comparison test at a significance level of $P<0.05$. All the statistical
16 procedures were performed using the statistical package SPSS version 19.0 for
17 Windows software (SPSS Inc., Chicago, IL, USA).

32 **3. Results**

34 **3.1. Stage 1: proliferation phase**

36 Throughout the experimental period a total of 103 eels were found in S1, 75% of which
37 were registered during the first three weeks of the hormonal treatment.

38 During S1, T, 11-KT and E2 reached their highest plasma levels, while DHP had the
39 lowest plasma level of this stage (Table 1). In the liver, a high correlation ($r= 0.83$ with
40 $P<0.01$, Table 4) was found between Linoleic acid (18:2-n6, LA) and α -Linolenic acid
41 (18:3-n3, ALA) at S1.

42 Table 2 shows that in S1, E2 was negatively correlated and DHP was positively
43 correlated with several liver fatty acids.

44 Due to the small size of the testis samples during S1, correlations between the testis
45 fatty acids and steroid levels were not carried out.

58 **3.2. Stage 2: growing phase**

1 Over the course of the treatment a total of 46 eels were observed in S2. Table 1 shows
2 that T and 11-KT plasma levels do not vary significantly from those of stage 1, while
3 E2 decreased significantly in this stage. On the other hand, DHP increased significantly
4 during this testis development stage, in comparison to S1. The correlation between ALA
5 and LA levels in the liver remained high during stage 2 ($r=0.87$ with $P<0.01$, Table 4).
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7 Regarding the correlations found between liver fatty acids and hormones, Table 2 shows
8 how only DHP displayed a significant correlation with palmitic acid (16:0).
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10 In this stage of testis development, when cellular growth occurs, a very high correlation
11 was found between Oleic acid (18:1-n9) and LA levels in the testis ($r=0.94$ with $P<0.01$,
12 Table 5). This was in fact the highest correlation found between testis fatty acids during
13 previous S2.
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22 **3.3. Stage 3: maturation phase**

23 Over the course of the experiment a total of 31 male eels were found to be in S3. During
24 this stage a significant decrease was registered in 11-KT plasma levels (Table 1)
25 however there were no differences observed in the rest of the steroids analyzed in
26 comparison to the previous stage. Correlations between some saturated and
27 monounsaturated fatty acids in the liver were higher than those found during the
28 previous stages of testis development. The correlation between LA and ALA was the
29 highest correlation registered ($r=0.91$ with $P<0.01$, Table 4).
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32 On the other hand, following the dynamics of the previous stage, among all the
33 correlations found between the testis fatty acids, the highest correlation registered in S3
34 was between 18:1-n9 and LA ($r=0.94$ with $P<0.01$, Table 5). With regards to the
35 correlations observed between the decreasing plasma levels of androgens (Table 1) and
36 the testis fatty acids, a significant correlation was found between 11-KT and 16:0 and
37 16:1, and also between T and 16:1 (Table 3).
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49 **3.4. Stage 4: initial spermiation**

50 Over the course of the experiment a total of 27 males were classed as being in S4.
51 T levels decreased significantly in S4 whereas the rest of steroids analyzed remained at
52 the same concentration as the previous stage.
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54 Compared with the previous stages, in stage 4 the correlations between saturated and
55 monounsaturated fatty acids from liver were lower (Table 4). Once again, as we saw in
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1 the other development stages, the highest registered correlation found between all the
2 liver fatty acids was between LA and ALA ($r=0.87$ $P<0.01$, Table 4).

3 High correlations were found between the testis fatty acids during S4, with the highest
4 correlation being between 18:1-n9 and LA ($r=0.98$ $P<0.01$, Table 5). In this stage,
5 eicosapentaenoic acid (20:5-n3, EPA), docosahexaenoic acid (22:6-n3, DHA) and
6 arachidonic acid (20:4-n6, ARA) only correlated with each other, but not with any of
7 the other fatty acids (Table 5).
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13 **3.5. Stage 5: advanced spermiation**

14 The histology results showed 49 animals in S5 over the course of the experiment. With
15 regards to the steroidogenic hormones, T and 11-KT plasma levels were significantly
16 lower during this advanced stage of testis development (Table 1). Significant positive
17 correlations in the testis were found between T and several n-3 series polyunsaturated
18 fatty acids such as EPA and DHA, and also between 11-KT and DHA (Table 3).
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22 The correlations found between the fatty acids in the liver (Table 4) and those in the
23 testis (Table 5) were very similar to the correlations found during initial spermiation
24 (S4). In particular a very high correlation was observed between 18:1-n9 and LA in the
25 testis ($r=0.97$ with $P<0.01$, Table 5) and also in testis 16:1 and 18:1-n9 ($r=0.97$ with
26 $P<0.01$, Table 5).
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36 **4. Discussion**

37 As in most teleost, European eel spermatogenesis goes through an initial phase of
38 mitotic proliferation, developing from spermatogonial cells to differentiated
39 spermatogonia showing a defined nucleus (Schulz and Miura, 2002). Miura et al.
40 (1991a) described how in Japanese eel a marked activation of Sertoli and Leydig cells
41 was followed by a proliferation of spermatogonia, beginning three days after the
42 administering of a single dose of hCG. During S1, gonadotropin stimulates the Leydig
43 cells to produce steroids such as T and 11-KT, the major androgen in teleost fish (Miura
44 et al., 1991b). In addition, 11-KT is one of the factors involved in the initiation of
45 spermatogonial proliferation and the start of meiosis (Miura et al., 1991b; Kobayashi et
46 al., 1991; Amer et al., 2001; Peñaranda et al., 2013). Our experiment corroborates these
47 findings, with the highest T and 11KT plasma levels being registered in S1 (Table 1),
48 when spermatogonial proliferation occurred. We had expected to find a correlation
49 between ARA and T plasma levels in the testis during S1 because literature has
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1 described the regulatory role of ARA in prostaglandin production (Asturiano et al.,
2 2000; Norambuena et al., 2012, 2013) and, subsequently, through the prostaglandins,
3 ARA stimulates production of T (Wade et al., 1994). However, this correlation between
4 ARA and T was not observed in our experiments. A possible explanation is that this
5 correlation probably occurred in a very early phase, before there was enough testis
6 tissue to allow its collection for the fatty acid analysis.
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10 Continuing with the evolution of T and 11-KT plasma levels, a correlation was
11 registered between these androgens and 16:0 and 16:1 in the testis during the sperm
12 maturation phase (S3). During this stage genetic diversity is generated by meiosis II, the
13 result of which is four haploid cells, and the formation of spermatids. T and 11-KT are
14 also involved in this process of maturation (Schulz et al., 2010). These correlations
15 found in S3 can be explained by the fact that 16:0 and consequently 16:1, are the main
16 products of the *de novo* synthesis of the fatty acids (Cook and Mc Master, 2002) and as
17 we know, fatty acids, especially polyunsaturated fatty acids, are essential in the
18 formation of sperm cell membranes (Whates et al., 2007). Constant membrane synthesis
19 is required for the production of spermatozoa and also to maintain spermatozoa quality
20 (Dupont et al., 2014). It seems that the correlations registered between the androgens
21 and 16:0 and 16:1 is probably related to the fact that although the males were in the
22 same maturation stage (S3), a great variation was found between them. Some males
23 displayed formed spermatids, while others were already producing spermatozoa
24 (although still showing low sperm volume and quality). Therefore, less developed S3
25 males, had higher 16:0 and 16:1 levels in the testis (due to an intensive *de novo*
26 biosynthesis of fatty acids for the process of membrane formation) together with higher
27 androgen plasma levels. On the other hand, the more developed S3 males showed lower
28 16:0 and 16:1 plasma levels (probably, because they had been converted to other fatty
29 acids in the process of membrane formation) and lower androgen plasma levels (due to
30 the fact that their importance is mainly at beginning of maturation).
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34 At advanced spermiation (S5) some correlations were found in the testis between the
35 androgens and several n3-series fatty acids, including EPA and DHA. Although T is
36 thought to play its most important role in the previous stages of testis development in
37 fish, in particular when spermatogonial proliferation occurs (Nagahama, 1994), our
38 results suggest that in S5, when mature and differentiated sperm are present, EPA and
39 DHA could modulate the production of T, just as Wade et al. (1994) reported for
40 goldfish. EPA is a substrate for the biosynthesis of 3-series prostaglandins, which have
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1 modest effects on T production (Tocher, 2003). In our case, the male eels with the
2 higher T and 11-KT plasma levels also had higher EPA and DHA concentrations in the
3 testis. This supports our hypothesis of fatty acids having a modulatory effect on the
4 synthesis of androgens in eels with mature sperm. Castellano et al. (2011) discovered
5 that a DHA or EPA rich diet fed to pigs modifies the fatty acid composition of testicular
6 tissue, and diets rich in DHA reduce T concentrations. Moreover, and also
7 corroborating our present results, a decrease in total serum T concentrations has been
8 observed in men fed a diet rich in n-3 series fatty acids (Nagata et al., 2000). Recently,
9 in a study of Senegalese sole (*Solea senegalensis*), it was suggested that high dietary
10 EPA content could explain the high levels of of 3-series prostaglandins, and could
11 consequently affect T production (Norambuena et al., 2013).

12 Regarding E2, its role during the synthesis of yolk protein is well known (Arukwe and
13 Goksøyr, 2003), but the fact that it is also important in male spermatogenesis is also
14 recognised (Miura and Miura, 2003). In our experiment, the highest E2 plasma levels
15 were also found in S1 and they were negatively correlated with many of the fatty acids
16 in the liver. The oxidation of fatty acids releases two carbon units in an active form
17 (acetyl-CoA), which end up entering into the citric acid cycle. This process involves the
18 synthesis of ATP, and this provides energy to the cell (Melo and Cuamatzi, 2007).
19 Rossato et al. (2001) demonstrated that extracellular ATP promotes the secretion of E2
20 in rats. Our results suggest that the negative correlations found between some of the
21 fatty acids and E2 could be due to the fact that the oxidation of fatty acids generates
22 ATP, which could be being used in the synthesis of E2, specifically in S1, when E2
23 reaches its highest plasma levels.

24 Moreover, and regarding DHP plasma levels, Miura et al. (2006) demonstrated a new
25 function of DHP using eel testis *in vitro*. They showed that not only is it a factor in the
26 regulation of final maturation, but also in the early stages of spermatogenesis, especially
27 the initiation of meiosis. Schulz et al. (2010) also suggested that DHP is an essential
28 hormone in the initiation of meiosis during spermatogenesis in teleost fish. In our
29 experiment, the lowest plasma levels of the progestin DHP were registered in S1 and
30 increased significantly after the growing phase (S2), reaching their highest
31 concentrations in the maturation (S3) and spermiation (S4-S5) phases. This thus
32 coincides with the profile previously described in other species (Asturiano et al., 2002;
33 Nagahama, 1994). During the initial stages of testis development (S1-S2), DHP plasma
34 levels correlated with several liver fatty acids (LA, ALA, ARA and DHA in S1; 16:0 in
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1 both stages). Our results show in particular a positive correlation between 16:0 from the
2 liver, and DHP during the proliferation (S1) and growing (S2) phases. This suggests a
3 possible link between DHP and the process of *de novo* biosynthesis of fatty acids in the
4 liver. The main fatty acid synthesized by the cells is 16:0, and other fatty acids are
5 synthesized by modifications of 16:0. This synthesis takes place through enzymatic
6 reactions. Fatty acid synthase (FAS) is a multifunctional enzyme that acts as a catalyst
7 in all the stages of fatty acid synthesis and is expressed mainly in the liver and adipose
8 tissue (Favarger, 1965). Lacasa et al. (2001) found that progesterone is able to stimulate
9 FAS in the adipose tissue of rats. Recently, it has been demonstrated that progesterone
10 stimulates the gene expression of lipogenic enzymes, also in the adipose tissue of rats
11 (Stelmanska and Swierklzynski, 2013).

12 The discovery of this correlation between 16:0 from the liver and DHP during the
13 proliferation (S1) and growing (S2) phases, coinciding with an increase in the activity
14 of cellular division and multiplication, suggests that DHP could modulate the lipid
15 metabolism of the liver. The levels of this progestin could control the range of
16 production of fatty acids, which later are used to form sperm cell membranes during
17 early spermatogenesis. However, further research would be needed to define the real
18 physiological mechanism.

19 In terms of the correlations found between the different fatty acids present in the liver
20 during testis maturation (Table 4), a high correlation was found between LA and ALA
21 in several development stages. This could be linked to desaturase activity. Hurtado and
22 Gómez (2005), after observing a decrease in the enzyme activity in which desaturase is
23 involved (i.e. the conversion of LA into ALA) after T administration, suggested that T
24 has a modulatory effect on desaturase activity in rats.. Animal studies carried out on rats
25 by Marra and Alaniz (1989) demonstrated a significant inhibition of $\Delta 6$ desaturase
26 enzymes in the liver after T administration. In a review about animal experiments, cell
27 culture studies and cultured human trials, Decsi and Kennedy (2011) concluded that
28 estrogen stimulates, whereas T inhibits, the conversion of essential fatty acids into their
29 long-chained metabolites. Our results appear to agree, as they suggest that the high
30 correlations found between liver fatty acids may be related to the demonstrated
31 modulatory effect of hormones on desaturase activity.

32 The highest correlations between saturated and monounsaturated fatty acids (i.e.: 16:0
33 was correlated with 16:1, $r=0.87^{**}$ $P<0.01$; Supplementary Table 3) in the liver were
34 registered during the maturation phase (S3). This suggests a new phase of hepatic *de*

1 *de novo* synthesis of fatty acids since 16:0, and consequently 16:1, are their main products
2 (Cook and Mc Master, 2002). Similar to these findings, Baeza et al. (2014) suggested *de*
3 *de novo* biosynthesis of hepatic fatty acids when eels began to produce sperm.
4

5 Regarding the correlations found between the testis fatty acids, a very high correlation
6 ($r > 0.9$) between 18:1-n9 and LA was registered in all the stages of testis development
7 (Table 4). There is little information available about the pathways to elongate and
8 desaturate fatty acids in eel, and this is a common area of study in fish nowadays and
9 has been reviewed in marine fish recently (Monroig et al., 2013). The high correlation
10 found between 18:1-n9 and LA could be the *de novo* biosynthesis of fatty acids in the
11 testis. Several studies seem to agree, showing that fatty acids can be synthesized *de novo*
12 in the testis (Conglio, 1994; Lenzi et al., 2000).
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20 Several testis fatty acids were highly correlated between themselves during initial
21 spermiation (S4). EPA, ARA and DHA behave differently compared to the rest of the
22 fatty acids in this stage, correlating only with one another. This can be explained by the
23 stability of EPA, ARA and DHA concentrations and the decrease in the rest of the testis
24 fatty acids when initial spermiation occurs, as reported by Baeza et al. (in press).
25 Lamirande et al. (1997) suggested that lipid peroxidation on the sperm cell membrane
26 promotes binding to the zona pellucida, making the connection between the egg and
27 spermatozoa possible. The compound lipids, which are mainly present in biological
28 membranes which contain abundant unsaturated fatty acids, are very vulnerable to
29 oxidation (Melo and Cuamatzi, 2007). Therefore, our results suggest that the
30 maintenance of EPA, ARA and DHA levels (highly unsaturated fatty acids) in eel testis
31 may be related to the ease at which they subsequently oxidate and therefore to sperm
32 capacitation.
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44 From our results we conclude that several fatty acids are involved in the process of
45 spermatogenesis, although their regulatory role in steroid production and on fatty acids
46 may be different depending on the phase of testis development. DHP, as in other teleost
47 species, seems to be an essential element in the initiation of the early stages of
48 spermatogenesis and our results provide substantial evidence that DHP might modulate
49 the metabolism of lipids in the liver during early spermatogenesis. Moreover, one
50 possible theory is the oxidation of fatty acids in order to produce available energy
51 necessary for E2 production during the proliferation phase of testis development.
52 Finally, it appears there are mechanisms in the eel which are similar to those reported in
53 mammals, with EPA and DHA acting as modulators of androgen synthesis, particularly
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1 during the final phase of sperm maturation. Overall, the findings from this research give
2 new insights which can be used to continue with further studies about the roles and
3 interactions between fatty acids and steroids in fish spermatogenesis.
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Table legend

Table 1. Plasma levels (in ng/mL) of different hormones throughout the different eel testis development stages: Testosterone ($n_{S1}= 94$; $n_{S2}= 43$; $n_{S3}= 26$; $n_{S4}= 24$; $n_{S5}= 39$); 11-Ketotestosterone ($n_{S1}= 81$; $n_{S2}= 43$; $n_{S3}= 25$; $n_{S4}= 23$; $n_{S5}= 36$); 17β -Estradiol ($n_{S1}= 82$; $n_{S2}= 45$; $n_{S3}= 25$; $n_{S4}= 23$; $n_{S5}= 40$); DHP ($n_{S1}= 95$; $n_{S2}= 44$; $n_{S3}= 28$; $n_{S4}= 25$; $n_{S5}= 45$). Small letters show significant differences in each hormone plasma levels between different stages of testis development. Results show as mean \pm SEM ($P<0.05$).

Table 2. Correlations between liver fatty acids and steroidogenic hormones during different testis development stages. Asterisks indicate significant correlations (*, $P<0.05$; **, $P<0.01$). Number of samples correlated in each stage, $n_{S1}= 80-95$; $n_{S2}= 44$.

Table 3. Correlations between testis fatty and steroidogenic hormones during different testis development stages. Asterisks indicate significant correlations (*, $P<0.05$; **, $P<0.01$). Number of samples correlated in each stage: $n_{S3}= 24$; $n_{S5}= 39$.

Table 4. Correlations between liver fatty acids in different stages of testis development. *Indicate significant correlations between fatty acids in each development stage (* $P<0.05$; ** $P<0.01$). Number of samples correlated: $n_{S1}= 95$; $n_{S2}= 33$ $n_{S3}= 26$; $n_{S4}= 24$; $n_{S5}= 38$.

Table 5. Correlations between testis fatty acids in different stages of testis development. *Indicate significant correlations between fatty acids in each development stage (* $P<0.05$; ** $P<0.01$). Number of samples correlated: $n_{S2}= 17$; $n_{S3}= 24$ $n_{S4}= 24$; $n_{S4}= 38$.

Table 1

Hormone (ng/mL)	Stage of testis development				
	S1	S2	S3	S4	S5
Testosterone	4.28 ^c	3.90 ^c	3.23 ^c	2.26 ^b	1.64 ^a
11-Ketotestosterone	77.94 ^c	71.51 ^c	35.05 ^b	22.90 ^b	12.32 ^a
17 β -Estradiol	1.74 ^b	0.97 ^a	0.76 ^a	0.76 ^a	0.76 ^a
DHP	0.59 ^a	0.97 ^b	1.16 ^b	1.06 ^b	1.02 ^b

Table 2

Liver fatty acids	Stage of testis development		
	S1		S2
	17 β -Estradiol	DHP	DHP
16:0	-.276 [*]	.321 ^{**}	.350 [*]
16:1	-.329 ^{**}		
18:1n9	-.228 [*]		
18:2n6	-.250 [*]	.275 ^{**}	
18:3n3		.216 [*]	
ARA		.226 [*]	
DHA		.222 [*]	

Table 3

Testis fatty acids	Stage of testis development			
	S3		S5	
	Testosterone	11-KT	Testosterone	11-KT
16:0		.502 [*]		
16:1	.488 [*]	.548 ^{**}		
EPA			.359 [*]	
DHA			.404 ^{**}	.407 ^{**}

Table 4

Liver fatty acids	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
16:0 – 16:1	.498**	.457**	.877**	.529**	.665**
16:0 – 18:0	.234*		.587**	.407*	
16:0 – 18:1-n9	.594**	.447**	.813**	.684**	.556**
16:0 – 18:2-n6	.577**			.469*	.344*
16:0 – 20:1	.225*	.382*	.771**		.511**
16:0 – 18:3-n3	.435**			.529**	.328*
16:0 – ARA	-.145				
16:0 – EPA	.387**				.578**
16:0 – 22:5-n3	.407**			.455*	
16:0 - DHA	.205*				.408**
16:1 – 18:0	-.416**	-.353*			
16:1 – 18:1-n9	.772**	.673**	.851**	.602**	.638**
16:1 – 18:2-n6	.476**	.448**	.416*	.502*	.462**
16:1 – 20:1	.475**	.427**	.823**	.645**	.729**
16:1 – 18:3-n3	.392**	.477**		.597**	.474**
16:1 – ARA	-.401**	-.460**	-.472*		-.508**
16:1 – EPA	.244*			.583**	.547**
16:1 – 22:5-n3	.522**	.335*		.418*	.418**
16:1 - DHA	.254*				.353*
18:0 – 18:1-n9			.477*		
18:0 – 18:2-n6		-.375*			
18:0 – 20:1		.322*	.602**		
18:0 – 18:3-n3		-.429**			
18:0 – ARA	.421**				.572**
18:0 – EPA		-.393**			
18:0 – 22:5-n3	-.301**	-.425**	-.404*		-.323*
18:0 - DHA	-.229*	-.449**	-.467*		
18:1-n9 – 18:2-n6	.640**	.338*	.433*	.794**	.577**
18:1-n9 – 20:1	.444**	.494**	.743**		
18:1-n9 – 18:3-n3	.560**	.345*		.623**	.531**
18:1-n9 – ARA	-.465**	-.506**	-.384*		-.332*
18:1-n9 – EPA					.410**
18:1-n9 – 22:5-n3	.569**			.648**	.356*
18:1-n9 - DHA	.				.420**
18:2-n6 – 20:1					
18:2-n6 – 18:3-n3	.834**	.879**	.911**	.877**	.761**
18:2-n6 – ARA					
18:2-n6 – EPA	.427**			.446*	
18:2-n6 – 22:5-n3	.550**	.417**	.433*	.693**	.532**
18:2-n6 - DHA	.400**			.709**	.550**
20:1 – 18:3-n3		-.330*			
20:1 – ARA	-.600**	-.462**		-.584**	-.526**
20:1 – EPA		-0.1			.492**
20:1 – 22:5-n3		-.311*			
20:1 - DHA	-.272**	-.467**			

Liver fatty acids	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
18:3-n3 – ARA	-0.17				
18:3-n3 – EPA	.468**	.374*	.494**	.646**	.320*
18:3-n3 – 22:5-n3	.576**	.568**	.507**	.715**	.593**
18:3-n3 - DHA	.439**	.420**	.423*	.765**	.438**
ARA – EPA					
ARA – 22:5-n3	-.217*		-.407*		
ARA - DHA	.275**	.318*			
EPA – 22:5-n3	.408**	.432**		.495*	.470**
EPA – DHA	.596**	.651**	.636**	.742**	.635**
22:5-n3 - DHA	.651**	.730**	.561**	.760**	.789**

Table 5

Testis fatty acids	Satge 2	Stage 3	Stage 4	Stage 5
16:0 – 16:1	.775**	.856**	.960**	.926**
16:0 – 18:0	.794**	.556**	.690**	.518**
16:0 – 18:1-n9	.827**	.687**	.949**	.933**
16:0 – 18:2-n6	.677**	.548**	.908**	.905**
16:0 – 20:1	.640**		.902**	.829**
16:0 – 18:3-n3		.666**	.914**	.896**
16:0 – ARA				-.388**
16:0 – EPA				
16:0 – 22:5-n3	.696**	.843**	.940**	.923**
16:0 - DHA		.578**		
16:1 – 18:0	.602*		.620**	.382*
16:1 – 18:1-n9	.768**	.842**	.953**	.977**
16:1 – 18:2-n6	.689**	.739**	.909**	.937**
16:1 – 20:1	.674**	.668**	.956**	.935**
16:1 – 18:3-n3	.609**	.761**	.920**	.876**
16:1 – ARA				-.639**
16:1 – EPA				-.422**
16:1 – 22:5-n3		.741**	.912**	.886**
16:1 - DHA				-.360*
18:0 – 18:1-n9	.918**	.485*	.720**	.427**
18:0 – 18:2-n6	.854**	.433*	.731**	.441**
18:0 – 20:1			.557**	.358*
18:0 – 18:3-n3	.589*		.656**	.428**
18:0 – ARA				
18:0 – EPA				.315*
18:0 – 22:5-n3	.783**	.477*	.725**	.519**
18:0 - DHA				.321*
18:1-n9 – 18:2-n6	.942**	.943**	.983**	.977**
18:1-n9 – 20:1		.769**	.896**	.898**
18:1-n9 – 18:3-n3	.663**	.793**	.952**	.916**
18:1-n9 – ARA		-.411*		-.578**
18:1-n9 – EPA				-.429**
18:1-n9 – 22:5-n3	.831**	.708**	.952**	.917**
18:1-n9 - DHA				-.330*
18:2-n6 – 20:1		.655**	.832**	.843**
18:2-n6 – 18:3-n3	.813**	.832**	.964**	.946**
18:2-n6 – ARA				-.514**
18:2-n6 – EPA				-.446**
18:2-n6 – 22:5-n3	.854**	.667**	.951**	.922**
18:2-n6 - DHA				-.327*
20:1 – 18:3-n3			.806**	.719**
20:1 – ARA	-.520*	-.675**		-.709**
20:1 – EPA				-.484**
20:1 – 22:5-n3			.829**	.814**
20:1 - DHA				-.396**
Testis fatty acids	Satge 2	Stage 3	Stage 4	Stage 5
18:3-n3 – ARA				-.410**

18:3-n3 – EPA				
18:3-n3 – 22:5-n3	.663**	.741**	.940**	.900**
18:3-n3 - DHA				
ARA – EPA	.595*	.633**		.738**
ARA – 22:5-n3				-.367*
ARA - DHA	.687**	.752**	.438*	.699**
EPA – 22:5-n3				
EPA – DHA	.712**	.465*	.686**	.847**
22:5-n3 - DHA	.512*	.661**		

Figure legend

Figure 1. Histological sections of testis in different development stages. A, B: testis at stage 1; C: testis at stage 2; D: testis at stage 3, E: testis at stage 4; F: testis at stage 5. Scale bar: A, E= 100µm; B, C, D= 50µm; F= 200µm. SPG= spermatogonia; SPC: spermatocytes; SPD: spermatids; SPZ: spermatozoa.

Figure 1

