

The Effect of *Memantine* and *Lactobacillus acidophilus* Supernatant on Apoptosis and Expression of Key Long non-coding RNAs in a Colon Cancer Cell Line

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Abstract

Alterations in the expression of long non-coding RNA (lncRNA) are linked to colon cancer progression. Recent studies suggest that *Memantine* (*ME*) and probiotics, such as *Lactobacillus acidophilus* (*LA*), may have potential anti-cancer effects. This study investigates the impact of *Memantine*, *Lactobacillus acidophilus*, and their combination (*ME+LA*) on lncRNA expression, apoptosis, and the viability of HT-29 colon cancer cells. The MTT assay was used to evaluate cell viability and calculate IC50 using different concentrations of *ME* and *LA supernatant*. Expression levels of oncogenic lncRNAs (*SNHG16*, *NEAT1*, *CCAT2*, *MALAT1*, *H19*) were measured using Real-time PCR. Apoptosis and necrosis were analyzed via flow cytometry. The results demonstrated that higher concentrations of both *Memantine* and *LA supernatant* resulted in significantly reduced cell viability. Additionally, treatment with *ME* and *LA supernatant*, both individually and in combination, led to a reduction in the expression levels of oncogenic lncRNAs, induction of apoptosis and reducing cancer cell survival. The combination of *ME* and *LA* was found more effective. Therefore, combining *Memantine* and *LA supernatant* shows promise as a novel and effective treatment for colon cancer.

Keywords: Colon cancer, *Memantine*, *Lactobacillus acidophilus*, lncRNAs, Gene expression, Apoptosis

1. Introduction

Colon cancer is the third most prevalent cancer in the world to be diagnosed and presents a noteworthy health challenge, as indicated by the elevated incidence and mortality rates globally (Marcellinaro *et al.*, 2023). According to 2020 data, colon cancer affects 10% of the population and has a 9.4% death rate (Sung *et al.*, 2021). Despite multiple advancements in immunotherapy, chemotherapy, or radiotherapy, the adverse side effects of these therapies highlight the urgent need for innovative treatments. This necessity drives the exploration of novel and less invasive alternatives, such as probiotics and new drugs, which could potentially revolutionize colon cancer's preventive and therapeutic landscape.

Long non-coding RNAs (lncRNAs) have emerged as significant regulators in cancer biology, influencing gene expression and cellular behavior. Among these, several key lncRNAs, include Small Nucleolar R.N.A. Host Gene 16 (*SNHG16*), Nuclear Paraspeckle Assembly Transcript 1 (*NEAT1*), Colon Cancer-Associated Transcript 2 (*CCAT2*), Metastasis-Associated Lung Adenocarcinoma Transcript 1 (*MALAT1*), and *H19*. These lncRNAs are involved in

various cellular processes, such as proliferation, apoptosis, and metastasis. For instance, *MALAT1*, known for its high conservation across mammals, regulates gene expression through its secondary structure and is associated with metastasis in multiple cancer types. Similarly, *NEAT1* plays a critical role in forming paraspeckles and is involved in the DNA damage response and cancer progression (Statello *et al.*, 2021). *CCAT2*, located upstream of the *MYC* gene, promotes tumor growth by regulating *MYC* expression (Ulitsky, 2016). *H19* functions as an oncogene in several cancers, including colon cancer, and regulates gene expression and cell growth (Ghafouri-Fard *et al.*, 2020). *SNHG16* has also been linked to poor prognosis in various cancers, contributing to tumorigenesis through its interaction with other molecular pathways (Chen *et al.*, 2020).

Recent studies suggest that the expression of lncRNAs can be influenced by dietary factors and the type of bacterial colonization in the colon. A study on patients with rectal cancer found that consumption of probiotics such as *L. acidophilus* was associated with improved expression of candidate lncRNAs (Khodaii *et al.*, 2022). Another research involving specific strains of *Bifidobacterium* and *Lactobacillus* has shown that they can

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** **List of abbreviations:** CRC: colorectal cancer; LA: *Lactobacillus acidophilus*; Non-coding R.N.A.s (lncRNAs); *SNHG1*: Small

Nucleolar R.N.A. Host Gene 16; *NEAT1*: Nuclear Paraspeckle Assembly Transcript 1; *CCAT2*: Colon Cancer-Associated Transcript 2;

MALAT1: Metastasis-Associated Lung Adenocarcinoma Transcript 1

inhibit the growth of various types of cancer cells, including colorectal cancer cells (Sliżewska *et al.*, 2020). Probiotic metabolites, such as short-chain fatty acids (SCFAs), contribute to maintaining intestinal health, promoting apoptosis of cancer cells, and modulating immune responses (Kahouli *et al.*, 2013).

Similar to probiotics, *Memantine*, an NMDA receptor antagonist primarily used to treat Alzheimer's disease, has shown promising potential in cancer therapy (Maraka *et al.*, 2019). There are two types of glutamate receptors (GluRs): Metabotropic GluRs (mGluRs) and ionotropic GluRs (iGluRs). iGluRs form cation channels, allow Ca^{+2} and Na^{+} influx, and activate downstream apoptotic signaling pathways. One of the three iGluRs subcategories, N-methyl-D-aspartate receptors (NMDARs), is particularly relevant to this research.

It has been demonstrated that NMDARs are more active in cancer cells than normal. NMDA receptors can activate cell growth cascades, such as the MAP kinase and ERK pathways, leading to the proliferation of non-neuronal cells including lung, colon, breast, bone, testis and pancreas (Yoon *et al.*, 2017). Therefore, NMDAR antagonists such as *Memantine* may possess anticancer properties (Gallo *et al.*, 2023; Shafiei-Irannejad *et al.*, 2021). Recent research indicates that *Memantine* can inhibit colorectal cancer, stop cancer cells from proliferating and cause them to undergo apoptosis (Mahboubi *et al.*, 2022). In a separate study, it was observed that the administration of *Memantine* increases the expression of Golgi glycoprotein 1 (GLG1). GLG1, in turn, reducing the bioavailability of fibroblast growth factor (FGF), a potent regulators of cell proliferation and differentiation during oncogenesis, by sequestering it intracellularly and extracellularly. Therefore, *Memantine* was found as a suppressor of malignant glioma and breast cancer cell growth by modulating the expression of GLG1, which functions as a traffic controller for FGF (Yamaguchi *et al.*, 2022). By disrupting cellular pathways that promote cancer cell survival, *Memantine* enhances the effectiveness of conventional therapies and offers a new avenue for targeted cancer treatment.

Considering the importance of developing effective treatments for colorectal cancer and the potential benefits of *Lactobacillus acidophilus* (LA) supernatant and *Memantine*, this study investigates their individual effects. Specifically, we assess the impact of *Memantine* and LA supernatant on apoptosis and the expression of five key lncRNAs (*SNHG16*, *NEAT1*, *CCAT2*, *MALAT1*, and *H19*) in colon cancer HT-29 cells. By examining these treatments, the study aims to provide insights into new therapeutic strategies for colorectal cancer.

2. Materials and Methods

2.1. Preparation of *Memantine* and LA supernatant

Memantine-coated tablets (5 mg) were purchased from Kimidar Pharmaceutical Company (Iran). Two tablets (each, 5 mg) were crushed with a mortar, dissolved in 1 ml of DMEM solution, sterilized using a 0.2 µm filter, and stored in vials at 4°C until use. Serial dilutions were then prepared to achieve various concentrations.

Lactobacillus acidophilus (ATCC 314) was procured from the Pasteur Institute. Bacterial cells were cultured on

MRS agar. Then the colonies were inoculated into RPMI medium. The absorbance of the medium was monitored intermittently at 600 nm until reaching the optical density of 0.7 (equivalent to 0.5 MacFarland). The bacteria were then incubated for another 24 h at 37°C. After incubation, the culture was centrifuged at 3000 rpm for 15 minutes to isolate the supernatant. The supernatant metabolite was withdrawn with a syringe, passed through the 0.2 µm filter, freeze dried and finally stored in the refrigerator. At the time of use, 1 mg lyophilized powder was dissolved in 1 mL sterile DMEM.

HT-29 cells were treated with the IC₅₀ values of both LA supernatant and *memantine* in Real-Time PCR and apoptosis assays.

2.2. Cell Line Preparation

The HT-29 colon cancer cell line (IBRC C10071) was sourced from the National Center for Genetic and Biological Resources of Iran. These cells were maintained in DMEM culture medium.

HT-29 cells were maintained in DMEM supplemented with 20% FBS (Gibco, U.S.A.), 100 mg/ml streptomycin, 100 U/ml penicillin, and 2 mM L-glutamine at 37°C in a 5% CO₂ incubator. The culture medium was refreshed every 24 to 48 hours. For cell passage, the medium was aspirated, and cells were detached by treating with 0.25% trypsin for 3-5 minutes. The trypsinization (Gibco, U.S.A.) process was halted by adding a medium containing serum. The cell suspension was then centrifuged at 1500 rpm for 5 minutes. The resulting pellet was resuspended in a fresh medium and transferred to new culture flask.

2.3. MTT Assay

HT-29 cells were seeded in 96-well plates and treated with different concentrations of *Memantine* (12.5, 25, 50, 100, 200 µg/ml) and *L. acidophilus* (LA) supernatant (250, 500, 1000, 2000, 4000 µg/ml). After 24 hours of incubation, MTT solution (5 mg/ml) was added to the cells, followed by an additional 3-hour incubation period. The medium was then discarded, and the resulting formazan crystals were dissolved in DMSO. Absorbance was measured at 570 nm using an ELISA reader. Cytotoxicity and cell viability were calculated using standard formulas. The IC₅₀ values for *Memantine* and LA supernatant were determined using the Pharm-PCS statistical package by analyzing the percentage of cytotoxicity.

2.4. Gene Expression Analysis by Real-Time PCR

We evaluated the impact of *L. acidophilus* supernatant on gene expression by real-time PCR. Briefly, 4 × 10⁵ HT-29 cells were seeded in 6-well plates containing 2ml of complete cell culture medium overnight. Then cells were treated with IC₅₀ concentration of both *memantine* and LA supernatant (separately) for 24 hours. Negative controls received an equal volume of DMEM medium.

We followed the real-time procedures on the basis of MIQE guidelines (Bustin *et al.*, 2009). RNA extract from HT-29 cells was performed using the RNX-Plus reagent (CinnaGen) following standard protocols. OD at A₂₆₀/A₂₈₀ (purity) was investigated by a spectrophotometer. The RNA (OD ~ 1.9-2) was then used to synthesize cDNA with the miScript II RT kit without interruption (CinnaGen) (Table-1). 500 ng/20 µl RNA concentration was used for cDNA synthesis. cDNA was stored at 20°C.

The expression of target lncRNAs (*SNHG16*, *NEAT1*, *MALAT1*, *H19*, *CCAT2*) was quantified using SYBR Green-based Real-Time PCR with specific primers

designed from the NCBI database and IDT online software. The mean Cq values of Gapdh and HPRT1 were used as the reference genes for normalization.

Table 1. List of Genes and Primers:

Gene	Primer Sequence (5'-3')	Product Length (bp)	Melting Temperature (Tm)	Designed on exons
Gapdh	F: GTGGTCTCCTCTGACTTCAAC	96	57.97	7,8
	R: GGAAATGAGCTTGACAAAAGTGG		58.09	
HPRT1	F: AAGGGTGTATTATTCCTCATGGAC	105	58.40	2,3
	R: AGCACACAGAGGGCTACAA		58.55	
<i>SNHG16</i>	F: CAGAATGCCATGGTTTCCCC	142	58.38	3,4
	R: TGGCAAGAGACTTCTGAGG		59.12	
<i>NEAT1</i>	F: GTACGCGGGCAGACTAACAC	101	57.37	1-1
	R: TGCGTCTAGACACCACAACC		57.36	
<i>MALAT1</i>	F: AATGTTAAGAGAAGCCCAGGG	150	59.02	1 -1
	R: AAGGTCAAGAGAAGTGTACAGC		59.12	
<i>H19</i>	F: GGATCCAGTTAGAAAAAGCCCGGGCT	113	57.78	2,3
	R: ACGCGTGCTGTAACAGTGTATTGA		58.00	
<i>CCAT2</i>	F: CCACATCGCTCAGACACCAT	100	57.44	1-1
	R: ACCAGGCGCCAATACG		57.58	

Primers were ordered from a commercial supplier (Sinaclon) and verified for specificity using NCBI BLAST and GeneRunner software.

2.5. Real-Time PCR Procedure:

We performed Real-time PCR reactions in a total volume of 25 μ l. The reaction mixture included 12.5 μ l of Master mix (Bioneer, Korea), 1 μ l of forward primer (10 mM), 1 μ l of reverse primer (10 mM), 1 μ l of cDNA (0.1-1 μ g), and 9.5 μ l of DEPC-treated water. The reactions were performed using a Bioneer Exicycler 96. The thermal profile used for the real-time PCR reactions is detailed in Table 2. The qPCR data was analyzed by Livak method ($2^{-\Delta\Delta CT}$).

Table 2. Real-Time PCR Thermal Profile

Step	Function	Temperature (°C)	Time	Repeat
1	Initial Denature	95.0	15 minutes	1
2	Denature	95.0	20 seconds	40
3	Anneal	58.0	20 seconds	40
4	Extend	72.0	20 seconds	40
5	Melt Curve	55.0 to 94.0	1 second	1
6	End			

2.6. Apoptosis Analysis by Flow Cytometry

HT-29 cells were treated with the IC50 concentration of *Memantine* and *LA* supernatant to assess apoptosis. The cell staining was carried on with Annexin V-FITC and Propidium Iodide (PI) using the Annexin V-FITC kit (eBioscience, USA). The data were analyzed to determine the percentage of apoptotic cells, distinguishing between early apoptotic, late apoptotic, necrotic, and viable cells by Flow cytometry.

2.7. Statistical Analysis

Statistical analysis was conducted using REST 2009 and SPSS 16. Data analysis involved one-way ANOVA,

with Tukey's HSD post-hoc test used to determine significant differences. Gene expression levels were evaluated using the CT method, and the results were visualized with GraphPad software. Data were presented as mean \pm standard deviation (SD), with significance delimited at $P < 0.05$.

3. Results

3.1. Cell Viability of the HT-29 Cell Line Under Various Treatments for 24 Hours

Figure 1 illustrates the results of the MTT assay conducted on HT-29 cells treated with *Memantine* and *LA* supernatant. Both *Memantine* and *Lactobacillus acidophilus (LA) supernatant* treatments significantly impacted the survival of cancer cells. HT-29 cells were exposed to various concentrations of supernatant (250, 500, 1000, 2000, and 4000 μ g/ml) and *Memantine* (12.5, 25, 50, 100, and 200 μ g/ml). Cell viability was measured using the MTT assay over 24 hours. The results indicate that increasing concentrations of the *LA supernatant* led to a significant decrease in cell viability, with 44% of cancer cells eliminated at 4000 μ g/ml after 24 hours ($P < 0.001$) (Figure 1a). Concentrations of 1000 and 2000 μ g/ml also significantly reduced cell viability ($P < 0.05$, $P < 0.01$), whereas 250 and 500 μ g/ml did not have a significant effect. The IC50 value for *LA supernatant* was determined to be 5187.86 μ g/ml, the concentration needed to achieve a 50% reduction in cell viability. Similarly, higher concentrations of *Memantine* significantly decreased cell viability, with 69% of cancer cells eliminated at 200 μ g/ml after 24 hours ($P < 0.001$) (Figure 1b). All concentrations of *Memantine* significantly reduced cell viability. The calculated IC50 value for *Memantine* was 35.21 μ g/ml.

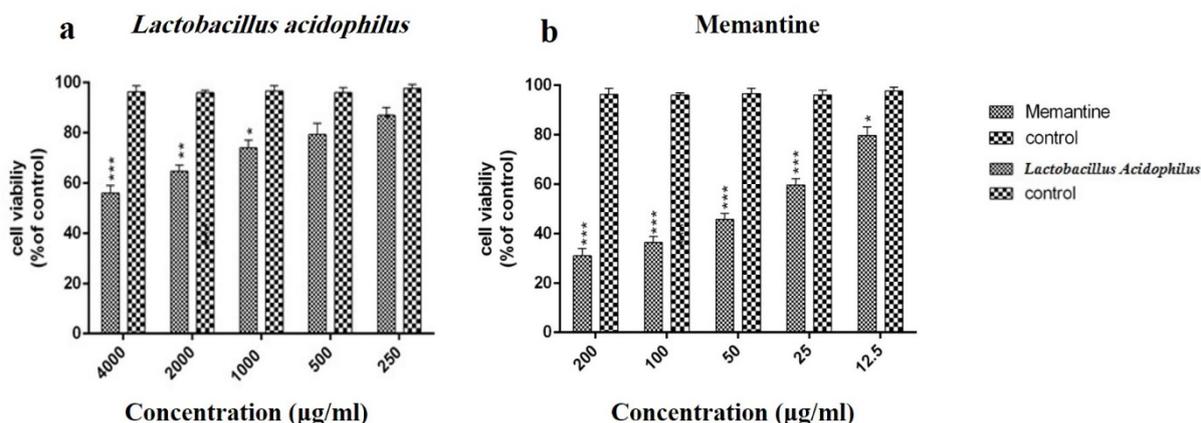


Figure 1. (a) Bar chart showing the cell viability of HT-29 cells treated with *Lactobacillus acidophilus* supernatant. (b) Bar chart showing the cell viability of HT-29 cells treated with Memantine.

3.2. Expression of lncRNAs SNHG16, NEAT1, MALAT1, H19, and CCAT2 by Real-Time PCR

Prior to PCR, cDNA concentrations were measured and normalized using a NanoDrop spectrophotometer, with the reference genes. Figure 2 presents the comparative and average gene expression results for HT-29 cells treated with Memantine, *Lactobacillus acidophilus*, and their combination. The relative gene expression of SNHG16, NEAT1, MALAT1, H19, and CCAT2 in HT-29 cells is illustrated under different treatments compared to the control. A significant reduction in gene expression was observed across all treatments compared to the control, with the most pronounced decrease noted in the combination treatment of Memantine and LA supernatant. Overall, these results indicate that treatment with Memantine and LA supernatant, both individually and particularly in combination, leads to a reduction of the oncogenic genes SNHG16, NEAT1, MALAT1, H19, and CCAT2 in HT-29 cancer cells.

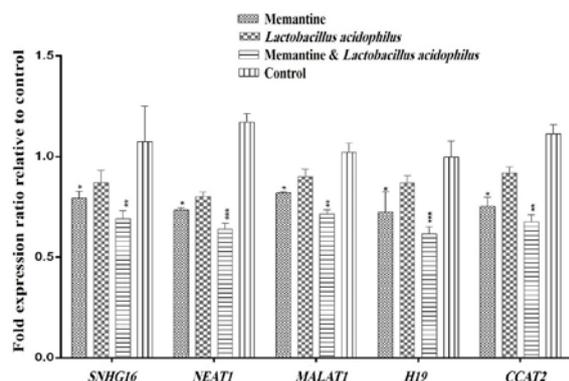


Figure 2. Relative fold expression levels of SNHG16, NEAT1, MALAT1, H19, and CCAT2 genes in HT-29 cells treated with IC50 concentrations of Memantine, LA supernatant, and their combination compared to control. Data are presented as mean \pm SD based on three replicates. (* indicates $P < 0.05$, ** indicates $P < 0.01$, *** indicates $P < 0.001$).

3.3. Flow Cytometry Analysis Using Annexin-V Kit

Figure 3 presents the flow cytometry results for apoptosis induction in control cells (panel b) and HT-29 cells treated with the IC50 concentration of the LA supernatant (panel a). The results indicate that 98.4% of the control cells are viable, which is expected as they were not treated with the LA or Memantine. The percentage of early and late apoptosis was 1.41% and 0.13%, respectively, and a minimal 0.22% of the cells underwent necrosis due to the collection and preparation process, which is negligible compared to the healthy and viable cells.

The flow cytometry results demonstrated the effects of IC50 concentrations of LA supernatant, Memantine and their combination on HT-29 cells. We found that combination treatment induced the highest levels of late apoptosis (28.20%), significantly higher than either treatment alone (Memantine at 11.32% and LA supernatant at 9.76%). Early apoptosis was also significantly elevated in cells treated with Memantine (15.60%) and the combination (5.14%) compared to the control (1.52%). While the necrosis rates remained relatively low and statistically insignificant across all groups, the combination treatment yet showed a slight increase (3.10%). We suggest a synergistic effect between LA supernatant and Memantine, enhancing apoptotic cell death while maintaining low necrosis levels, highlighting the potential for combined therapeutic strategies in targeting cancer cells.

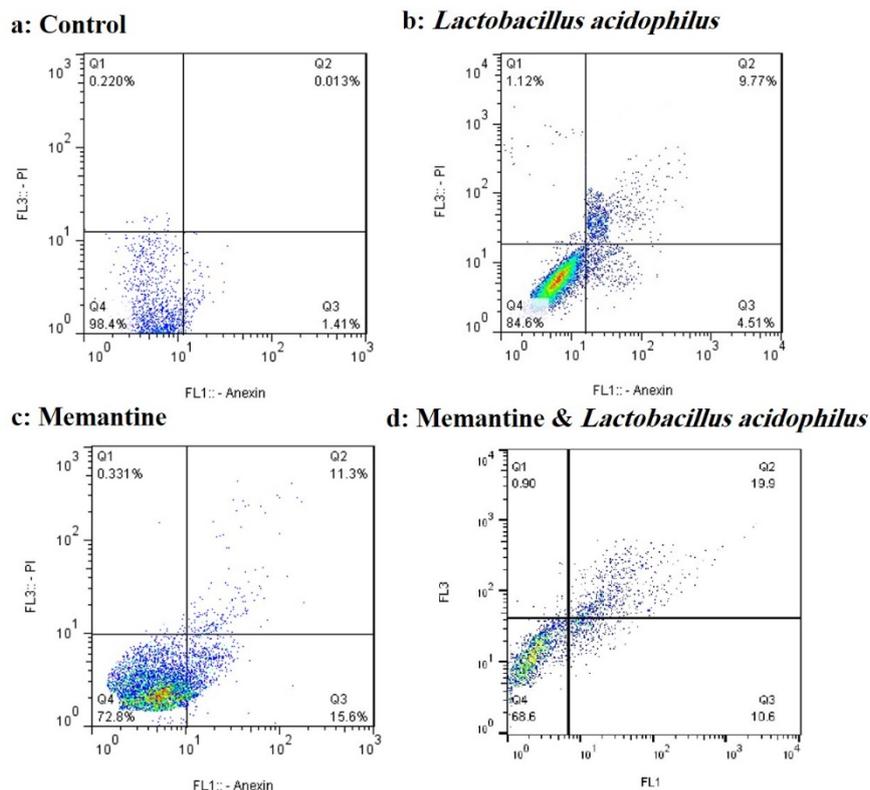


Figure 3. Flow cytometry analysis of apoptosis induction in *HT-29* cells. (a) Control cells without any treatment. (b) *HT-29* cells were treated with an IC₅₀ concentration of the probiotic *Lactobacillus acidophilus* (*LA*) *supernatant*. (c) *HT-29* cells were treated with an IC₅₀ concentration of *Memantine*. (d) *HT-29* cells were treated with *Memantine* and *LA supernatant*.

4. Discussion

Colorectal cancer ranks among the most prevalent types of cancer, with its incidence rapidly increasing among both men and women in recent years. Each year, over 1 to 2 million new cases are diagnosed, and the disease is responsible for over 600,000 deaths. The prevalence is particularly higher among men and older adults (Rawla *et al.*, 2019). Early screening poses challenges, as over 80% of colorectal cancers derive from adenomatous polyps, but it can identify patients two to three years before symptoms appear.

Memantine, an *NMDA* receptor antagonist, has demonstrated potential anti-cancer effects by increasing mitochondrial complex 1 activity while reducing complex 5 activity. A study indicated that *Memantine* disrupts *glutamate* synthesis in prostate cancer cells, leading to cell death. *Memantine's* effects on *NMDA* receptors, which play critical roles in various physiological processes due to their high calcium flow and magnesium block, suggest its potential in cancer therapy (Gulsah Albayrak *et al.*, 2021). *Lactobacilli* are catalase-negative, Gram-positive rods that ferment carbohydrates to produce lactic acid and exhibit immunomodulatory properties that benefit for maintaining microbial balance. However, some strains can transfer antibiotic-resistance genes, necessitating careful evaluation of their probiotic properties. Their benefits include antimicrobial activity, antibiotic resistance, acid and bile tolerance, and stability (Di Cerbo *et al.*, 2016).

This study assessed the cytotoxic effects of *Lactobacillus acidophilus supernatant* and *Memantine* using the MTT assay, revealing dose-dependent reductions

in cancer cell viability. *Memantine* exhibited significantly greater cytotoxicity than the *LA supernatant*, with a 150-fold difference in IC₅₀ values. Hence, *memantine* exhibits high cytotoxicity against cancer cells and can impede key metabolic pathways like *glutamate* synthesis in cancer cells while sparing normal cells. If its low toxicity effect on normal cells is confirmed, *memantine* could potentially be considered as a future option for cancer treatment, along with probiotics.

Previous studies have also indicated *Memantine's* dose-dependent cytotoxic effects on various cancer cells (G Albayrak *et al.*, 2018).

We demonstrated that *Memantine* and *Lactobacillus acidophilus* significantly induced apoptosis in *HT-29* cells, with the combination treatment showing the highest levels of late apoptosis. Gene expression analysis indicated significant downregulation of oncogenic lncRNAs *SNHG16*, *NEAT1*, *MALAT1*, *H19*, and *CCAT2* following treatments, with the combination treatment yielding the most substantial reductions. These findings align with other studies that have reported the apoptotic and antiproliferative effects of *LA* and *Memantine* (Isazadeh *et al.*, 2020; Robinson *et al.*, 2020).

The observed effects may be due to *Memantine's* antagonistic effect on *NMDA* receptors, which disrupts intracellular calcium signaling and activates apoptotic pathways, particularly the mitochondrial (intrinsic) pathway. This calcium imbalance triggers *cytochrome c* release from mitochondria, subsequently activating *caspases* responsible for apoptosis (Calvo-Rodriguez *et al.*, 2020). On the other hand, *Lactobacillus acidophilus* has been found to modulate the gut microbiota and produce *SCFAs* metabolites with anti-inflammatory and

anti-cancer properties (Thananimit *et al.*, 2022). These metabolites can inhibit histone deacetylases (*HDACs*), resulting in histone hyperacetylation and increased tumor suppressor gene expression (Li *et al.*, 2022). Additionally, probiotics can bolster the host's immune response by promoting the production of anti-inflammatory cytokines, which may contribute to their anti-cancer properties (Wu *et al.*, 2021).

The combination treatment appears to exert a synergistic effect, potentially through the simultaneous modulation of multiple pathways. The downregulation of oncogenic lncRNAs *SNHG16*, *NEAT1*, *MALAT1*, *H19*, and *CCAT2* suggests these treatments may interfere with the regulatory networks controlling gene expression and cellular proliferation. For instance, lncRNAs are famed for interaction with chromatin-modifying complexes and transcription factors, and their altered expression can lead to significant changes in the transcriptional landscape of cancer cells (Emam *et al.*, 2022; Segal and Dostie, 2023).

Furthermore, the apoptotic properties of the *LA supernatant* and *Memantine* were investigated using annexin flow cytometry. The results showed that both the *LA supernatant* and *Memantine* induced apoptosis, increasing early and late apoptosis in the treated cells. While there was no significant difference in the necrosis rates between cells treated with *LA supernatant* or *Memantine*, the apoptotic effects were noticeable. A study demonstrated that supernatants from *Lactobacillus acidophilus* and *casei* strains reduced cancer cell proliferation and increased apoptosis. Additionally, their supernatants could induce necrosis and reduce cell migration and invasion, which aligns with our apoptotic findings (Mirzadeh *et al.*, 2024). Another study examined the protective effects of oral *Lactobacillus casei BL23* in mice with induced CRC. The findings showed significant protection against CRC, reduced histological scores, and modulated immune response, as indicated by increased cytokine *IL-22* and caspase expression. This suggests the potential of *L. casei BL23* in developing probiotic-based strategies against CRC (Jacouton *et al.*, 2017).

In conclusion, we highlight the potential of *Memantine* and *Lactobacillus acidophilus supernatant* as effective agents for inducing apoptosis and reducing the viability of HT-29 colorectal cancer cells. The combined treatment significantly downregulated oncogenic lncRNAs, indicating a synergistic effect. These findings suggest that *Memantine* and *Lactobacillus acidophilus* could be promising candidates for colorectal cancer therapy. Take note of the following suggestions for future studies: 1- Explore the cytotoxic effects of *Lactobacillus acidophilus* and *Memantine* on other cancer cell lines and compare their effects on normal cell viability, 2- explore the impact on the expression of other lncRNAs involved in cancer, 3- assess the effects of different chemical drugs and probiotic supernatants on cancer cell lines, 4- investigate the role of different tumor microbiome in regulating cancer and develop microbiome-targeted therapies, and eventually 5- conduct further in vivo and clinical trial studies.

5. Conflict of Interest Statement

The authors declare no conflict of interests. The research was conducted independently without external funding or influence.

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