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M. Matos, G. Gutiérrez, O. Iglesias, J. Coca, C. Pazos

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**Enhancing encapsulation efficiency of food-grade double emulsions  
containing resveratrol or vitamin B<sub>12</sub> by membrane emulsification**

M. Matos, G. Gutiérrez, O. Iglesias, J. Coca and C. Pazos\*

Department of Chemical and Environmental Engineering, University of Oviedo, Julián Clavería 8,  
33006 Oviedo, Spain.

\*Corresponding author. Tel: +34 985103509; Fax: +34 985103434

E-mail address: cpazos@uniovi.es (C. Pazos)

**ABSTRACT**

Monodisperse food-grade water-in-oil-in-water ( $W_1/O/W_2$ ) double emulsions containing either *trans*-resveratrol (RSV) or vitamin B<sub>12</sub> were prepared with high encapsulation efficiencies. Two techniques were employed: Conventional and membrane emulsification (ME). Encapsulation efficiency (EE) and storage release with time were determined. The emulsions were characterized by droplet size distribution, stability (by Turbiscan analysis) and rheological behaviour. EE was determined by RP-HPLC using UV-vis and fluorescence detectors.

Mechanical agitation leads to polydisperse emulsions, while ME gives emulsions with uniform droplets of  $59.82 \pm 0.21 \mu\text{m}$  controlled mean size and span values in the range of 0.87-0.90.

The EE for both bioactive compounds was considerably higher with ME, resulting in an initial increase of 24.7% for  $W_1/O/W_2$  double emulsions containing RSV and of 8% for emulsions

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