



Review

Mycotoxins and their effects on human and animal health



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ABSTRACT

Mycotoxins are secondary metabolites produced naturally by filamentous fungi, which are considered toxic substances when present in food for humans and feed for animals. They are frequently found in products such as nuts, corn, rice, and several other cereals, which can be contaminated in the field during harvest or during storage. Studies have demonstrated their toxigenic, nephrotoxic, hepatotoxic, carcinogenic, immunosuppressive and mutagenic characteristics, and most mycotoxins represent a considerable risk to human and animal health. This review describes the main mycotoxins that have been isolated and chemically characterized and which are currently the subject of studies due to their proven potential toxicity.

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1. Introduction

Toxins produced by filamentous fungi are called mycotoxins. This term, by general consensus, is used almost exclusively for fungi associated with food products and animal feed, excluding toxins produced by mushrooms. However, recently, agaric acid (hydroxylated tribasic acid, produced by *Fomes officinalis*, a macrofungus) has been included among the mycotoxins under regulation in some countries in Asia and Oceania (FAO, 2011). Mycotoxins are

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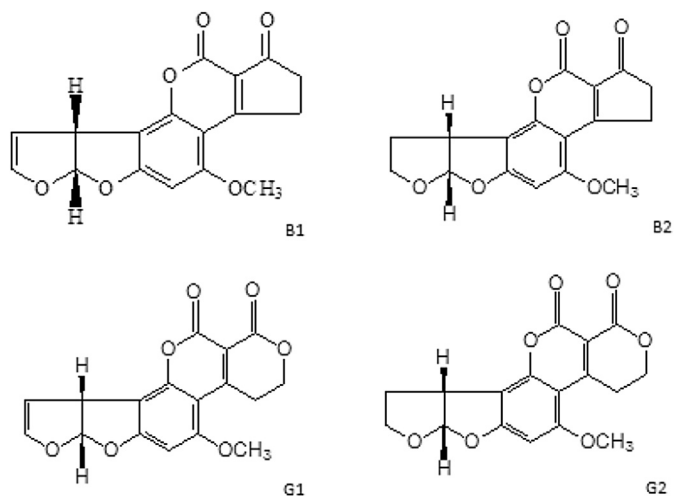


Fig. 1. Chemical structures of aflatoxins B₁, B₂, G₁ and G₂.

secondary metabolites, with no apparent function in the normal metabolism of fungi. They are produced mainly, although not exclusively, when the fungus reaches maturity. They are molecules with structures which vary from simple heterocyclic rings with molecular weights of up to 50 Da, to groups with 6–8 irregularly arranged heterocyclic rings with a total molecular weight of >500 Da, and they do not show immunogenicity. Studies have revealed the existence of at least around 400 different mycotoxins (Betina, 1984, p. 528).

Mycotoxins commonly occur in human and animal food derivatives and can appear in the field before harvest, post-harvest or during processing, storage and feeding, adversely affecting the quality of the food (Sforza, Dall'asta, & Marchelli, 2006). In fact, the occurrence of mycotoxins in foods and derivatives is not only a problem in developing countries. Mycotoxins affect agribusiness in many countries, influencing or even impeding exportation, reducing livestock and crop farming production and, in some countries, affecting human health (Jelinek, Pohland, & Wood, 1989; Leung, Diaz-Llano, & Smith, 2006). Reliable calculations show that approximately 25%–50% of all of the commodities produced globally, especially basic foodstuffs, are contaminated in some way with mycotoxins (Bhat & Miller, 1991; Mannon & Johnson, 1985).

Mycotoxins can enter the human and animal food chains through direct or indirect contamination. The indirect contamination of foodstuffs and animal feed occurs when any ingredient has been previously contaminated by a toxigenic fungus, and even though the fungus has been eliminated during the processing the mycotoxins remain in the final product. Direct contamination, on the other hand, occurs when the product, food or feed becomes infected by a toxigenic fungus, with the subsequent formation of mycotoxins. It is known that the majority of food and feed products can allow the growth and development of toxigenic fungi during their production, processing, transport and storage (Frisvad & Samson, 1991). The ingestion of mycotoxins by humans occurs mainly through eating contaminated plant products, as well as through products derived from foods such as milk, cheese, meat and other animal products (Smith, Solomons, Lewis, & Anderson, 1995).

2. Principal mycotoxins

2.1. Aflatoxins

Since 1960, interest in *Aspergillus flavus* species was concentrated only on the use of some strains in food processing in Europe and the

Far East, as well as the ability of some isolates to act as insect parasites (Beuchat, 1978). In fact, the term mycotoxin was created in 1962, following the famous death of turkeys poults, in England, after ingesting peanut meal originating from Brazil and Africa (Blout, 1961; Forgacs, 1962). After confirmation that a secondary metabolite produced by *A. flavus* was responsible for the bird deaths, a race for the study of these toxins ensued. The term aflatoxin was created based on the name of its main agent producer (*Aflavus*). The main known aflatoxins are called B₁, B₂, G₁ and G₂, based on their fluorescence under ultraviolet light (B=Blue, G = Green) and their mobility during thin layer chromatography (Fig. 1). They are mainly produced by *A. flavus* and *Aspergillus parasiticus*. However, more recently, the species *Aspergillus nomius*, *Aspergillus bombycis*, *Aspergillus pseudotamari* and *Aspergillus ochraceoroseus* have also been shown to be aflatoxigenic (Kurtzman, Horn, & Hesselstine, 1987; Moss, 2002; Peterson, Ito, Horn, & Goto, 2001) but these species have low frequency in nature. In terms of mycology, there are enormous qualitative and quantitative differences in the aflatoxigenic capacity of isolates of *A. flavus*. It is known that only 50% of the strains of these species produce aflatoxins and that some of the aflatoxigenic isolates produce up to 106 µg/kg of aflatoxins (Cotty, Bayman, Egel, & Elias, 1994; Klich & Pitt, 1988).

Some substrates are extremely favorable for the growth of aflatoxigenic fungi and the formation of aflatoxins. The natural contamination of cereals, oleaginous seeds, nuts, spices and other commodities is a common occurrence in many countries. Both the genetic ability for the formation of aflatoxins and the capacity to contaminate foods with these toxins are highly variable among fungi. Some crops become contaminated in the field, before harvest, while others are contaminated post-harvest when stored under conditions of high humidity and temperature (Diener et al., 1987; Klich, 1987). In the case of cashew nuts, for instance, one of the most common routes of infection verified in Brazil is through invasion of the flowers (Freire & Kozakiewicz, 2005). The ability of fungi to invade flowers was brilliantly discussed in a publication by Ngugi and Scherm (2006).

Due to their capacity to bind with the DNA of cells, aflatoxins affect protein synthesis, besides contributing to the occurrence of thymic aplasia (congenital absence of thymus and the parathyroids, with a consequent deficiency in the cell immunity; also known as DiGeorge's syndrome) (Raisuddin, 1993).

Aflatoxins have oncogenic and immunosuppressive properties, inducing infections in people contaminated with these substances. They contribute to significantly to increasing the risk of liver cancer in people chronically infected with hepatitis B (VHB) (Groopman, Kensler, & Wild, 2008) and are considered a risk factor for the development of hepatocellular cancer in Africa and Asia (Scholl & Groopman, 2008).

In Brazil, aflatoxins have been found in peanuts and their derivatives (Caldas, Silva, & Oliveira, 2002; Oliveira, Germano, Bird, & Pinto, 1997; Santos, Lopes, & Kosseki, 2001), in cattle feed and in liquid milk (Pereira et al., 2005; Taveira & Midio, 1999), and in Brazil nuts and cashew nuts (Castrillon & Purchio, 1988; Freire, Kozakiewicz, & Paterson, 1999; 2000). Turkeys, chickens and pigs fed with feed contaminated with aflatoxins have a notably reduced immunity, leading to serious economic problems for the producers (Smith et al., 1995).

2.2. Fumonisin

Initially described and characterized in 1988 (Bezuidenhout et al., 1988; Gelderblom et al., 1988), these substances are produced by several species of the genus *Fusarium*, especially by *Fusarium verticillioides* (previously classified as *Fusarium moniliforme*), *Fusarium proliferatum* and *Fusarium nygamai*, besides

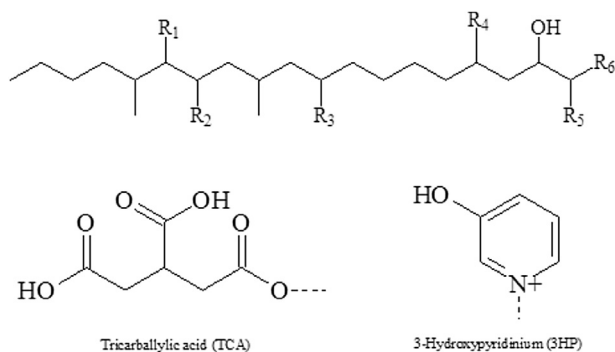


Fig. 2. Chemical structure of fumonisin.

Alternaria alternata f.sp. *lycopersici* (Bennet & Klich, 2003). Other species, such as *Fusarium anthophilum*, *Fusarium dlamini*, *Fusarium napiforme*, *Fusarium subglutinans*, *Fusarium polyphialidicum* and *Fusarium oxysporum* have also been included in the group of producers of these mycotoxins (Pozzi, Arcaro, Júnior, Fagundes, & Corrêa, 2002). Fumonisin constitute a group which include, to date, 16 substances referred to as B₁ (FB₁, FB₂, FB₃ and FB₄), A₁, A₂, A₃, AK₁, C₁, C₃, C₄, P₁, P₂, P₃, PH_{1a} and PH_{1b} (Ah-Seo & Won Lee, 1999; Musser & Plattener, 1997).

The presence of fumonisins in corn grains has been associated with cases of esophageal cancer in inhabitants of the region of Transkei in southern Africa, in China and in northeastern Italy (Peraica, Radic, Lucic, & Pavlovic, 1999). Fumonisin are also responsible for the leukoencephalomalacia in equine species and rabbits (Bucci, Hansen, & Laborde, 1996; Fandohan, Hell, Marasas, & Winfield, 2003; Marasas et al., 1988); pulmonary edema and hydrothorax in pigs (Harrison, Colvin, Greene, Newman, & Cole, 1990); and hepatotoxic, carcinogenic and apoptosis (programmed cell death) effects in the liver of rats (Gelderblom, Jaskiewicz, Marasas, & Thiel, 1991; Gelderblom et al., 1988; Gelderblom et al., 1996; Pozzi et al., 2000). Fumonisin have been isolated from corn sold in a supermarket in Charleston (South Carolina), the city with the highest incidence of the occurrence of esophageal cancer among Afro-Americans in the USA (Sydenham, Shephard, Thiel, Marasas, & Stockenstrom, 1991).

In contrast to the other mycotoxins, which are soluble in organic solvents, fumonisins are hydrosoluble, which hinders their study, and it is probable that many other mycotoxins remain undiscovered due to this hydrosolubility characteristic. The fumonisin B₁, the most extensively studied, is a diester of propane 1,2,3- tricarballic acid and 2-amino-12, 16 dimethyl-3,5,10,14,15 – pentahydroxycosane (Bezuidenhout et al., 1988) (Fig. 2).

The carcinogenic character of fumonisins does not seem to involve interaction with DNA (Coulombe, 1993). On the other hand, its similarity with sphingosine suggests the probable intervention in the biosynthesis of sphingolipids (Shier, 1992). The inhibition of sphingolipid biosynthesis leads to serious problems related to cell activity, since these substances are essential for membrane composition, for cell–cell communication, for intracellular and cell–matrix interactions, and for growth factors (Merrill, Van Echten, Wang, & Sandhoff, 1993). In Brazil, these mycotoxins have been detected in various substrates, particularly in corn for animal feed (Hirooka et al., 1991; Hirooka, Yamaguchi, Aoyama, Sugiura, & Ueno, 1996).

2.3. Trichothecenes

Trichothecenes constitute a group of approximately 150 metabolites produced by fungi of the genera *Fusarium*, *Myrothecium*,

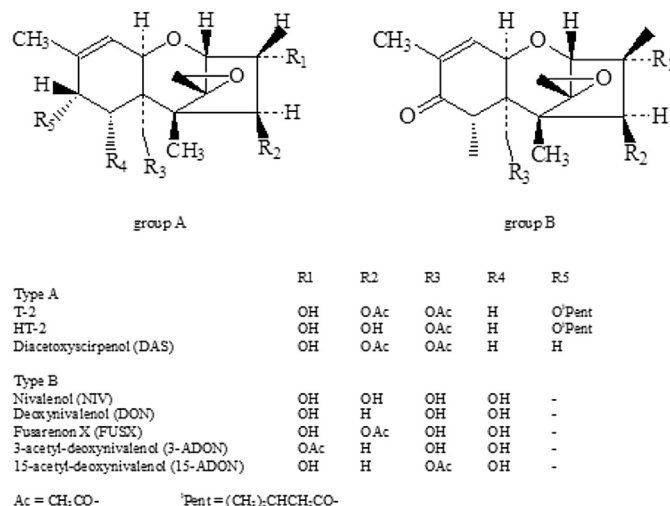


Fig. 3. Chemical structures of type A and B trichothecenes.

Phomopsis, *Stachybotrys*, *Trichoderma*, *Trichotecium*, *Verticimonosporium* and possibly others (Scott, 1989; Ueno, 1983). The term trichothecene is derived from trichothecin, the first member of the family to be identified. All of the trichothecenes are characterized by the possession of a tetracyclic 12,13-epoxy trichothene skeleton (Fig. 3). Despite the high number of molecules identified, few of them occur naturally. The most important trichothecenes are deoxynivalenol (DON), nivalenol (NIV), toxin T2, toxin HT2 and diacetoxyscirpenol (DAS). The trichothecenes are known for their strong capacity to inhibit eukaryotic protein synthesis, interfering in the initiation, the elongation and termination steps of protein synthesis. The trichothecenes were the first compounds proven to be involved in the inhibition of peptidyl transferase activity (Stafford & McLaughlin, 1973; Wei, Campbell, McLaughlin, & Vaughn, 1974).

DON is the mycotoxin most commonly found in grains. When ingested in high doses by animals it causes nausea, vomiting and diarrhea. When ingested by pigs and other animals in small doses it can cause weight loss and the refusal to eat. Due to these symptoms induced by deoxynivalenol it is known as vomitoxin or food refusal factor. Although less toxic than other trichothecenes, DON is more common in the seeds of safflower, barley, rye, and wheat and in feed mixtures (Miller, Apsimon, Blackwell, Greenhalgh, & Taylor, 2001). It has been hypothesized that toxin T2 and DAS are associated with Alimentary Toxic Aleukia disease, which affected thousands of people in Orenburg, a region in the former Soviet Union, during the Second World War. Those affected had eaten grain infected with *Fusarium sporotrichioides* and *Fusarium poae* (Joffe, 1978; Lutsky, Mor, Yagen, & Joffe, 1978). The symptoms of the disease include inflammation of the skin, vomiting and hepatic tissue damage.

Other trichothecenes are widely produced by the fungi *Myrothecium*, *Stachybotrys* and *Trichothecium*. Notable among these are atranone, roridin, satratoxin and verrucaric acid (Hinkley & Jarvis, 2001). DON and toxin T2 have been detected, in Brazil, associated with corn grains, wheat bran and bakery products (Furlong, Valente, Lasca, & Kohara, 1995; Oliveira & Soares, 2001; Prado, Oliveira, Ferreira, Corrêa, & Ramos, 1997).

The fungus *Stachybotrys atra* (previously called *Stachybotrys chartarum*) has been associated with a rare form of mycotoxicosis. The macrocyclic trichothecenes produced by this fungus is located both in the spores (conidia) and in the mycelium fragments. The inhalation of fungal propagules has been responsible for an

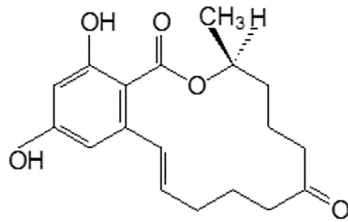


Fig. 4. Chemical structure of zearalenone.

outbreak of hemorrhagic pneumonia in children in the city of Cleveland (USA). The disease is also known as pulmonary hemosiderosis. Stachybotryosis has been verified as an occupational disease of farmers involved in the handling of moldy hay. In this case the typical mycotoxicosis symptoms are nasal and tracheal bleeding. This fungus has also been associated with sick building syndrome. Since it is an efficient producer of cellulase the fungus degrades materials rich in cellulose and has an extraordinary capacity to survive in humid environments such as roofs, different types of roof lining and even air conditioning piping. The dispersion of propagules in the air is thus greatly facilitated. The trichothecenes produced by *S. atra* (atranones, roridin, stachylin, satratoxins, trichoverroids, trichoverrins and verrucarins, among others) are inhibitors of protein synthesis in eukaryotic cells and can cause cephalaea, irritation of the throat and eyes, dizziness and nose bleeds (Lourenço, 2011).

2.4. Zearalenone

This is a secondary metabolite produced mainly by *Fusarium graminearum* although other species, such as *Fusarium culmorum*, *Fusarium equisetii* and *Fusarium crookwellense* also produce this substances and other analogs. These fungal species are widely found as contaminants in many countries (Hagler, Towers, Mirocha, Eppley, & Bryden, 2001). The classification of zearalenone as a toxin is considered inappropriate since, although biologically potent, it is rarely toxic. Its structure, in fact, resembles 7 β -estradiol, the main hormone produced in the human female ovary. Zearalenone would better fit the classification of a non-steroidal estrogen or a mycoestrogen (Bennet & Klich, 2003) (Fig. 4).

The association between the consumption of moldy grains and hyperestrogenism in pigs has been observed since 1920. High concentrations of zearalenone in pig feed may cause disturbances related to conception, abortion and other problems (Kurtz & Mirocha, 1978). Reproductive problems have also been observed in cows and ovine species (El-Nezami, Polychronaki, Salminen, & Mykkanen, 2002). Studies on experimental animals have not yet verified the carcinogenic capacity of zearalenone.

In Brazil this toxin has been found on cereals and oak flakes (Oliveira, Prado, Abrantes, Santos, & Veloso, 2002).

2.5. Citrinin

Citrinin was first isolated from secondary metabolites of *Penicillium citrinum*, well before the Second World War (Hetherington & Raistrick, 1931). Subsequently, other species of *Penicillium* (*Penicillium expansum* and *Penicillium viridicatum*) and even of *Aspergillus* (*Aspergillus niveus* and *Aspergillus terreus*) also showed the capacity to produce these substances. Certain isolates of *Penicillium camemberti*, used in cheese production, and *Aspergillus oryzae*, employed in the production of Asiatic foods, such as sake, miso and soy sauce, can also produce citrinin. More recently, citrinin was isolated from the metabolites of the fungi *Monoascus ruber* and

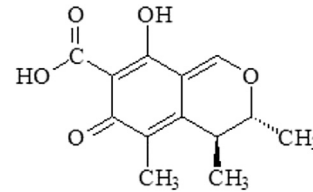


Fig. 5. Chemical structure of citrinin.

Monoascus purpureus, species which are used industrially in the production of red pigments (Blane, Loret, & Goma, 1995; Manabe, 2001).

Citrinin was associated with 'yellow rice' syndrome in Japan in 1971, due to the constant presence of *P. citrinum* in this food product (Saito, Enomoto, & Tatsuno, 1971). It has also been considered responsible for nephropathy in pigs and other animals, although its acute toxicity varies depending on the animal species (Carlton & Tuite, 1977). Oat (moldy), rye, barley, corn and wheat grains are excellent substrates for the formation of citrinin (Abramson, Usleber, & Märtlbauer, 2000). This mycotoxin, which is present in the structure of polyketide, has also been found in products naturally colored with pigments of *Monoascus*, as well as sausages naturally fermented in Italy (Anderson, 1995; Chu, 1991) (Fig. 5).

Citrinin is considered to be nephrotoxic, and is generally found in association with another mycotoxin which is also nephrotoxic, ochratoxin (Flajs & Peraica, 2009). In Brazil, citrinin has been associated with pig nephropathy after ingestion of moldy barley grains (Rosa, Cruz, Chagas, & Veiga, 1985).

2.6. Patulin

This metabolite was first isolated as a substance with antimicrobial properties, in around 1940, from the fungus *Penicillium patulum*, later called *Penicillium urticae* and currently known as *Penicillium griseofulvum*. Patulin was later isolated from other fungal species and received different names, such as clavacin, claviformin, expansin, micoine C and penicidin (Ciegler, Detroy, & Lillejoj, 1971). It was used as a nose and throat spray in the treatment of the common cold and as an ointment for the treatment of skin infections (Ciegler, 1977; Ciegler et al., 1971). However, during the 1960s it became clear that although it did have antibacterial, antiviral and antiprotozoan activity it was also toxic to animals and plants. After these revelations it was reclassified as a true mycotoxin (Bennet & Klich, 2003). Chemically, patulin is known as 4-hydroxy-4H-furo[3, 2-c]pyran-2(6H)-one (Fig. 6).

The disease known as "blue mold", which is common in apple, pear, cherry and other fruits, is caused by the fungus *Penicillium expansum*, currently considered the most efficient producer of patulin in nature. The species *Aspergillus clavatus*, *Aspergillus giganteus* and *Aspergillus terreus* are also producers of patulin (Pier & Richard, 1992). Patulin is commonly found in non-fermented apple juice, but it is not resistant to fermentation in products derived from cider, where it is efficiently metabolized by yeasts (Moss & Long, 2002). Studies on the toxicity toward human health, conducted in the laboratory, are not conclusive. Nevertheless, the

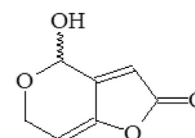


Fig. 6. Chemical structure of patulin.

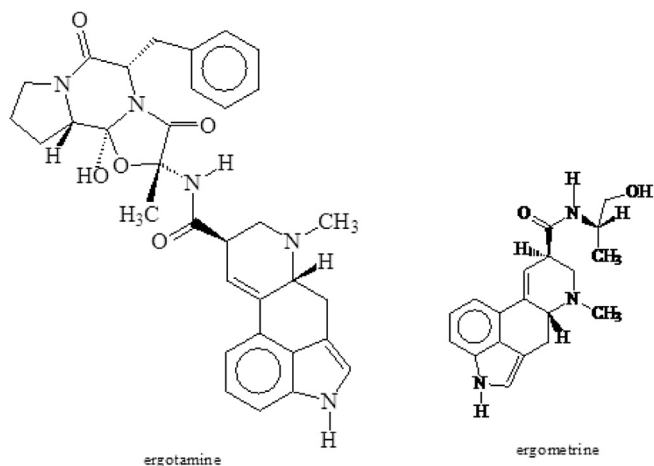


Fig. 7. Chemical structures of ergotamine and ergometrine.

World Health Organization has established a provisional daily dose of 0.4 mg/kg of body weight as the maximum limit of absorption for this mycotoxin (Trucksess & Tang, 2001).

2.7. Ergot alkaloids

These substances are among the most interesting secondary metabolites of fungi, and their production occurs in the sclerotia of several species of the genus *Claviceps*. The effects of these alkaloids on humans have been known since the Middle Ages, a period in which some symptoms were called “Holy Fire” or “St Anthony’s Fire”. In the year 994, in the south of France, thousands of people died after eating cereal grains infected by *Claviceps purpurea* (Kruppa, 2004). Also known as ergotism, this intoxication occurs after the ingestion of bread or other products prepared with rye bread grains infected by fungus. Ergotism has two classic forms: gangrenous and convulsive. The gangrenous form affects the supply of blood to the extremities of the body, while the convulsive form acts directly on the central nervous system (Bennet & Bentley, 1999). In the small French town of Pont Saint Esprit, in 1951, there was an outbreak of ergotism, in which around 30 people were contaminated and the deaths of at least 5 of them were verified (Fuller, 1968, p. 301). The most recent outbreak of gangrenous ergotism occurred in Ethiopia between 1977 and 1978, when 140 people were affected, and the mortality rate reached 34%. In India, in 1975, an outbreak of convulsive ergotism was verified which affected 78 people but no deaths were confirmed. Cases of ergotism are currently rare since the majority of sclerotia are eliminated during the processing in mills and only very low levels of ergot alkaloids can still be detected. In addition, these alkaloids are relatively thermolabile and are almost always destroyed in the bread making process (Peraica et al., 1999).

The sclerotia of these fungi possess an array of alkaloids of which the most important are derivatives of lysergic acid. Other alkaloids which occur are ergometrine, ergotamine and ergotamine (a mixture of ergocornine, ergocristine and ergocriptine, all cyclic tripeptides derived from lysergic acid) (Fig. 7). The species which produce these alkaloids, besides *C. purpurea* (rye and other cereals), including *Claviceps paspali* (forage grass), *Claviceps fusiformis* (in *Pennisetum typhoides*), *Claviceps gigantea* and *Sphacelia sorghi* (anamorphic form of *Claviceps*) (Hawksworth, Kirk, Sutton, & Pegler, 1995, p. 8, 616).

With the modern techniques of grain cleaning the problem of ergotism has been practically eliminated from the human food chain. However, it remains a threat from the veterinary

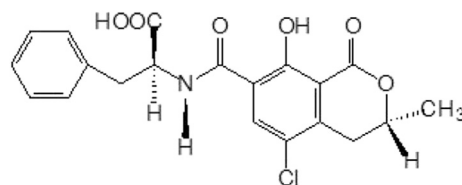


Fig. 8. Chemical structure of ochratoxin A.

perspective. The animals which are susceptible to intoxication include cattle, ovine species, pigs and birds. The clinical symptoms of ergotism in these animals manifest in the form of gangrene, abortion, convulsions, suppression of lactation, hypersensitivity and ataxia (loss of coordination of voluntary muscular movements) (Lorenz, 1979).

2.8. Ochratoxin A

Ochratoxin A was discovered in 1965 as a metabolite of *Aspergillus ochraceus* during studies aimed at identifying new mycotoxin molecules (Van Der Merwe, Steyne, Fourie, Scott, & Theron, 1965). It has a chemical structure similar to that of aflatoxins, being represented by an isocoumarin substitute bound to an L-phenylalanine group (Fig. 8). Not all of the isolates of *A. ochraceus* are capable of producing ochratoxin A. Besides this species, *Aspergillus alliaceus*, *Aspergillus auricomus*, *Aspergillus carbonarius*, *Aspergillus glaucus*, *Aspergillus meleus* and *Aspergillus niger*, as well as *Penicillium nordicum* and *Penicillium verrucosum*, are producers of ochratoxin A (Abarca, Bragulat, Castellà, & Cabañes, 1994; Bayman, Baker, Doster, Michailides, & Mahoney, 2002; Chu, 1974; Ciegler, Cennell, Mintzlauff, & Leisthner, 1972; Larsen, Svendsen, & Smedsgaard, 2001; Pitt, 1987). Since *A. niger* is a species widely used in industry for the production of enzymes and citric acid for human consumption it is important to certify that industrial isolates are not producers of ochratoxin A (Heenan, Shaw, & Pitt, 1998; Teren, Varga, Hamari, Rinyu, & Kevei, 1996).

Ochratoxin A has been found in oats, barley, wheat, coffee grains and other products for human and animal consumption. There is also concern that this mycotoxin may be present in wines if the vine fruits are infected by *A. carbonarius* (Marquardt & Frohlich, 1992; Pitt, 2000; Van Egmond & Speijers, 1994).

Ochratoxin A is associated with nephropathy in all animals studied to date. In humans it is commonly found in serum (Reddy & Bhoola, 2010), since this substance has a long half-life in relation to its elimination (Creppy, 1999). Besides being recognized as nephrotoxic, ochratoxin A also shows hepatotoxic, immunosuppressive, teratogenic and carcinogenic behavior (Beardall & Miller, 1994; Kuiper-Goodman & Scott, 1989; Pléstina, 1996; Schlatter, Studer-Rohr, & Rásonyi, 1996). It has been found in the blood and other tissues of animals and in milk, including human milk (Marquardt & Frohlich, 1992), as well as in pork meat intended for human consumption (Fink-Gremmels, 1999). Ochratoxin A has been found to be responsible for pig nephropathy, which has been widely studied in Scandinavian countries. The disease is endemic in pigs in Denmark, where it is also associated with bird deaths (Burns & Dwivedi, 1986; Hamilton, Huff, Harris, & Wyatt, 1982; Krogh, 1987). Studies have revealed that although small quantities of ochratoxin A can survive the processing and metabolism of pigs and birds, it is improbable that this could be detected in milk or bovine meat (Scudamore, 1996).

The International Cancer Research Agency has classified ochratoxin A as a possible human carcinogen (category 2B) (Beardall & Miller, 1994). Approximately 50% of the samples of rice, beans, corn and wheat analyzed in Brazil contained levels of ochratoxin A

(Caldas et al., 2002), and its presence has also been confirmed in roasted, ground and instance coffee (Prado et al., 2000).

3. Final considerations

The contamination of food and feed by mycotoxins represents a serious health problem for humans and animals as well as a considerable economic obstacle in African, Asian and Latin American countries, where the trade balance is based on the exportation of commodities. The recognition of problems caused by mycotoxins in foods destined for human and animal consumption is undoubtedly the first step toward the implementation of programs which enable the adoption of appropriate measures for the prevention and reduction of this problem.

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