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Milk fortified with calcium: changes in the physicochemical and rheological characteristics that affect the stability

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1 **Milk fortified with calcium: changes in the physicochemical and rheological**
2 **characteristics that affect the stability**

3
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19 **Abstract**

20 The objective of this work was to analyze the changes in the physicochemical and
21 rheological characteristics of milk fortified with different calcium salts. Reconstituted
22 milk samples using skim milk powder with different concentrations of calcium chloride
23 and calcium lactate (0, 5 and 30 mmol kg⁻¹) were obtained. Several physicochemical
24 and rheometric techniques were used to analyze the effect of milk fortification.
25 According to the results, all the applied techniques indicated that some of the added
26 calcium migrates into the casein micelle forming colloidal calcium phosphate, and that
27 the calcium added as lactate enters the micelles to a greater extent. A part of whey
28 proteins would also be integrated into the micellar structure. An addition of 5 mmol kg⁻¹
29 of calcium chloride and calcium lactate would be practically feasible, due to the mineral
30 balance and the thermal stability that were not significantly affected at that
31 concentration level. In conclusion, the results obtained with physicochemical techniques
32 commonly used in literature are in agreement with those obtained in this study by
33 rheometry, demonstrating that this simple and rapid technique allows inferring about the
34 changes in mineral balance and effects on thermal stability when different salts are used
35 for milk fortification.

36

37 **Keywords:** milk, calcium fortification, rheology, physicochemical changes, heat
38 stability.

39

40 **1. Introduction**

41 Currently, mineral-supplemented foods are both on the market and in development to
42 prevent mineral deficiencies. Milk is a good option for mineral fortification, mainly due
43 to its massive consumption, high nutritional value, buffering effect on digestion and
44 absorption processes, and positive effects on growth (Lombardi et al., 2016).

45

46 Fortification of milk with calcium is a common practice to improve its nutritional
47 properties. Several soluble and less-soluble calcium salts are used for calcium
48 fortification of milk, e.g. calcium carbonate, calcium chloride, calcium phosphate,
49 tribasic calcium phosphate, calcium citrate, calcium lactate, calcium gluconate, calcium
50 lactate gluconate, and natural milk calcium (Deeth & Lewis, 2014; Ramasubramanian,
51 D'Arcy, & Deeth, 2012; Singh et al., 2007). Calcium addition in milk can lead to
52 changes in the physicochemical properties and cause irreversible coagulation during
53 industrial high-temperature heat treatment and unacceptable off-flavors
54 (Ramasubramanian et al., 2012; Singh et al., 2007). Therefore, the selection of the
55 appropriate salt or a combination of them is generally based on avoiding undesirable
56 effects and improving bioavailability.

57

58 Numerous studies have been carried out mostly to analyze the changes in
59 physicochemical characteristics and distribution of ions between the different phases
60 present in milk (Bijl, van Valenberg, Huppertz, & van Hooijdonk, 2013; Gaucher, Piot,
61 Beaucher, & Gaucheron, 2007; Omoarukhe, On-Nom, Grandison, & Lewis, 2010;
62 Philippe, Gaucheron, Le Graet, Michel, & Garem, 2003). In milk, calcium is in
63 equilibrium between the micellar (or colloidal) and continuous (or serum) phases. In
64 serum, it is mainly present in free form or associated with citrate and, to a lesser extent,

65 with inorganic phosphate, chloride, and α -lactoalbumin (Gaucheron, 2005;
66 Ramasubramanian, Webb, D'Arcy, & Deeth, 2013). In the colloidal phase, calcium is
67 present as colloidal calcium phosphate (CCP) bound to casein micelles (CM). Most of
68 the calcium (70%) is found in this phase (Bijl et al., 2013; Koutina, Knudsen, &
69 Skibsted, 2015a; Omoarukhe et al., 2010). CCP is in dynamic equilibrium with calcium
70 phosphate present in the serum. This balance depends on physicochemical conditions
71 such as temperature, pH, presence of different minerals, and ionic strength (de la
72 Fuente, 1998; Nogueira Silva, Bahri, Guyomarc'h, Beaucher, & Gaucheron, 2015).

73

74 The enrichment of milk with calcium salts influences the level of CCP, the proportion
75 of caseins in the colloidal and serum phases, the activity of Ca^{2+} , and the ionic strength
76 of milk. It also produces a decrease in the hydration of CM and the zeta potential
77 (Famelart, Le Graet, & Raulot, 1999; Koutina et al., 2015a; Philippe, Le Graët, &
78 Gaucheron, 2005). The addition of this mineral neutralizes negatively charged residues
79 on the surface of CM, making them more susceptible to aggregation. Consequently, the
80 stabilizing properties of the κ -casein layer surrounding CM are affected by calcium
81 concentration (Ye & Harte, 2013). Moreover, milk stability during heat processing can
82 be affected by calcium addition (Koutina, Christensen, Bakman, Andersen, & Skibsted,
83 2015b). Among the wide variety of techniques to evaluate the effect of calcium addition
84 on milk stability, rheological studies are relatively easy methods that can provide useful
85 complementary information (Meza, Zorrilla, & Olivares, 2019).

86

87 In the present work, we analyze the changes in the physicochemical characteristics of
88 milk fortified with calcium chloride and calcium lactate. Furthermore, we explore the
89 efficiency of rheometry to analyze the effect of milk fortification with calcium salts.

90

91

92 **2. Materials and methods**

93 **2.1. Preparation of milk samples**

94 Low-heat commercial-grade skim milk powder (4% w/w moisture, 1.5% w/w fat, 35%
95 w/w protein, 8.5% w/w ash, WPNI = 7 mg undenatured whey protein nitrogen per gram
96 of milk powder, SanCor Cooperativas Unidas Ltda., Sunchales, Argentina) was used.
97 Milk samples were reconstituted to 10% w/w, following the manufacturer's
98 recommendation. The required amount of powder was gradually added to purified water
99 at 25 °C while stirring at 1200 rpm. Samples were sealed and stirred for 4 h at 25 °C. To
100 prevent microbial growth, sodium azide (0.02% w/v) was added to the reconstituted
101 milk samples before being stored overnight at 25 °C to ensure complete hydration of
102 casein micelles and equilibration of mineral content. The next day, milk samples with
103 different added calcium chloride and calcium lactate concentrations (0, 5 and 30 mmol
104 kg⁻¹) were prepared under stirring at moderate speed for 5 min. Again, the samples were
105 stored overnight at 25 °C to ensure the equilibration of mineral content. pH was
106 determined in all samples, with a pHmeter pH spear (Oakton Instruments, Vernon Hills,
107 IL, USA). Each sample preparation was carried out in duplicate.

108

109 **2.2. Milk ultracentrifugation**

110 The separation of micellar and serum phases was obtained by ultracentrifugation
111 (Biofuge 28RS centrifuge, Heraeus Sepatech, Osterode, Germany) of reconstituted milk
112 samples at 50,000g for 2 h at 25 °C (Koutina et al., 2015a). Proteins and minerals of the
113 supernatant were expressed as components of the serum phase.

114

115 **2.3. Protein analysis**

116 Total and serum protein contents of milk samples were determined using the Bradford
117 method (Kruger, 2002). The protein composition (caseins, α -lactalbumin and β -
118 lactoglobulin) of the serum phase was analyzed by SDS-PAGE (Walker, 2002); the
119 resolving and stacking gels contained 12% w/v and 4% w/v acrylamide, respectively.
120 The current for the electrophoretic runs was set at 70 mA. Gels were stained using
121 0.125% w/v Coomassie Brilliant Blue R250 in a 1:1 mixture of 95% w/v ethanol and
122 10% w/v acetic acid and destained in a 2:3 mixture of 95% w/v ethanol and 5% w/v
123 acetic acid.

124

125 **2.4. Mineral analysis**

126 Total and serum calcium contents of milk samples were determined using an atomic
127 absorption spectrometric method (USEPA, 1991). Micellar calcium was determined as
128 the difference between the total calcium and serum calcium.

129

130 Total and serum phosphorus contents of reconstituted milk samples were determined
131 using the standard molecular absorption spectrometry method (IDF, 2006). The samples
132 were digested by a wet digestion method using sulfuric acid and hydrogen peroxide.
133 Molybdenum blue was formed by the addition of a molybdate/ascorbic acid solution.
134 The absorbance was measured at 820 nm.

135

136 **2.5. Osmolality**

137 Osmolality of milk samples was measured using a vapor pressure osmometer VAPRO[®]
138 model-5520 (Wescor Inc, Puteaux, France). Following the instructions of the
139 manufacturer, 10 μ L of the sample was inoculated into a solute-free paper disc in the

140 sample holder, whereupon the sample holder was pushed into the instrument and the
141 sample chamber was locked to carry out an automatic measurement. Previously, the
142 osmometer was calibrated with NaCl standards of 100, 290 and 1000 mmol kg⁻¹.

143

144 **2.6. Rheometry**

145 Milk samples were evaluated using a speed-controlled rheometer Brookfield
146 DV3TLVCP (Brookfield Engineering Laboratories Inc., Middleboro, MA, USA) with a
147 cone-plate geometry consisting of a lower hermetic sample cup (plate) and an upper
148 cone CPA-40Z (0.8° angle and 48 mm diameter). The sample volume (0.5 mL) was
149 placed into the hermetic sample cup that was designed to prevent water vaporization
150 during measurements. The viscosity of the milk samples was measured as a function of
151 temperature in the range of 20-80 °C at a constant value of shear rate of 100 s⁻¹. The cell
152 temperature increased linearly with a rate of heating of 2.4 °C min⁻¹. Under these
153 conditions, the viscosity of milk samples changes as temperature increases to reach a
154 critical temperature (T_c) when viscosity suddenly diverges (Meza et al., 2019). To
155 obtain representative critical temperatures, the experimental data of viscosity versus
156 temperature were analyzed following the procedure reported by Meza et al. (2019).
157 Briefly, a linear regression of each linear segment (before and after the beginning of the
158 aggregation process) was obtained. Then, the intersection between the two linear
159 segments was used to determine T_c , which can be considered as an estimation of a
160 critical aggregation temperature.

161

162 **2.7. Statistical analysis**

163 For statistical analysis, type of salt and salt concentration were selected as main factors
164 for ANOVA with test for interaction, performed using Minitab (Minitab Inc., State

165 College, PA, USA). When differences between treatment effects were significant
166 ($P < 0.05$), a multiple comparison of means was performed by Least Significant
167 Differences (LSD) test using Statgraphics (Statgraphics Inc., Rockville, MD, USA).

168

169

170 **3. Results and discussion**

171 **3.1. pH**

172 Table 1 shows the average pH values for all samples studied. Values for samples
173 without calcium salt addition were in agreement with those reported for milk (Anema,
174 2009; Gaucheron, 2005; On-Nom, Grandison, & Lewis, 2012; Philippe et al., 2003;
175 Walstra, Wouters, & Geurts, 2006; Williams, D'Ath, & Augustin, 2005).

176

177 The addition of calcium salts reduced the pH values in milk. A significant interaction
178 ($P < 0.05$) between type of salt and calcium concentration was found (Table 1). At the
179 same concentration level, the pH values of samples without salt addition and those with
180 5 mmol kg^{-1} of added salt showed no significant differences, while the pH values of
181 calcium lactate-added samples were significantly higher than those of calcium chloride-
182 added samples at 30 mmol kg^{-1} .

183

184 The decrease in the pH of milk after the addition of calcium salts has been previously
185 reported (Gaucheron, 2005; Lewis, 2010; Philippe et al., 2003; Ramasubramanian et al.,
186 2013). It is related to (i) the formation of calcium phosphate and calcium citrate, (ii)
187 changes between the added calcium and protons present in the micellar phase, and (iii)
188 the acidity of the added calcium salt solution (Philippe et al., 2003).

189

190 3.2. Protein analysis of milk and serum phase samples

191 The total protein content of the reconstituted skim milk was 32.9 g L^{-1} , which is in
192 agreement with values reported in the literature (Bijl et al., 2013; Koutina et al., 2015a;
193 Walstra et al., 2006).

194

195 Table 1 shows the average protein concentrations in the serum phase. The values in
196 milk samples without salt addition are lower than those expected in fresh milk due to
197 the thermal treatment that takes place during the production of the skim milk powder,
198 which causes the whey protein to denature and attach to CM surface (Dalgleish &
199 Corredig, 2012; Koutina et al., 2015a; Singh & Fox 1987).

200

201 Serum protein concentrations of all calcium-added samples were significantly lower
202 than that of unfortified milk sample. These results are in agreement with those reported
203 by other authors. Philippe et al. (2003) studied the physicochemical characterization of
204 skim milk supplemented with calcium chloride and suggested that the concentration of
205 caseins in serum phase decreases after the addition of the calcium salt and that caseins
206 from the serum phase either become part of existing micelles or form new casein
207 micelle structures. Also, Williams et al. (2005) concluded the same through experiments
208 in which calcium chloride in combination with tri-potassium orthophosphate was added
209 to skim milk. More recently, Koutina et al. (2015a) carried out studies of
210 characterization of skim milk enriched with calcium D-lactobionate. They observed a
211 decrease of phosphorous and caseins in serum phase and suggested that the additional
212 calcium could be bound to serum phosphorus and serum caseins or remain as free ions,
213 which can enter the micellar structure giving a different conformation of casein
214 micelles.

215

216 A significant interaction ($P < 0.05$) between type of salt and calcium concentration was
217 observed (Table 1). At 5 mmol kg^{-1} of added calcium, the serum protein concentration
218 of the calcium lactate-added samples was lower than the value for calcium chloride-
219 added samples, suggesting that the protein migration to the interior of CM is higher
220 when calcium lactate is used.

221

222 The protein nature of the serum was also analyzed by SDS-PAGE. Figure 1 shows the
223 gel images. It is observed that α_{s1} -, β - and κ -caseins and β -lactoglobulin decrease their
224 band intensity as the calcium concentration increases for the two salts used. In addition,
225 these results correspond to those obtained by quantification using the Bradford method.
226 In the case of β -lactoglobulin, the decrease is not present. These results are in agreement
227 with those reported by Koutina et al. (2015a) and Williams et al. (2005). Koutina et al.
228 (2015a) used calcium D-lactobionate at different pH conditions and quantified the
229 protein fractions by SDS-PAGE, while Williams et al. (2005) used 20 mM of added
230 calcium chloride and quantified the protein fractions by capillary zone electrophoresis.

231

232 **3.3. Mineral composition of milk and serum phase samples**

233 *3.3.1. Calcium content*

234 Table 1 shows the average values of calcium content in milk and the serum phase. The
235 calcium content in milk samples without salt addition agrees with that reported in the
236 literature (Walstra et al., 2006). Also, calcium content increased as the amount of added
237 salt increased. At 30 mmol kg^{-1} , calcium concentration (1.95 mg/g) was significantly
238 higher than at 5 mmol kg^{-1} (1.13 mg/g); this was independent from the type of salt used.

239

240 The calcium content in the serum phase increases as the concentration of added calcium
241 increases for both salts studied. A significant interaction ($P < 0.05$) between type of salt
242 and calcium concentration was found (Table 1). At 5 mmol kg^{-1} of added salt, no
243 significant differences were observed depending on the type of salt. However, at 30
244 mmol kg^{-1} of added salt, calcium chloride-added samples showed higher calcium values
245 in the serum phase than those of calcium lactate-added samples. These results are in
246 agreement with those reported by Williams et al. (2005) and Zuraw, Smietana,
247 Szpendowski, & Chojnowski, (1986). Also, Koutina et al. (2015a) obtained similar
248 results when studying the milk fortification with calcium D-lactobionate at
249 concentrations ranging from 0 to 50 mM.

250

251 In our case, it can be inferred that some of the added calcium is incorporated into the
252 micellar structure as it was postulated in previous studies (Philippe et al., 2003;
253 Sievanen, Huppertz, Kelly, & Fox, 2008; Williams et al., 2005, Zuraw et al., 1986).
254 Also, it can be concluded that the calcium from calcium lactate is incorporated to a
255 greater extent into the micellar structure, which is in agreement with the results reported
256 by Singh et al., (2007). These results are in agreement with the behavior observed for
257 pH values, at 30 mmol kg^{-1} calcium lactate-added samples showed higher values than
258 calcium chloride-added samples, probably due to the lower amount of calcium outside
259 of CM available to affect the equilibrium of ionic species in milk, particularly H^+ ions.

260

261 3.3.2. Phosphorus content

262 The total phosphorus content was $31.65 \pm 0.54 \text{ mmol kg}^{-1}$, which is in agreement with
263 the phosphorus concentration reported by Koutina et al. (2015a).

264

265 Phosphorus content in the serum phase is also shown in Table 1. ANOVA indicated that
266 only the added salt concentration had a significant effect on the phosphorus in serum
267 content. Concomitantly with serum calcium values, it was observed that the phosphorus
268 content decreased with the concentration of the added calcium salt. At 30 mmol kg⁻¹,
269 phosphorus concentration (10.21 mmol/kg) was significantly lower than at 5 mmol kg⁻¹
270 (12.00 mmol/kg); this was independent from the type of salt used. These results agree
271 with those previously reported (Gaucheron, 2005; Koutina et al., 2015a; Philippe et al.
272 2003; Udabage, McKinnon, & Augustin, 2000).

273

274 **3.4. Osmolality**

275 Osmolality is defined as the concentration, expressed on a molar base, of the
276 osmotically active particles in a true solution. The dissolved substances in milk result in
277 osmotic pressure of approximately 700 kPa (7 bar) and a freezing point decrease close
278 to 0.53 K (Walstra et al., 2006). Using the van't Hoff equation for dilute solutions,
279 which relates osmotic pressure to the concentration of the solute, this osmotic pressure
280 value corresponds to a theoretical concentration of dissolved solutes in milk of 282
281 mmol kg⁻¹. The osmolality of milk only depends on the concentration of each solute in
282 the aqueous phase. The suspended fat particles and CM do not contribute to this
283 colligative property (Bachmann, Schmidt, Rauwolf, Wenge, & Coenen, 2012; Novo,
284 Reija, & Al-Soufi, 2007). Therefore, through osmolality measurements, it is possible to
285 analyze the variation of the concentration of osmotically active species dissolved in the
286 serum phase.

287

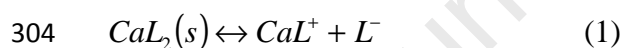
288 Table 1 shows the average values of osmolality obtained for milk fortified with the
289 different salts. The values obtained for milk without the addition of calcium salt agree

290 with those reported for this food (Novo et al., 2007) and the value predicted using the
291 van't Hoff equation. For the two salts studied, it was observed that osmolality increased
292 as the concentration of added calcium salt increased. A significant interaction ($P < 0.05$)
293 between type of salt and calcium concentration was found (Table 1).

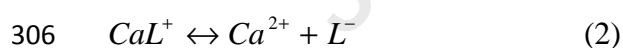
294

295 It was observed that at 5 and 30 mmol kg⁻¹ of added salt, the osmolality values of
296 calcium lactate-added samples were higher than those for calcium chloride-added
297 samples. Although beforehand these results seem opposed to those obtained for calcium
298 content in serum (if calcium ions enter the micelles in greater extent when calcium
299 lactate is added, osmolality should decrease further in these samples), it should be taken
300 into account that calcium lactate (CaL_2) in solution undergoes into a two-step
301 equilibrium process (Kubantseva & Hartel, 2002; Vavrusova, Munk, & Skibsted, 2013;
302 Vavrusova & Skibsted, 2014):

303



305



307

308 The second step does not go completely to the end point and an equilibrium state is
309 established (Kubantseva & Hartel, 2002). Side reactions of lactate ion may occur (lactic
310 acid, a weak acid may form by association with hydrogen ions) and the presence of
311 common and uncommon ions may modify the equilibrium state (2). In addition, the
312 anions distribution between micellar and serum phases should also be taken into

313 account. Hence, it is difficult to estimate the number of osmotically active species in
314 these samples.

315

316 **3.5. Rheometry**

317 Figure 2 shows the results obtained through temperature sweeps. From 20 to 60 °C, the
318 viscosity slowly decreases as temperature increases. Several changes in milk equilibria
319 with temperature can explain the changes in viscosity at this temperature range.
320 Between 4 and 40 °C, the amount of calcium in the milk serum phase is reduced with
321 increasing temperature due to the reduction in calcium phosphate solubility (Koutina et
322 al., 2015b; Walstra et al., 2006; Wang & Ma, 2020). In our case, the viscosity value
323 increased as calcium salts were added, when a constant temperature is considered
324 (Figure 2, magnified insert). It appears that the sample with the addition of 5 mmol kg⁻¹
325 of calcium lactate increased less its viscosity. This behavior indicates that the addition
326 of calcium may modify the viscosity of the aqueous phase (serum) or the disperse phase
327 (CM) structure, even at relatively low temperatures, generating physicochemical
328 changes in milk samples.

329

330 An Arrhenius-type equation can be used to represent the decrease of viscosity with
331 temperature in the range of 20-60 °C as proposed by Meza et al. (2019) (Eq. 1),

332

$$333 \quad \eta = A_0 \exp\left(\frac{E_A}{RT}\right). \quad (1)$$

334

335 Here A_0 is the pre-exponential factor, E_A is the activation energy, R is the universal
336 gas constant, and T is the absolute temperature. The quantity E_A is the barrier of energy

337 that must be overcome before the elementary flow process can occur (or viscous flow).
338 E_A values for the different conditions studied are listed in Table 2. Values of E_A are in
339 the same order of magnitude than those obtained for reconstituted skim milk in a
340 previous study in the range of 25 to 60 °C (Meza et al., 2019). ANOVA indicated that
341 the factor salt concentration had a significant effect, while the type of salt added and
342 interaction did not have a significant effect. It was observed that E_A increased with the
343 addition of salt but no differences were detected between samples with 5 and 30 mmol
344 kg^{-1} of added calcium, indicating that calcium addition affects the change of milk
345 viscosity during heating.

346

347 Above 60 °C, the viscosity sharply increases at a salt concentration of 30 mmol kg^{-1} but
348 at different temperatures depending on the type of salt (Figure 2). The samples with 5
349 mmol kg^{-1} of both calcium salt studied did not show a divergence of the viscosity in the
350 temperature range evaluated.

351

352 In the case of samples with calcium lactate, a destabilization in viscosity can be
353 observed between 65 °C and 70 °C until finally the divergence occurs. This feature was
354 exhibited in all the replicates. As it was discussed above, it is well known that calcium
355 lactate in solution undergoes into a two-step equilibrium process (Kubantseva & Hartel,
356 2002; Vavrusova et al., 2013). The presence of other ions in milk and the changes
357 induced by the temperature probably alter both equilibria, as suggested by Vavrusova et
358 al., (2013). As temperature increases, the concentrations of calcium in serum, inorganic
359 phosphate and citrate decrease, suggesting the formation of calcium phosphate
360 structures (Singh, 2004; Wang & Ma, 2020). These changes possibly affect lactate

361 equilibrium and the dissociation during heating, causing this instability in viscosity
362 previous to divergence at 71.2 °C (Table 2).

363

364 The viscosity of samples with calcium chloride diverged at a significantly lower
365 temperature of 64.6 °C (Table 2). Other changes besides alteration in mineral balance
366 are expected with milk heating above 60 °C. Denaturation of whey proteins takes place
367 at temperatures higher than 65 °C. Besides, at $\text{pH} \leq 6.5$, denatured serum proteins form
368 aggregates and also partially cover CM via-S-S- linkages (Koutina et al., 2015b; Singh,
369 2004; Walstra et al., 2006).

370

371 The pH of milk decreases during heating, the lower the initial pH, the lower the
372 temperature at which coagulation occurs (Walstra et al., 2006). Lowering pH weakens
373 electrostatic and steric repulsions of CM. Also, the addition of salts increases the ionic
374 strength, effect that contributes to the weakening of interactions. The excess of calcium
375 ions enhances the possibilities of -Ca- bridge formation between negatively charged
376 groups of the overlapped hairy layers of two casein micelles. Additionally, at high
377 temperatures covalent bonds between amino acid residues can be formed, strengthening
378 the junction (Considine, Flanagan, & Loveday, 2014; Walstra et al., 2006).

379

380 As it was discussed before, the decrease in pH was more pronounced in the calcium
381 chloride-added samples than the case of calcium lactate-added samples at similar
382 concentrations. Furthermore, calcium and phosphorus contents revealed that the calcium
383 added in the form of lactate enters the micelles to a greater extent. Thus, the amount of
384 calcium and phosphate ions outside the CM is higher in calcium chloride-added
385 samples. The combined effect of calcium addition (and the consequent increase in ionic

386 strength) and pH reduction affect the coagulation phenomenon and the temperature at
387 which it starts. It is relevant to note that this study shows how a macroscopic parameter
388 that can be easily determined as viscosity allows detecting the microstructural
389 differences of milk fortified with different salts and may help to analyze the colloidal
390 stability.

391

392

393 **4. Conclusions**

394 In this work, milk fortified with calcium chloride and calcium lactate was characterized
395 by the physicochemical and rheometric point of view. The results obtained allowed to
396 relate how the physicochemical changes modify the micellar structure and the thermal
397 stability of milk. All the techniques applied indicate that some of the added calcium
398 migrate into the CM forming CCP and that the calcium added in the form of lactate
399 enters the micelles to a greater extent. A part of whey proteins would also be integrated
400 into the micellar structure.

401

402 From the information obtained, it is concluded that an addition of 5 mmol kg^{-1} of
403 calcium chloride and calcium lactate would be feasible, due to the mineral balance and
404 the thermal stability were not significantly affected at this concentration level. Though,
405 calcium lactate would be more appropriate for formulations with higher calcium
406 concentrations (e.g. intermediate concentrations in the range $5\text{-}30 \text{ mmol kg}^{-1}$).

407

408 Finally, as the results obtained with physicochemical techniques commonly used are in
409 agreement with those obtained by rheometry, we demonstrate that this simple and rapid

410 technique allows inferring about the changes in mineral balance and effects on thermal
411 stability when different salts are used for milk fortification.

412

413

414 **5. References**

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587

588 Conflict of interest

589 Nadia Belén Acosta, Guillermo Adrián Sihufe, Bárbara Érica Meza, Fernanda Marino,
590 Luciana María Costabel, Susana Elizabeth Zorrilla, and María Laura Olivares declare
591 that they have no conflict of interest.

592

593 Compliance with ethics requirements

594 This article does not contain any studies with human or animal subjects performed by
595 any of the authors.

596 **Table 1:** Average values and standard deviations corresponding to the physicochemical parameters of milk and serum samples studied.

Type of salt	Concentration of added salt (mmol kg ⁻¹)	pH	Calcium in milk (mg g ⁻¹)	Calcium in serum (mg g ⁻¹)	Micellar calcium (mg g ⁻¹)	Phosphorus in serum (mmol kg ⁻¹)	Protein in serum (g L ⁻¹)	Osmolality (mmol kg ⁻¹)
Calcium lactate	0	6.65 ± 0.00 ^a	1.01 ± 0.02	0.31 ± 0.00 ^d	0.70 ± 0.02 ^c	12.51 ± 0.01	3.05 ± 0.11 ^a	285.2 ± 10.7 ^d
	5	6.54 ± 0.01 ^b	1.09 ± 0.01	0.38 ± 0.01 ^c	0.71 ± 0.02 ^c	11.90 ± 0.35	2.42 ± 0.13 ^c	300.5 ± 3.8 ^c
	30	6.18 ± 0.00 ^c	1.97 ± 0.07	0.94 ± 0.02 ^b	1.04 ± 0.05 ^a	10.04 ± 0.42	2.03 ± 0.07 ^d	349.3 ± 2.2 ^a
Calcium chloride	0	6.71 ± 0.07 ^a	1.01 ± 0.02	0.31 ± 0.00 ^d	0.70 ± 0.02 ^c	12.51 ± 0.01	3.05 ± 0.11 ^a	285.2 ± 10.7 ^d
	5	6.53 ± 0.01 ^b	1.17 ± 0.01	0.42 ± 0.01 ^c	0.75 ± 0.01 ^c	12.11 ± 0.02	2.75 ± 0.08 ^b	280.7 ± 3.0 ^d
	30	6.09 ± 0.01 ^d	1.94 ± 0.01	1.05 ± 0.04 ^a	0.89 ± 0.03 ^b	10.38 ± 0.06	2.07 ± 0.06 ^d	337.5 ± 5.2 ^b
Type of salt		NS	NS	*	NS	NS	*	*
Salt concentration		*	*	*	*	*	*	*
Interaction		*	NS	*	*	NS	*	*

597 NS: no significant effect ($P>0.05$); *: significant effect ($P<0.05$).598 ^{a-d}: Average values in the same column with different superscript letters are significantly different ($P<0.05$).

599

600 **Table 2.** Values of activation energy and critical temperature in the calcium fortified
 601 milk samples analyzed.

Type of salt	Concentration of added salt (mmol kg ⁻¹)	E_A (kcal mol ⁻¹)	T_c (°C)
Calcium lactate	0	4.48 ± 0.44	-
	5	5.00 ± 0.19	-
	30	5.46 ± 0.23	71.20 ± 0.54 ^a
Calcium chloride	0	4.48 ± 0.44	-
	5	5.28 ± 0.36	-
	30	5.12 ± 0.36	64.60 ± 0.07 ^b
Type of salt		NS	*
Salt concentration		*	
Interaction		NS	

602 NS: no significant effect ($P>0.05$); *: significant effect ($P<0.05$).

603 ^{a-b}: Average values in the same column with different superscript letters are significantly
 604 different ($P<0.05$).

605

606 **Figure captions**

607

608 **Figure 1:** SDS–PAGE of serums. (a) Samples added with calcium chloride, (b) Samples
609 added with calcium lactate. Salt content: 0 mmol kg⁻¹ (lanes 1 and 2), 5 mmol kg⁻¹
610 (lanes 3 and 4), 30 mmol kg⁻¹ (lanes 5 and 6).

611

612 **Figure 2:** Temperature sweeps for milk samples fortified with different calcium salts.
613 (○) milk without salt addition: Calcium chloride concentrations: (○) 5 mmol kg⁻¹; (○) 30
614 mmol kg⁻¹. Calcium lactate concentrations: (○) 5 mmol kg⁻¹; (○) 30 mmol kg⁻¹.

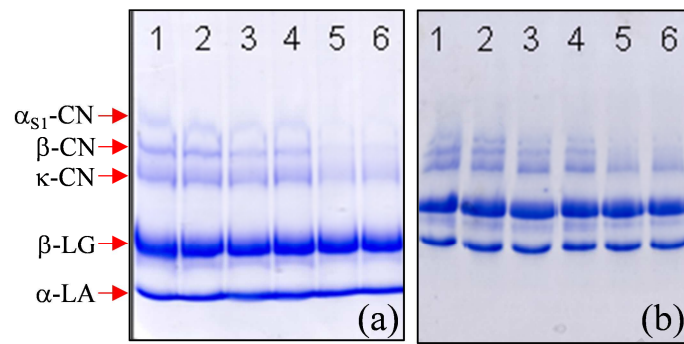
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616 **Figure 3:** Examples of the procedure used to obtain the critical temperature T_c for milk
617 samples fortified with different calcium salts with a concentration of 30 mmol kg⁻¹: (a)
618 milk with calcium chloride, (b) milk with calcium lactate.

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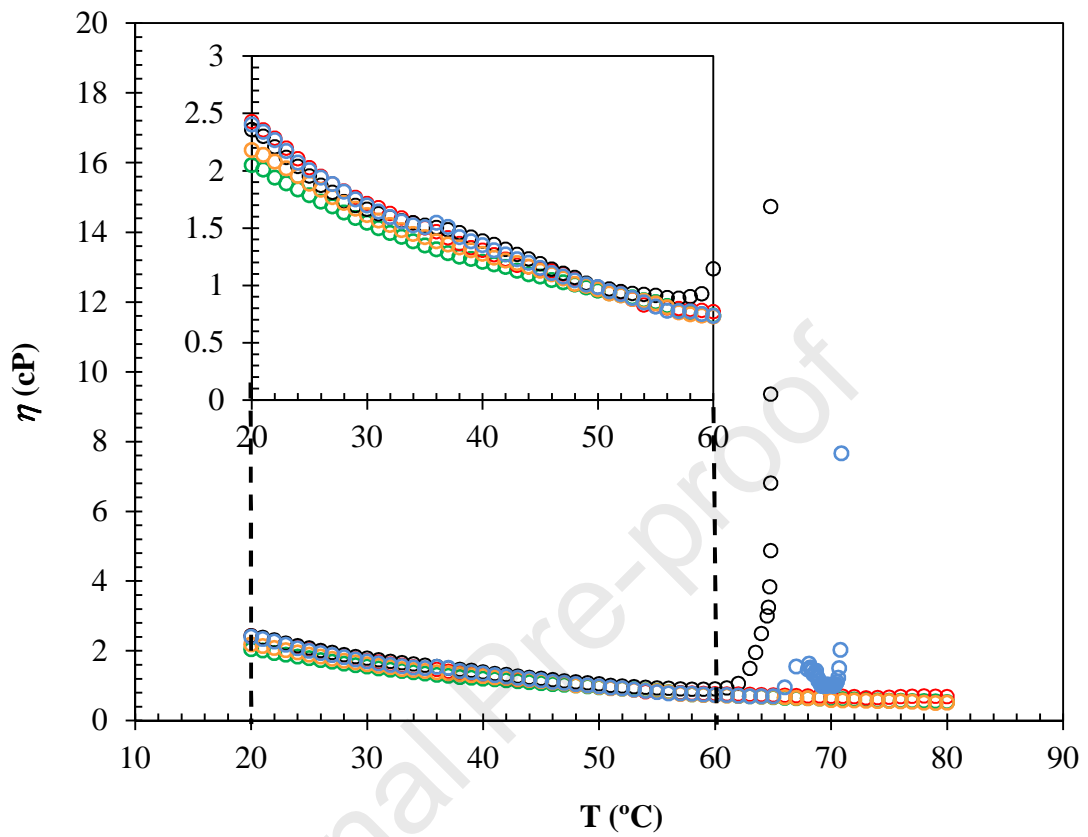
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Figure 1

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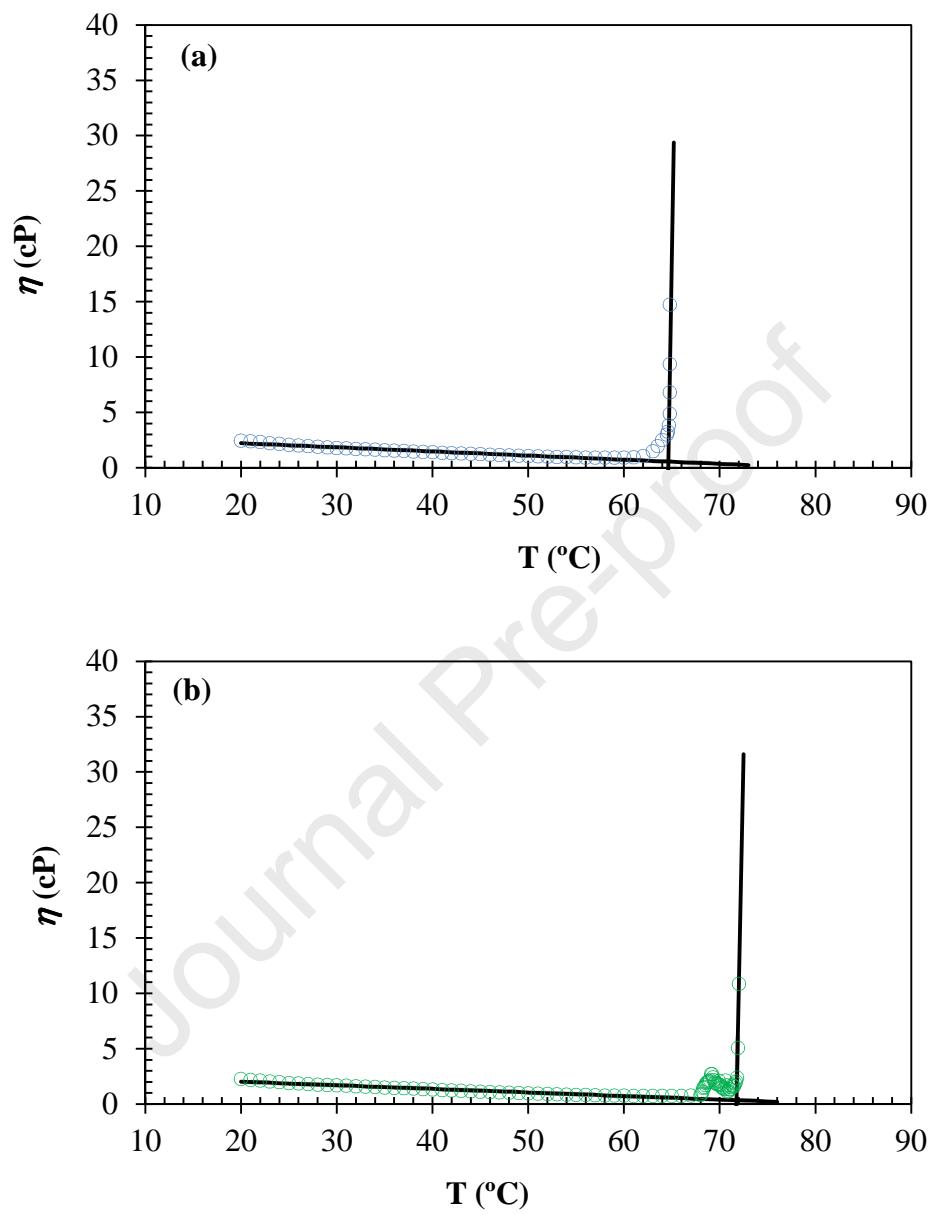
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Figure 2

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Figure 3

Milk fortified with calcium: changes in the physicochemical and rheological characteristics that affect the stability

By Acosta, N.B., Sihufe, G.A., Meza, B.E., Marino, F., Costabel, L.M., Zorrilla, S.E., Olivares, M.L.

Highlights:

- Physicochemical characteristics and rheometry of calcium fortified milk
- Different calcium salts and concentrations were analyzed
- Rheometric method helps to evaluate the thermal stability
- Information that may help to improve calcium-fortified dairy formulations

Conflict of interest

Nadia Belén Acosta, Guillermo Adrián Sihufe, Bárbara Érica Meza, Fernanda Marino, Luciana María Costabel, Susana Elizabeth Zorrilla, and María Laura Olivares declare that they have no conflict of interest.

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