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## COMMUNICATION

# A $\beta$ 40 Protects Non-toxic A $\beta$ 42 Monomer from Aggregation

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A $\beta$ 40 and A $\beta$ 42 are the predominant A $\beta$  species in the human body. Toxic A $\beta$ 42 oligomers and fibrils are believed to play a key role in causing Alzheimer's disease (AD). However, the role of A $\beta$ 40 in AD pathogenesis is not well established. Emerging evidence indicates a protective role for A $\beta$ 40 in AD pathogenesis. Although A $\beta$ 40 is known to inhibit A $\beta$ 42 fibril formation, it is not clear whether the inhibition acts on the non-toxic monomer or acts on the toxic A $\beta$ 42 oligomers. In contrast to conventional methods that detect the appearance of fibrils, in our study A $\beta$ 42 aggregation was monitored by the decreasing NMR signals from A $\beta$ 42 monomers. In addition, differential NMR isotope labelling enabled the selective observation of A $\beta$ 42 aggregation in a mixture of A $\beta$ 42 and A $\beta$ 40. We found A $\beta$ 40 monomers inhibit the aggregation of non-toxic A $\beta$ 42 monomers, in an A $\beta$ 42/A $\beta$ 40 ratio-dependent manner. NMR titration revealed that A $\beta$ 40 monomers bind to A $\beta$ 42 aggregates with higher affinity than A $\beta$ 42 monomers. A $\beta$ 40 can also release A $\beta$ 42 monomers from A $\beta$ 42 aggregates. Thus, A $\beta$ 40 likely protects A $\beta$ 42 monomers by competing for the binding sites on pre-existing A $\beta$ 42 aggregates. Combining our data with growing evidence from transgenic mice and human genetics, we propose that A $\beta$ 40 plays a critical, protective role in Alzheimer's by inhibiting the aggregation of A $\beta$ 42 monomer. A $\beta$ 40 itself, a peptide already present in the human body, may therefore be useful for AD prevention and therapy.

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Alzheimer's disease (AD) is the most common type of senile dementia, but its etiology and pathogenesis remain poorly understood.<sup>1</sup> AD pathology is characterized by extracellular senile plaques and intracellular neurofibrillary tangles in affected brains. Amyloid  $\beta$ -peptides (A $\beta$ ) are the major components of the senile plaques, generated from the sequential cleavage of the amyloid precursor protein (APP) by the  $\beta$  and  $\gamma$ -secretases. A small percentage of AD cases are hereditary and are known as familial Alzheimer's disease (FAD). The critical role of A $\beta$  in AD has been underscored by

the fact that FAD mutations occur only in genes involved directly in A $\beta$  production: APP, presenilin 1 (PS1) and presenilin 2 (PS2) (the active site residues of  $\gamma$ -secretase are in PS1 and PS2). A $\beta$  peptides range mostly from 39 to 43 residues in length. A $\beta$ 40 and A $\beta$ 42, composed of 40 and 42 amino acid residues, respectively, constitute the bulk of A $\beta$  species in plasma, cerebrospinal fluid and plaques.<sup>2</sup> In the popular amyloid cascade hypothesis for AD pathogenesis, toxic A $\beta$ 42 aggregates such as A $\beta$ 42 oligomers and fibrils play a dominant role in causing AD.<sup>3,4</sup> This is supported by the increased ratio of A $\beta$ 42/A $\beta$ 40 with many FAD mutations,<sup>5–8</sup> the enhanced aggregation of A $\beta$ 42,<sup>9–11</sup> and neurotoxicity of A $\beta$ 42 aggregates.<sup>12–23</sup> Controversy exists concerning the roles of A $\beta$ 42 fibrils and A $\beta$ 42 oligomers in causing AD. A $\beta$ 42 fibrils<sup>12,16,17</sup> or protofibrils<sup>18</sup> are toxic to neurons. However, there is evidence showing a correlation between the amount of soluble A $\beta$  oligomer and dementia in AD patients.<sup>24,25</sup> Transgenic mouse models of AD

Abbreviations used: AD, Alzheimer's disease; A $\beta$ , amyloid  $\beta$ -peptide; APP, amyloid precursor protein; FAD, familial Alzheimer's disease; PS1, presenilin 1; PS2, presenilin 2; HSQC, heteronuclear single quantum coherence.

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show functional changes before the appearance of plaques.<sup>26,27</sup> Recently, the neurotoxic effects of A $\beta$ 42 soluble oligomers have been characterized extensively.<sup>13–15,19,28,29</sup> Many forms of the A $\beta$ 42 oligomer, such as dimer,<sup>21</sup> trimer<sup>20</sup> and 12mer,<sup>14,22</sup> were shown to be toxic but the actual A $\beta$ 42 oligomers that play a causative role in AD have not been defined.<sup>14,19,20,22,23</sup> In contrast, the A $\beta$ 42 monomer is not toxic.<sup>29–31</sup> Thus, any agent that keeps A $\beta$ 42 monomers from aggregation can have a protective role against the development of AD by reducing the generation of toxic A $\beta$ 42 species.

The role for A $\beta$ 40 in AD pathogenesis has not been well-established. Recently, several studies have suggested a protective role for A $\beta$ 40 in AD. There was no plaque formation in transgenic mice overexpressing A $\beta$ 40.<sup>32</sup> Amyloid deposition was reduced dramatically by crossing A $\beta$ 40 over-expressing mice with AD mouse model Tg2576 or A $\beta$ 42 over-expressing transgenic mice.<sup>33</sup> Exacerbated plaque pathology was observed in transgenic mice with selectively reduced levels of A $\beta$ 40.<sup>34</sup> Reduced levels of A $\beta$ 40 were found with numerous FAD mutations, and were correlated with accelerated onset of dementia.<sup>35,36</sup> However, it is not clear how A $\beta$ 40 executes its protective function in AD on a molecular level. It has been shown that A $\beta$ 40 inhibits A $\beta$ 42 fibril formation.<sup>37–39</sup> There can be two very different scenarios for A $\beta$ 40 inhibition of A $\beta$ 42 fibril formation. The inhibition may act on the non-toxic monomer or act on the toxic A $\beta$ 42 oligomers. Thus, inhibition may either protect the benign A $\beta$ 42 monomers from aggregation or it may trap A $\beta$ 42 in oligomeric forms that may be highly toxic. Whether A $\beta$ 40 can inhibit toxic A $\beta$ 42 oligomer formation and, more importantly, whether A $\beta$ 40 can keep A $\beta$ 42 in a non-toxic, monomeric state has not been studied. In this solution NMR study, we showed that A $\beta$ 40 monomers protect non-toxic A $\beta$ 42 monomers against aggregation in a A $\beta$ 42/A $\beta$ 40 ratio-dependent manner and we explored the mechanism and significance of the protective effect of A $\beta$ 40.

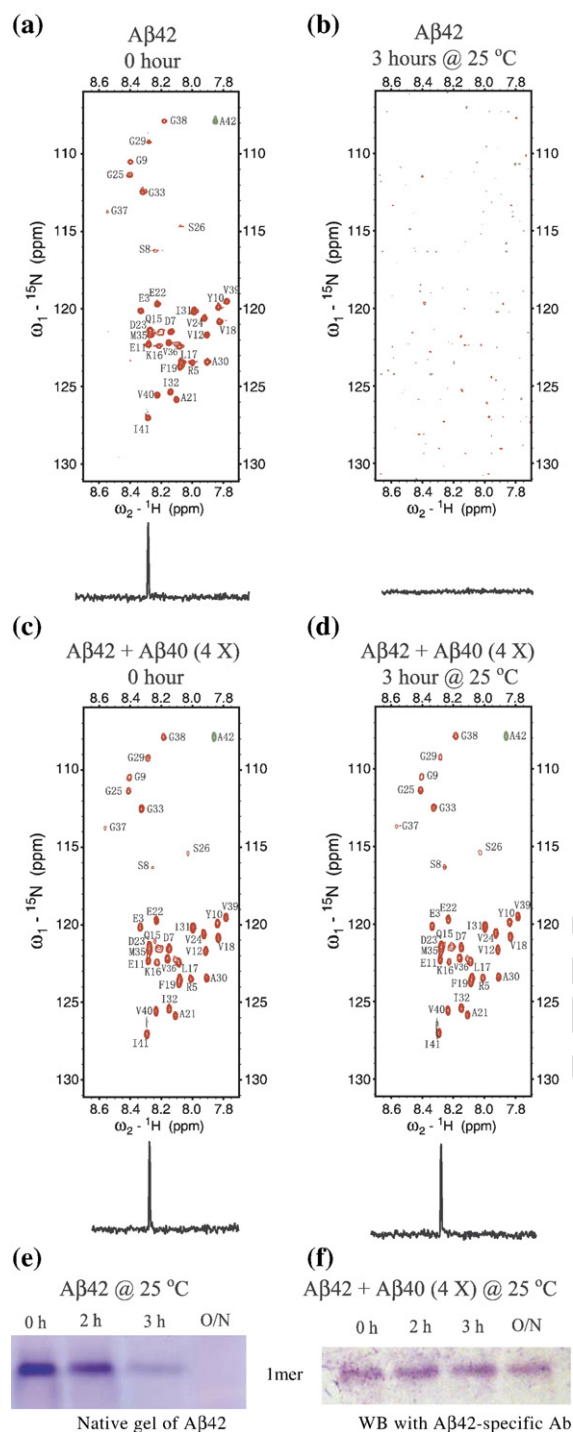
### A $\beta$ 40 specifically inhibits the aggregation of non-toxic A $\beta$ 42 monomers

To probe whether A $\beta$ 40 monomers can inhibit the aggregation of A $\beta$ 42 monomers, we developed an A $\beta$ 42 monomer stability and aggregation assay using solution NMR. NMR is the ideal tool for tracking the aggregation of specific A $\beta$  species in a mixture of A $\beta$  (e.g. A $\beta$ 40 and A $\beta$ 42) by selective isotope labelling. <sup>1</sup>H-<sup>15</sup>N heteronuclear single quantum coherence (HSQC) was used to selectively monitor the aggregation of <sup>15</sup>N labelled A $\beta$ 42 monomers in the presence of unlabeled A $\beta$ 40 monomers. The HSQC experiments were exclusively detecting NMR signals from <sup>15</sup>N-labeled A $\beta$ 42 monomers prepared by treatment with NaOH as established previously at low temperatures.<sup>40,41</sup> In addition, the monomeric state of A $\beta$ 42 detected by NMR in our aggregation experiments was demonstrated by translational diffusion coefficient between

0 °C and 37 °C, and by glutaraldehyde cross-linking experiments (Supplementary Data Figure 1). The aggregation of A $\beta$ 42 was monitored by the decrease of HSQC signal of A $\beta$ 42 monomers as the A $\beta$ 42 monomers aggregate into NMR-invisible, high molecular weight fibrils. A $\beta$ 42 fibril formation was confirmed by thioflavin T assay and atomic force microscopy (Supplementary Data figure 2). NMR signals from A $\beta$ 42 monomers decreased quickly in 3 h at 25 °C (Figure 1(a) and (b)). Strikingly, signals from A $\beta$ 42 monomers did not decrease in the presence of four molar equivalent of A $\beta$ 40 monomers at 25 °C over 3 h, indicating that A $\beta$ 40 keeps A $\beta$ 42 in a monomeric state and inhibits the aggregation of A $\beta$ 42 (Figure 1(c) and (d)). Native PAGE and Western blot were employed to further confirm the anti-A $\beta$ 42 aggregation effect of A $\beta$ 40. The detection of A $\beta$ 42 signal in the presence of A $\beta$ 40 was achieved by an A $\beta$ 42-specific antibody in a Western blot of the native protein gel. As shown in Figure 1(e), without A $\beta$ 40, the band representing A $\beta$ 42 monomers decreased quickly in intensity at 25 °C and disappeared overnight; while in the presence of four molar equivalent of A $\beta$ 40 monomers, there was little change in the intensity of the A $\beta$ 42 monomer band even after incubation overnight at 25 °C (Figure 1(f)). It has been shown that A $\beta$ 40 inhibits A $\beta$ 42 fibril formation by monitoring the appearance of fibrils<sup>37–39</sup> but it is not clear whether the inhibition protects the benign A $\beta$ 42 monomers from aggregation or the inhibition traps A $\beta$ 42 in toxic oligomeric forms. If A $\beta$ 40 inhibition blocks A $\beta$ 42 fibril formation at the oligomer stage, A $\beta$ 40 would not have inhibited the decrease of the signal from A $\beta$ 42 monomers during A $\beta$ 42 aggregation. In addition, if significant amount of low molecular weight A $\beta$ 42 oligomers (e.g. dimers or trimers) were formed by A $\beta$ 40 inhibition, such species would have been detected by NMR. However, NMR signals from low molecular mass A $\beta$ 42 oligomers were never observed in our aggregation experiments. Thus, our NMR results demonstrated that A $\beta$ 40 inhibition of A $\beta$ 42 fibril formation acts on A $\beta$ 42 monomers and protects A $\beta$ 42 in the non-toxic, monomeric form instead of trapping A $\beta$ 40 in oligomeric forms.

A series of control experiments were carried out to ensure that A $\beta$ 40 indeed specifically inhibits the aggregation of A $\beta$ 42 monomers (Figure 2(a)). We used both recombinant (rPeptide†) and synthetic A $\beta$ 40 peptides from two companies (Bachem and BioSource) to demonstrate that the anti-aggregation effect did not originate from particular preparations or sources of A $\beta$ 40 (Figure 2(a)). We again used both recombinant (rPeptide) and synthetic A $\beta$ 42 peptides (Bachem and BioSource) to demonstrate by Western blot of native gels (data not shown) that A $\beta$ 40 inhibited the aggregation of A $\beta$ 42 peptides from all three different sources. Negative controls were carried out with ubiquitin, BSA and sequence-reversed A $\beta$ (40-1), none of which had any anti-

† <http://www.rpeptide.com>



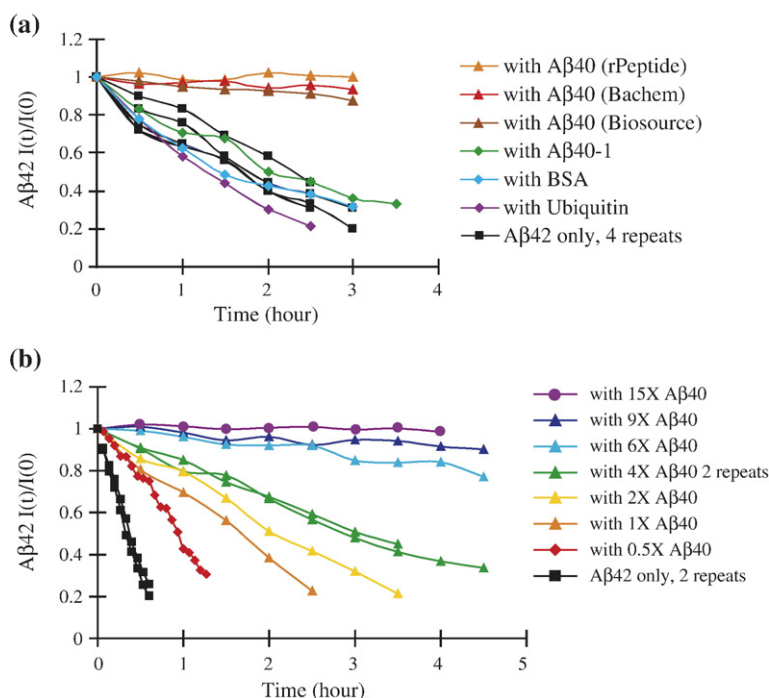
**Figure 1.** A $\beta$ 40 protects A $\beta$ 42 monomers from aggregation. (a) and (b) The 2D  $^{15}\text{N}$ - $^1\text{H}$  HSQC spectra of A $\beta$ 42 NMR samples at 0 and 3 h at 25 °C, respectively, with the 1D proton trace at I41  $^{15}\text{N}$  frequency presented below the 2D HSQC. After 3 h at 25 °C, almost all A $\beta$ 42 monomer signals disappeared. (c) and (d) The 2D  $^{15}\text{N}$ - $^1\text{H}$  HSQC spectra of A $\beta$ 42 NMR samples in the presence of 4X A $\beta$ 40 monomers at time zero and after 3 h at 25 °C, respectively, with the 1D proton trace at I41  $^{15}\text{N}$  frequency presented below the 2D HSQC. In contrast to A $\beta$ 42 alone, in the presence of four molar equivalents of A $\beta$ 40, the A $\beta$ 42 monomer signal remained intact after 3 h of incubation at 25 °C. (e) Native gel of A $\beta$ 42 with samples taken from different time-points at 25 °C. The intensity of A $\beta$ 42

aggregation effect upon A $\beta$ 42 (Figure 2(a)). Thus, the inhibition of A $\beta$ 42 monomers aggregation is specific to A $\beta$ 40.

M35 oxidation is not a factor in our aggregation experiments. A $\beta$ 42 and A $\beta$ 40 purchased from

monomer bands decreased rapidly in the absence of A $\beta$ 40. (f) Western blot of the native gel of A $\beta$ 42 in the presence of four molar equivalents of A $\beta$ 40 at various time-points at 25 °C. The A $\beta$ 42 monomer bands were stable even after incubation overnight at 25 °C, demonstrating the protective effect of A $\beta$ 40 against the aggregation of A $\beta$ 42 monomers. The Western blot was performed with A $\beta$ 42 from rPeptide, Bachem and BioSource and similar results were obtained. The A $\beta$ 42 NMR sample concentrations were 20  $\mu\text{M}$ . A $\beta$ 40 and A $\beta$ 42 peptides were obtained from rPeptide (<http://www.rpeptide.com>; catalogue numbers A-1101-1, A-1102-1, A-1001-2 and A-1002-2 for  $^{15}\text{N}$  labelled A $\beta$ 40,  $^{15}\text{N}$  labelled A $\beta$ 42, natural abundance A $\beta$ 40 and natural abundance A $\beta$ 42, respectively.), Bachem (catalogue numbers H-1194, H-1368 and H-2972 for A $\beta$ 40, A $\beta$ 42 and sequence reversed A $\beta$ (40-1) and BioSource (catalogue numbers 03136 and 03111 for A $\beta$ 40 and A $\beta$ 42). The A $\beta$  monomers were prepared using the sodium hydroxide method as described.<sup>41,48</sup> The lyophilized A $\beta$  powder obtained from commercial sources was dissolved in 10 mM NaOH to 1 mg/ml and then sonicated for 1 min in a waterbath to disaggregate A $\beta$ . Natural abundance A $\beta$ 40 and  $^{15}\text{N}$ -labeled A $\beta$ 42 were mixed to desired ratios. A $\beta$  was then diluted to the desired concentration using 20 mM potassium phosphate buffer and the pH was adjusted to 7.2 using TFA. A control  $^{15}\text{N}$  A $\beta$ 42 sample was always prepared by adding the same amount of NaOH and adjusting the sample pH to 7.2 using TFA. The 2D  $^{15}\text{N}$ - $^1\text{H}$  NMR HSQC spectra of the freshly prepared  $^{15}\text{N}$  A $\beta$ 42 samples with different molar ratios of A $\beta$ 40 were collected consecutively at the desired temperature (25 °C or 37 °C in this study) on an 800 MHz Bruker Avance NMR spectrometer equipped with a cryoprobe. The  $^{15}\text{N}$ - $^1\text{H}$  HSQC and the 1D  $^{15}\text{N}$ -selected experiments detected signals only from A $\beta$  monomers.<sup>40</sup> The recycle delay was 1.5 s, and the number of scans was 8. For 2D  $^{15}\text{N}$ - $^1\text{H}$  HSQC, 64 complex points were taken in the  $^{15}\text{N}$  dimension and 1024 complex points were taken in the  $^1\text{H}$  dimension. The total acquisition time was ~30 min. The intensity of the strongest peak (A42) in A $\beta$ 42 was used as an indication of relative A $\beta$ 42 monomer concentration. When the aggregation was too fast to be monitored by 2D NMR,  $^{15}\text{N}$ -selected 1D was used instead. In 1D NMR spectra, areas under the peaks were integrated between 7.8 ppm and 8.5 ppm as an indication of relative monomer concentration. The sample temperature was carefully calibrated using 100% methanol. For  $^{15}\text{N}$ -selected 1D, the number of scans was 256 with total acquisition time of ~7 min. The data were processed with Topspin (Bruker Biospin), NMRPipe and Sparky (<http://www.cgl.ucsf.edu/home/sparky/>). For native gel analysis of A $\beta$  aggregation, A $\beta$ 42 samples incubated with or without four molar equivalents of A $\beta$ 40 were analyzed by native PAGE (15% (w/v) polyacrylamide gel; BioRad catalogue number 161-1103). WesternBreeze Chromogenic Immunodetection Kit (Invitrogen catalogue number WB7105) was used for Western blots and A $\beta$ 42 specific antibody (Chemicon catalogue number AB5739, 1:5000 dilution) was used as the primary antibody.<sup>29</sup> A $\beta$ 42 antibody did not recognize A $\beta$ 40 in the native gel (data not shown).





**Figure 2.** A $\beta$ 40 inhibits the aggregation of A $\beta$ 42 monomers in a specific and A $\beta$ 42/A $\beta$ 40 ratio-dependent manner. (a) A $\beta$ 42 monomer aggregation assay with different sources of A $\beta$ 40 and control proteins; 20  $\mu$ M  $^{15}$ N-labelled A $\beta$ 42 monomers mixed with various unlabeled peptides or proteins at a concentration of 80  $\mu$ M.  $I(t)/I(0)$  is the ratio of the NMR signal intensity at time  $t$  over the NMR signal intensity at time zero. (b) The effect of A $\beta$ 42/A $\beta$ 40 ratio on the aggregation of A $\beta$ 42 monomers detected by NMR. The A $\beta$ 42 NMR sample concentrations were 20  $\mu$ M. A $\beta$ 40 monomers were added to the A $\beta$ 42 NMR samples to different end concentrations (0, 10  $\mu$ M, 20  $\mu$ M, 40  $\mu$ M, 80  $\mu$ M, 120  $\mu$ M, and 180  $\mu$ M) to achieve A $\beta$ 40/A $\beta$ 42 ratios of 0, 0.5, 1, 2, 4, 6 and 9, respectively. Increasing the ratio of A $\beta$ 40/A $\beta$ 42 stabilized A $\beta$ 42 monomers (shown by  $I(t)/I(0)$ ), indicating that greater amounts of A $\beta$ 40 prevent the aggregation of A $\beta$ 42 monomers more efficiently.

rPeptide are in the M35 reduced state, as shown by mass spectrometry. We obtained a molecular mass of 4567.7 Da, corresponding to 98%  $^{15}$ N labelled Met35 reduced A $\beta$ 42. M35 oxidation of the NMR A $\beta$ 42 sample would have resulted in an increase in molecular mass of 16 Da. In addition,  $^{15}$ N- $^1$ H HSQC spectra of M35-reduced and M35-oxidized A $\beta$  have distinct chemical shifts for M35 and residues surrounding M35.<sup>41</sup> Both HSQCs of A $\beta$ 42 and A $\beta$ 40 used in this study gave rise to spectral pattern corresponding to M35-reduced A $\beta$ . The spectral pattern did not change during the course of the aggregation experiment, indicating M35 stays reduced in our experimental conditions. We have re-dissolved A $\beta$ 42 aggregates using DMSO after the NMR aggregation experiment and showed by MS that A $\beta$ 42 was still in the Met35-reduced form.

### A $\beta$ 40 protects A $\beta$ 42 monomers in an A $\beta$ 42/A $\beta$ 40 ratio-dependent manner

Since different A $\beta$ 42/A $\beta$ 40 ratios exist in physiological and pathological conditions (e.g. in FAD),<sup>42,43</sup> we investigated how different A $\beta$ 42/A $\beta$ 40 ratios affect the aggregation of A $\beta$ 42 monomers. As the initial A $\beta$ 40/A $\beta$ 42 monomer ratio increased from 0 to 15, the monomer A $\beta$ 42 signal decreased progressively more slowly over time at the physiological temperature of 37  $^{\circ}$ C (Figure 2(b)). Thus, the anti-A $\beta$ 42 aggregation effect of A $\beta$ 40 was A $\beta$ 42/A $\beta$ 40 ratio-dependent and became stronger with a lower ratio of A $\beta$ 42/A $\beta$ 40. In contrast, increased A $\beta$ 42/A $\beta$ 40 ratios will result in increased A $\beta$ 42 aggregation. The results in Figure 2(b) clearly explain how an increased A $\beta$ 42/A $\beta$ 40 ratio may eventually lead to

dementia in FAD by the increased accumulation of toxic A $\beta$ 42 aggregates. In a number of the FAD mutations, e.g. APP V715M, PS1- $\Delta$ 9 and PS1-L166P, the level of A $\beta$ 42 is not increased significantly; in contrast, the level of A $\beta$ 40 is decreased.<sup>35,36,44,45</sup> If A $\beta$ 42 played a dominant role in causing FAD, an increased level of A $\beta$ 42 alone, instead of the increased A $\beta$ 42/A $\beta$ 40 ratio, should have been observed with all FAD mutations. This is a subtle yet important contradiction to the current amyloid hypothesis, suggesting equally important roles for A $\beta$ 40 and A $\beta$ 42 in AD pathogenesis. In FAD cases with reduced levels of A $\beta$ 40, restoring normal levels of A $\beta$ 40 and the A $\beta$ 42/A $\beta$ 40 ratio may result in better inhibition of the formation of A $\beta$ 42 aggregates, indicating A $\beta$ 40 as a novel therapy for the prevention and treatment of FAD. Because a lower than the usual A $\beta$ 42/A $\beta$ 40 ratio (1:15 compared with 1:9) still provided better protection against A $\beta$ 42 aggregation (Figure 2(b)), increasing the levels of A $\beta$ 40 may have enhanced inhibition on the formation of A $\beta$ 42 toxic aggregates in AD patients. Thus A $\beta$ 40 might be useful for preventing AD as well.

### A $\beta$ 40 inhibits A $\beta$ 42 aggregation by competitively binding to A $\beta$ 42 aggregates

We next explored the mechanisms of A $\beta$ 40 inhibition of A $\beta$ 42 aggregation. The fast aggregation of A $\beta$  occurs mostly through the binding of A $\beta$  monomers with pre-existing aggregates or seeds. We tested the hypothesis that A $\beta$ 40 monomers might preferentially bind to the A $\beta$ 42 aggregates and block the binding site of A $\beta$ 42 monomers on

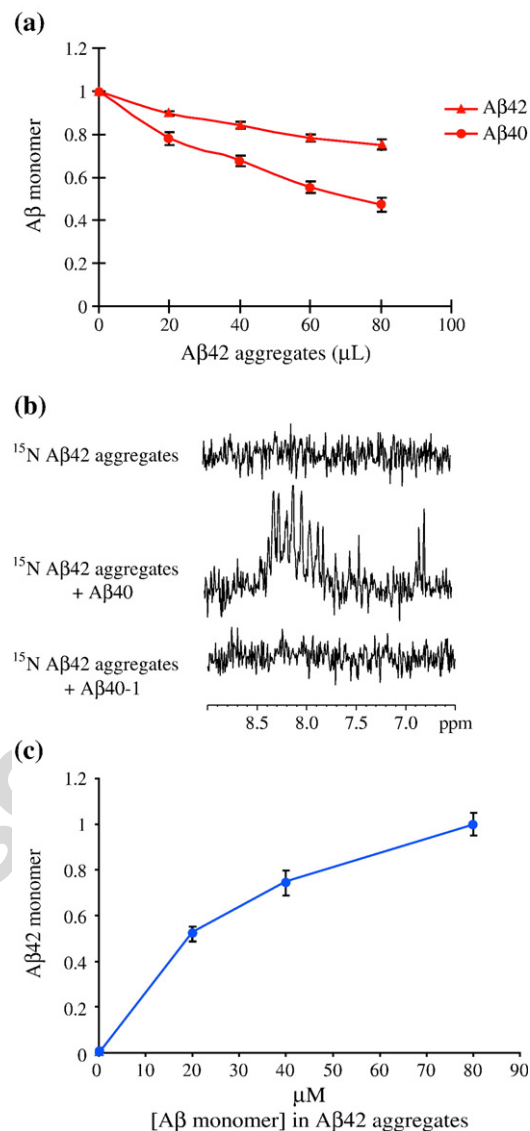
A $\beta$ 42 aggregates. A $\beta$ 42 aggregates were generated by incubating NaOH-treated A $\beta$ 42 at 37 °C for 1 h, after which all monomer NMR signals disappeared with concomitant A $\beta$ 42 fibril formation. When A $\beta$ 42 aggregates were titrated into A $\beta$  monomer solutions and bound to monomers, the decrease in A $\beta$  monomer signal reflected the binding affinity between A $\beta$  monomer and A $\beta$ 42 aggregates. As shown in Figure 3(a), in the presence of the same amount of A $\beta$ 42 aggregates, the decrease of A $\beta$ 40 monomer signal was always more pronounced than that of the A $\beta$ 42 monomer, suggesting that A $\beta$ 40 monomers bind to the A $\beta$ 42 aggregates with a higher affinity than A $\beta$ 42 monomers.

We further explored the possibility that A $\beta$ 40 monomers might replace A $\beta$ 42 molecules on the A $\beta$ 42 aggregates and release A $\beta$ 42 monomers. A $\beta$ 40 monomers were added to an aggregated sample of [ $^{15}\text{N}$ ]A $\beta$ 42. With the addition of A $\beta$ 40 monomers, A $\beta$ 42 monomer signals reappeared, while the reverse A $\beta$ 40-1 sequence had no such aggregate-dissolution effect (Figure 3(b)). This aggregate-dissolution effect was A $\beta$ 40 monomer concentration-dependent, as shown in Figure 3(c).

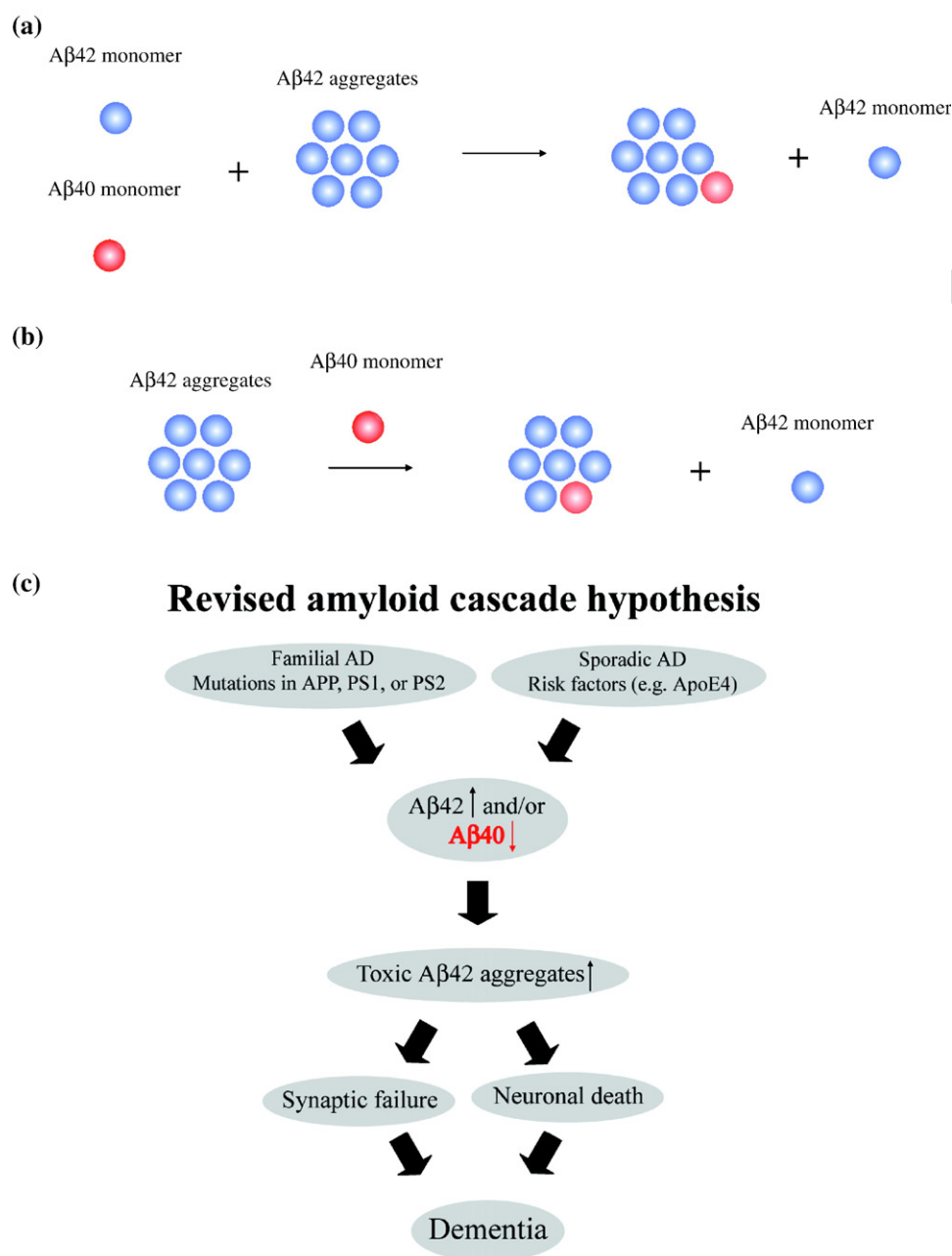
We propose two mechanisms for the anti-A $\beta$ 42 aggregation effect of A $\beta$ 40. First, A $\beta$ 40 binds to the aggregates of A $\beta$ 42, blocking the binding site for A $\beta$ 42 monomer and thereby inhibiting the aggregation of A $\beta$ 42 monomers (Figure 4(a)). Second, A $\beta$ 40 monomers can replace A $\beta$ 42 on A $\beta$ 42 aggregates, releasing A $\beta$ 42 monomers from the aggregates (Figure 4(b)).

### Revision of the current amyloid hypothesis and implications for AD prevention and treatment

We propose a modification of the current amyloid hypothesis as shown in Figure 4(c);<sup>4</sup> that is, A $\beta$ 40 plays an opposite but equally important role as A $\beta$ 42 in the pathogenesis of AD. This modification is based on several lines of evidence: (1) A $\beta$ 40 protects A $\beta$ 42 in the monomeric, non-toxic state by competitively binding to A $\beta$ 42 aggregates. (2) A $\beta$ 40 inhibits A $\beta$ 42 fibril formation *in vitro*<sup>37–39</sup> and *in vivo*.<sup>33</sup> (3) A $\beta$ 40 protects neurons from A $\beta$ 42 toxicity in neuronal cultures and in rat brain.<sup>39,46</sup> (4) A lowered level of A $\beta$ 40 leads to exacerbated plaque pathology in APP-transgenic mice.<sup>34</sup> (5) In human genetics, it is the A $\beta$ 42/A $\beta$ 40 ratio, not the level of A $\beta$ 42 alone that correlates with FAD, suggesting a pivotal, protective role for A $\beta$ 40. (6) With many FAD mutations, the level of A $\beta$ 40 is decreased while the level of A $\beta$ 42 does not change.<sup>35,36,47</sup> (7) A decreased level of A $\beta$ 40 alone correlates significantly with the accelerated onset in FAD.<sup>36</sup> Thus, A $\beta$ 40 is likely a built-in defence mechanism against A $\beta$ 42 aggregation and the generation of toxic A $\beta$ 42 oligomers and fibrils. When this defence mechanism is weakened by FAD mutations, more neurotoxic A $\beta$ 42 species are formed, initiating and accelerating the development of AD. Thus, the balance of A $\beta$ 40 and A $\beta$ 42 is crucial for the normal brain. The



**Figure 3.** Interactions between A $\beta$ 40 and A $\beta$ 42 in A $\beta$ 42 aggregation. (a) Titration of A $\beta$ 42 aggregates into A $\beta$  monomers. A $\beta$ 42 aggregates were generated by incubating NaOH-treated A $\beta$ 42 at 37 °C for 1 h, after which all A $\beta$ 42 monomer NMR signals disappeared. A $\beta$ 42 aggregates were titrated into  $^{15}\text{N}$ -labelled A $\beta$ 40 and  $^{15}\text{N}$ -labelled A $\beta$ 42 monomers separately. A $\beta$ 40 monomer signals (●) decreased faster than A $\beta$ 42 monomer signals (▲) with the addition of A $\beta$ 42 aggregates, suggesting that A $\beta$ 40 binds to A $\beta$ 42 aggregates with higher affinity. (b) A $\beta$ 40 monomers released A $\beta$ 42 monomers from A $\beta$ 42 aggregates. No signal was observed from an  $^{15}\text{N}$ -selected 1D NMR spectrum of  $^{15}\text{N}$ -A $\beta$ 42 aggregates. However, with the addition of four molar equivalents of unlabelled A $\beta$ 40 monomers,  $^{15}\text{N}$ -A $\beta$ 42 monomer signal reappeared; while the addition of equal amount of the reverse sequence A $\beta$ 40-1 had no such effect. (c) A $\beta$ 40 monomers released A $\beta$ 42 monomers from aggregates in a concentration-dependent manner. For detecting A $\beta$ 42 monomers released from A $\beta$ 42 aggregates by A $\beta$ 40 monomers, the 1D NMR experiment used 2048 scans with a total acquisition of ~60 min. Error bars were from repeated experiments.



**Figure 4.** Proposed molecular mechanisms of A $\beta$ 40 and the revision of the amyloid hypothesis. (a) A $\beta$ 40 competitively binds to A $\beta$ 42 aggregates, blocking the binding site for A $\beta$ 42 monomers and inhibiting the aggregation of A $\beta$ 42 monomers. (b) A $\beta$ 40 monomers can compete A $\beta$ 42 off A $\beta$ 42 aggregates, releasing A $\beta$ 42 monomers. (c) The current amyloid hypothesis emphasizes the role of A $\beta$ 42 toxicity but neglects the equally important protective role of A $\beta$ 40. The amyloid hypothesis is modified to show that decreasing the level of A $\beta$ 40 can contribute to the development of Alzheimer's disease. The revision of the amyloid hypothesis immediately suggests A $\beta$ 40 itself can be a novel strategy for preventing and treating Alzheimer's disease.

disruption of this balance can lead to AD, as shown by the enhanced ratio of A $\beta$ 42/A $\beta$ 40 in FAD.

We propose here a novel, testable hypothesis that the peptide A $\beta$ 40 might be used for the prevention and treatment of AD. An elegant study by Kumar-Singh *et al.* has established that increased levels of A $\beta$ 40 in cell culture transfected with FAD mutants correlates significantly with the increased age of onset of FAD ( $p=0.038$ ).<sup>36</sup> This supports the hypothesis that enhancing levels of A $\beta$ 40 can delay the

inevitable onset of dementia in FAD patients. Our results suggest that increasing or restoring the levels of A $\beta$ 40 will enhance the stability of non-toxic A $\beta$ 42 monomers and therefore may lower the load of neurotoxic species of A $\beta$ 42. For young patients with early diagnoses of an FAD-causing mutation, restoring the levels of A $\beta$ 40 may be a particularly appealing and promising way to delay or prevent the seemingly inevitable dementia. Due to the similarities between the pathology and clinical



behaviour of FAD and sporadic AD, increasing levels of A $\beta$ 40 may have a role in preventing and treating sporadic AD. A $\beta$ 40 may have a unique advantage as a disease-modifying strategy for AD, because A $\beta$ 40, a peptide already present in the human body, is known to be safe at near-physiological concentrations. Restoring or enhancing the level of A $\beta$ 40 may be achieved by supplementing the A $\beta$ 40 peptide, modulating  $\gamma$ -secretase specificity and specifically inhibiting the degradation of A $\beta$ 40.

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## Supplementary Data

Supplementary data associated with this article can be found, in the online version, at [doi:10.1016/j.jmb.2007.04.014](https://doi.org/10.1016/j.jmb.2007.04.014)

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