



## Academic Personnel Short Profile / Short CV

<b>University:</b>	Frederick University
<b>Surname:</b>	Gardikis
<b>Name:</b>	Konstantinos
<b>Rank/Position:</b>	Visiting Lecturer
<b>School:</b>	Health Sciences
<b>Department:</b>	Pharmacy
<b>Scientific Domain:</b>	Pharmaceutical Technology

### Academic qualifications

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2010	School of Pharmacy	University of Athens	Application of the technology of liposomes and dendrimers in the design and study of new chimeric nanosystems for the delivery of the anticancer drug doxorubicin
MSc	2005	School of Pharmacy	University of Athens	Study of the interaction of dendrimers and lipophilic bioactive molecules with DPPC lipid bilayers using differential scanning calorimetry and Raman spectroscopy
BSc	2003	School of Pharmacy	University of Athens	

Employment history in Academic Institutions/Research Centers					
Period of employment		Employer	Location	Position	
From	To				
9/2023	present	Frederick University	Cyprus	Visiting Lecturer	
10/2022	02/2023	International University of Greece	Kavala, Greece	Visiting lecturer	
11/2018	01/2019	IFAPA	Cadiz, Spain	Experienced Research Fellow	
11/2017	12/2017	IFAPA	Cadiz, Spain	Experienced Research Fellow	
6/2017	8/2017	CCMAR	Faro, Portugal	Experienced Research Fellow	
6/2016	9/2016	IFAPA	Cadiz, Spain	Experienced Research Fellow	
5/2015	7/2015	CNRS, Vegetable Macromolecules Dept	Grenoble, France	Experienced Research Fellow	
8/2014	11/2014	CNRS, Vegetable Macromolecules Dept	Grenoble, France	Experienced Research Fellow	

Key refereed journal papers, monographs, books, conference publications etc.						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2023	Cyclodextrins for the Delivery of Bioactive Compounds from Natural Sources: Medicinal, Food and Cosmetics Applications	S. Christaki, E. Spanidi, E. Panagiotidou, S. Athanasopoulou, A. Kyriakoudi, I. Mourtzinou	Pharmaceuticals, MDPI	16	1274
2	2023	Transcriptional and epigenetic effects of Vitis vinifera L. leaf extract on UV-stressed human dermal fibroblasts	S. Letsiou, A. Kapazoglou, A. Tsaftaris, E. Spanidi	Molecular Biology Reports, Springer	50	7141
3	2023	In vitro protective effects of Paeonia officinalis var. mascula callus extract on human keratinocytes	S. Letsiou, A. Bakea, A. Holfors, J. Rembiesa, E. Spanidi	Scientific Reports, Nature	13	8156
4	2022	Royal Jelly Components Encapsulation in a Controlled Release System, Skin Functionality, and Biochemical Activity for Skin Applications	E. Spanidi, S. Athanasopoulou, A. Liakopoulou, A. Chaidou, S. Hatziantoniou	Pharmaceuticals, MDPI	15	907

5	2022	Applications and Prospects of Nanotechnology in Food and Cosmetics Preservation	P. Angelopoulou, E. Giaouris	Nanomaterials, MDPI	12	1196
6	2021	Innovative Delivery Systems Loaded with Plant Bioactive Ingredients: Formulation Approaches and Applications	A. Kyriakoudi, E. Spanidi, I. Mourtzinis	Plants, MDPI	10	1238
7	2021	A New Controlled Release System for Propolis Polyphenols and Its Biochemical Activity for Skin Applications	E. Spanidi, A. Karapetsas, G-P. Voulgaridou, S. Letsiou, N. Aligiannis, I. Tsochantaridis, S. Kynigopoulos, M. Lambropoulou, I. Mourtzinis, A. Pappa	Plants, MDPI	10	420
8	2017	Microbial biosensors to monitor the encapsulation effectiveness of Doxorubicin in chimeric advanced Drug Delivery Nano Systems: A calorimetric approach	M. Signorelli, C. Ferrario, A. Schiraldi, M. G. Fortina, S. Hatziantoniou, C. Demetzos, D. Fessas	International Journal Pharmaceutics, Elsevier	516	178
9	2012	Dendrimers and the development of new complex nanomaterials for biomedical application	M. Micha-Screttas, C. Demetzos, B. R. Steele	Current Medicinal Chemistry, Bentham Science	19	4913
10	2010	New chimeric advanced Drug Delivery nano Systems (chi-aDDnSs) as doxorubicin carriers	C. Tsimplouli, K. Dimas, M. Micha-Screttas, C. Demetzos	International Journal Pharmaceutics, Elsevier	402	231
11	2010	New drug delivery nanosystem combining liposomal and dendrimeric technology (liposomal locked-in dendrimers) for cancer therapy	S. Hatziantoniou, M. Bucos, D. Fessas, M. Signorelli, T. Felekis, M. Zervou, C. G. Screttas, B. R. Steele, M. Ionov, M. Micha-Screttas, B. Klajnert, M. Bryszewska, C. Demetzos	Journal of Pharmaceutical Sciences, Elsevier	99	3561

Exhibitions					
Ref. Number	Date	Topic	International / Local	Location	Role in Exhibition
1	11 March 2023	World Congress on Medicinal Plants & Natural Products Research	International	Dubai	Invited Lecturer
2	18-19 Feb 2023	Nanotechnology in Health Sciences	Local	Athens	Invited Lecturer
3	1-6 Novemeber 2022	18th EPSA Autumn Assembly – Omics: The future is now	International	Athens	Invited Lecturer
4	25-26 October 2022	In Cosmetics Formulation Summit	International	London	Invited Lecturer
5	13-15 September 2022	5TH MICROBIOME MOVEMENT – SKIN HEALTH & DERMATOLOGY SUMMIT	International	Boston	Invited Lecturer
6	28-31 August 2022	70th International Congress and Annual Meeting of the Society for Medicinal Plant and Natural Product Research (GA)	International	Thessaloniki	Invited Lecturer
7	7 June 2022	MSCA Cluster Event on Ocean and Waters	International	Brussels	Invited Panelist
8	30-31 March 2022	Skin Microbiome Industry Summit	International	London	Invited Lecturer
9	30 June-2 July 2019	First Austrian Summit on Phytocosmetics Science and Technology behind Phytocosmetics	International	Lienz	Invited Lecturer
10	2014-2015	Democritus Innovation exposition	International	Athens	Project Leader/Curator

### Research Projects

Ref. Number	Date	Title	Funded by	Project Role
1	2019	Ethnoherbs- Conservation of European Biodiversity through Exploitation of Traditional Herbal Knowledge for the Development of Innovative Products	EC - Horizon 2020. Call: H2020-MSCA-RISE-2018 id 823973	Participant Leader/WP Leader
2	2018	Big Data to Enable Global Disruption of the Grapevine-powered Industries	EC - Horizon 2020. Call: H2020-ICT-2016-2017 id 780751	Participant Leader/WP Leader
3	2018	Antiox-Plus -Innovative Biotechnological Production of Antioxidant Products of Plant Origin from Microbial Factories, and Essential Oils from Natural Flora of the Greek Flora for the Creation of New Quality Hydroprotective Products and Nutritional Supplements	EC/Greek gov- ESPA 2014-2020 id: T1EΔK-04267	Participant Leader/WP Leader
4	2016	Development of Microalgae-based novel high added-value products for the Cosmetic and Aquaculture industry	EC- Horizon 2020. Call: H2020-MSCA-RISE-2015 id 691102	Participant Leader/WP Leader
5	2015	Tools and Strategies to access original bioactive compounds from Cultivation of MARine invertebrates and associated symbionts	EC-Horizon 2020. Call: BG-03-2014 id 635340	Participant Leader/WP Leader
6	2015	Novel, sustainable marine bio-surfactants / bio-emulsifiers for commercial exploitation	EC- Horizon 2020. Call: BG-03-2014 id 634674	Participant Leader
7	2014	Physicochemical and biological characterization and improvement of natural muds to produce high added-value products (PHARMAMUDS)	EC/Greek/Israel gov Greece-Israel Bilateral R&D Cooperation 2013-2015 id: 3163	Project coordinator
8	2013	Bee-based natural products as potential cosmeceutical agents with health promoting properties against UV induced skin photo-ageing	EC/Greek/China gov Greece-China Bilateral R&D Cooperation 2013-	

			2015" NSFR grant id: 12CHN167	
9	2012	Herbal.Mednet - Enhancing the Vocational Education and Training of Innovative Farming Trainers / Advisors in Area of Herbal, Medicinal and Aromatic Plants	EC-Leonardo da Vinci Transfer of Innovation 2012-1-ES1-LEO05-50453	Participant Leader/WP Leader
10	2011	Exploitation of microalgae diversity for the development of novel high added-value cosmeceuticals	EC-FP7-PEOPLE-2011-IAPP id 286354	Participant Leader/WP Leader
11	2011	SysTerp-A systems approach into the production of plant and algal diterpenes with high industrial and pharmaceutical value	EC/Greek gov - ESPA 2007-2013 id: 09ΣYN-23-879 "	Participant Leader/WP Leader
9	2006	Synthesis of new bioactive dendrimers	EC/Greek gov - General Secretariat of Research and Technology (2nd cycle)/MSCA actions	Early stage researcher
10	2005	Study of the interaction of dendrimers potentially useful in medicine, with lipid membranes and assessment of their cytotoxicity	EC/Greek gov - Joint Research and Technology programs GREECE-POLAND University of Lodz, Poland PROJECT TITLE:	Early stage researcher

<b>Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees</b>				
<b>Ref. Number</b>	<b>Period</b>	<b>Organization</b>	<b>Title of Position or Service</b>	<b>Key Activities</b>
1	2022-current	Hellenic Pharmaceutical Society	BoD member	Restructuring of the society as a panhellenic scientific organ for pharmacists independent of occupation/ scientific publishing and lecturing, issuing good practices guidelines
	2022-current	Cosmetics Europe	Consultant	Cosconsultation on Sunfilters safety & regulatory evolution
2	2020-current	Plants-MDPI	Guest editor	Editor of special issues "Nanotechnological or Innovative Formulation Approaches for Efficient Delivery of Plant Ingredients" I & II
3	2020-current	Plants-MDPI	Advisory Panel Member	Advisory on scientific and publishing issues
4	2015-2019	Hellenic Pharmaceutical Society	BoD member	Restructuring of the society as a panhellenic scientific organ for pharmacists independent of occupation/ scientific publishing and lecturing, issuing good practices guidelines
5				

<b>Awards / International Recognition</b>			
<b>Ref. Number</b>	<b>Date</b>	<b>Title</b>	<b>Awarded by:</b>
1	05/2022	Honorary Distinction, Research and Innovation category	6th Growth Awards Grant Thornton/Eurobank
2	06/2018	Best marketing plan award, "Bee's Knees"	Innovation Awards Ecotrophelia
3	06/2017	Best marketing plan award, "Honey Bee Good"	Innovation Awards Ecotrophelia
4	06/2014	2nd award, "30 Bees"	Innovation Awards Ecotrophelia
5	2014	Most innovative product, "Propolis patented"	2nd Innovate Greece Eurobank/SEV contest

		extraction method”	
6	2008	Best literature review, To Kallyntiko, 2008, 14, 24-29, “Liquid crystals and cosmetology: clarification of concepts, advantages and formulation”	Hellenic Society of Cosmetology
7	12/2007	Best oral presentation “Study of the interaction of dendrimers potentially useful in the delivery and targeting of bioactive molecules with lipid bilayers, using differential scanning calorimetry	3rd Symposium on Thermal Analysis,

Other Achievements			
Ref. Number	Date	Title	Key Activities:
1	2019-today	Research, development & market release of >200 final cosmetic and food supplement products	<ul style="list-style-type: none"> <li>• Manage development of cosmetic, food supplement and food products</li> <li>• Manage a team of twelve professionals within the functional areas of R&amp;D and Regulatory Affairs as well as oversee the approval of product formulations and manufacturing processes that meet cost, quality, safety, efficacy, regulatory and acceptability targets</li> <li>• In charge of the innovation strategy, sustainability targets, proposition of novel raw material development, research programs and patent drafting</li> <li>• Oversee manufacturability of products and the resolution of complex technical issues as required to support new product development, maintain supply continuity or to enhance process efficiency or product quality</li> </ul>



			<ul style="list-style-type: none"> <li>• Ensure that all new products comply with cosmetic regulation and products' Dossier (PIF) meet all requirements</li> <li>• Oversee the notification and legalization of products in international markets</li> </ul>
2	2013-today	Research, development of >100 raw materials for cosmetic and food supplement products	<ul style="list-style-type: none"> <li>• Research and Development of new raw materials and novel nanoformulations</li> <li>• Laboratory development/expansion</li> </ul>
3	2013-today	Successful submission and management of 11 funded research programs worth 16M/1,7M for the company	Project leader
4	2023	PCT/EP2023/053963 Production method of a combinatorial delivery system of vine leaves and propolis polyphenols for various uses	Patent inventor
5	2020	PCT/GR2020/000055 Preparation Method of a colloidal system of stabilization and controlled release of royal jelly components for various uses	Patent inventor
6	2016	PCT/GR/000059 Method for preparing a stable controlled-release propolis colloidal dispersion system for various uses	Patent inventor
7	2016	PCT/GR/000063 A combination of a Nannochloropsis gaditana extract and a propolis extract as active component in cosmetic formulations for dermal use	Patent inventor
8	2016	PCT/GR/2016/000043 Infusion obtained from a mixture of species of the sideritis plant for topical cutaneous or other use and production method therefor	Patent inventor
9	2017	20170100320 Combination of hippophaes extract with rosemary extract and infusion for local scalp application - production method of the same	Patent inventor

10	2015	20150100516 A skin composition of cosmetic or pharmaco-cosmetic formula containing mud from Messologhi – production method thereof	Patent inventor
----	------	--	-----------------