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Reference:

Clauwaert Peter, Muys Maarten, Alloul Abbas, De Paepe Jolien, Luther Amanda, Sun Xiaoyan, Ilgrande Chiara, Christiaens Marlies E.R., Hu Xiaona, Zhang Dongdong, ...- Nitrogen cycling in bioregenerative life support systems : challenges for waste refinery and food production processes
Progress in aerospace sciences - ISSN 0376-0421 - 91(2017), p. 87-98
Full text (Publisher's DOI): <https://doi.org/10.1016/J.PAEROSCI.2017.04.002>
To cite this reference: <https://hdl.handle.net/10067/1489960151162165141>

1 Nitrogen cycling in Bioregenerative Life Support
2 Systems: challenges for waste refinery and food
3 production processes

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20 **Abstract**

21 In order to sustain human life in an isolated environment, an efficient conversion of wasted
22 nutrients to food might become mandatory. This is particularly the case for space missions where
23 resupply from earth or in-situ resource utilization is not possible or desirable. A combination of
24 different technologies is needed to allow full recycling of e.g. nitrogenous compounds in space.
25 In this review, an overview is given of the different essential processes and technologies that
26 enable closure of the nitrogen cycle in Bioregenerative Life Support Systems (BLSS). Firstly, a
27 set of biological and physicochemical refinery stages ensures efficient conversion of waste
28 products into the building blocks, followed by the production of food with a range of biological
29 methods. For each technology, bottlenecks are identified. Furthermore, challenges and outlooks
30 are presented at the integrated system level. Space adaptation and integration deserve key
31 attention to enable the recovery of nitrogen for the production of nutritional food in space, but
32 also in closed loop systems on earth.

33

34 **Keywords**

35 resource recovery, space, single cell protein, food production, organic waste, urine, CELSS

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40 **1. Introduction**

41 At present, human life in space flights and in the International Space Station (ISS) is guaranteed
42 by a regular resupply of food and water. However, in order to explore deep space with long-term
43 missions and space habitation with increasing crew size, resupply from and return of waste to
44 earth becomes difficult because of the long transport time and high costs associated with mass
45 and volume restrictions for transportation [1-3]. The mass requirements of 5500-12800 kg per
46 crew member per year for Open Life Support Systems (OLSS) without recycling can be lowered
47 to 340-470 kg per crew member per year in a Physicochemical Life Support System (PLSS) (e.g.
48 ISS) by in situ generation of oxygen and water recycling, consuming ~300 W per crew member
49 [1]. The current launch cost advertised by SpaceX service is about \$12600 per kilo [1]. In order
50 to further decrease this payload mass and costs for resupply for long-term exploration or
51 permanent habitation in life support systems, in situ food production has been proposed. Such
52 systems are called Bioregenerative Life Support Systems (BLSS) or Closed/Controlled
53 Ecological Life Support Systems (CLSS) [4].

54 Certain physicochemical methods for recovery of water and air have been developed for use in
55 PLSS and are currently in use at the ISS, but technologies for food production based on nutrient
56 recovery are neither validated nor available for space deployment. On earth, we rely on a vast set
57 of biological production systems to produce food, mainly based on plants and animals, which are
58 in essence based on inorganic nutrients often supplied as fertilizers [5]. In BLSS research, the
59 development of an engineered bio-based system for food production has been investigated by

60 major governmental space research agencies for the past half century [6-9]. The shared focus of
61 these BLSSs has been the integration of different biological and physicochemical technologies
62 for the breakdown and conversion of waste products into useful building blocks for plant food
63 production in a closed material recycle. Nitrogen is a critical nutrient for this cycle, and will be
64 the focus of this review. Processes for nitrogen retention, recovery, and resupply in a closed
65 system will be considered here.

66

67 **2. Refinery stages: converting waste into a fertilizer**

68 There is currently no reuse of nitrogen on the International Space Station (ISS). Fecal material is
69 collected, stored and returned to earth without nutrient recovery, while fresh urine is treated by
70 chromium trioxide and sulfuric acid dosing to avoid microbial growth, which would convert urea
71 into volatile and potentially harmful ammonia. Water is recovered from pretreated urine by
72 vapour compression distillation (VCD) through which nitrogen ends up in a brine which becomes
73 a nitrogen dead end as well [10].

74 Human activity and crop production in a BLSS result in the production of different types of
75 organic wastes, all containing nitrogen. A dietary protein intake of 0.8-1.5 g protein kg⁻¹ body
76 weight for a crew member with a body weight between 65 and 85 kg is expected to result in a
77 urinary excretion of between 7 and 16 g N d⁻¹ (assuming ~16% N in proteins and ~80% N-
78 excretion via urine [7, 11, 12]). Fecal nitrogen excretion is typically in the order of 1-2 g N d⁻¹
79 [13] (Figure 1). Based on the assumptions of Hu *et al.* [8], 5-6 g N d⁻¹ per crew member would be
80 collected as inedible biomass (crop residues, kitchen waste) in the proposed BLSS and ~1 g N d⁻¹
81 would be collected as epithelial associated organic waste (hair, nails, saliva solids, dead skins

82 cells, ...). In order to make this nitrogen available again for the production of food in a BLSS,
83 these waste streams need to be treated to produce fertilizers adapted to the specific needs of the
84 food production processes. Different technologies have been proposed over the past decades for
85 BLSS (Figure 2) for conversion of organic wastes into carbon dioxide, water and nutrients. For
86 recovery of this nitrogen in a bioavailable form, three main strategies can be distinguished:
87 biological or physicochemical ammonification, and nitrification.

88

89 **2.1 Biological ammonification**

90 Most of the nitrogen in the organic waste streams in BLSSs is bound in organic compounds.
91 Although using organic nitrogen (amino acids, urea) for plant production may have
92 biostimulatory effects [14-17], providing inorganic nitrogen (ammonia and nitrate) is often
93 preferred as it allows online monitoring and control of the nitrogen loading and uptake by crops
94 in hydroponic systems and by bacteria in bioreactors for microbial protein production. The first
95 step in converting this organic nitrogen to the desired form for food production is biological
96 ammonification of the organic waste (Figure 2): proteins and peptides are converted into amino
97 acids by proteases produced by living organisms, while amino acids and other amide containing
98 molecules can be hydrolyzed by amidases to form ammonia. Urea ($\text{CO}(\text{NH}_2)_2$), which contains
99 more than 90% of the nitrogen in fresh urine [18], can be ammonified by the widespread enzyme
100 urease or by urea amidolyase [19].

101 In several concepts of the BLSS, microbial hydrolysis of organic waste occurs in a dedicated
102 aerobic [8, 20-23] or anaerobic [24-26] bioreactor. Besides hydrolysis of organic compounds,
103 biological ammonification and the release of other nutrients from the organic matrix is

104 established with the help of microorganisms. In the current concept of the BLSS of the European
105 Space Agency (ESA), the ‘Micro-Ecological Life Support System Alternative’ (MELiSSA),
106 organic waste is fermented in a thermophilic anaerobic membrane bioreactor at pH 5.3 to inhibit
107 methanogenesis and to maximize the formation of volatile fatty acids (VFA). Typically, between
108 18 and 71% of the organic nitrogen in the waste (plant residues and fecal material) could be
109 converted into ammonium at a rate between 17 and 30 mg NH₄⁺-N L⁻¹ d⁻¹ in this waste treatment
110 compartment [27-30].

111 The main challenges in aerobic ammonification systems are the difficulty of diffusion driven
112 aeration under microgravity conditions and the high microbial sludge yield growth under aerobic
113 growth. The lower sludge yield under anaerobic conditions is advantageous on one hand, but the
114 separation and downstream processing of the gases that are produced (methane, hydrogen) is
115 challenging on the other hand. Additionally, if nitrate rich organic crop residues are treated in
116 anaerobic conditions, nitrate could be reduced to ammonia via dissimilatory nitrate reduction but
117 denitrification, resulting in gaseous nitrogen losses, is likely to occur.

118 Bioreactors with immobilized urease enzymes have been proposed to convert the urea in human
119 urine into ammonia and carbon dioxide for space applications [31]. Nicolau *et al.* [32] combined
120 this concept with electrochemical oxidation of the ammonia for electrical power production.

121

122 **2.2 Physicochemical ammonification**

123 Hydrolysis of nitrogen-containing organic compounds can also be achieved by means of
124 physicochemical processes. Hydrolysis of proteins occurs under acidic and alkaline conditions,

125 but also the use of microwave radiation, high pressure and enzymatic treatment as well as
126 combinations of such treatments have been described [33, 34].

127 Hot water conversion is one commonly tried method to physicochemically hydrolyze nitrogenous
128 compounds. Hydrolysis in hot water is only effective at temperatures above 140-160°C (and at
129 corresponding pressures to keep water in a liquid state), as below these temperatures only
130 denaturation and insolubilisation of proteins occur [35-37]. Hydrolysis of proteins into amino
131 acids has the highest yield in the temperature range of 200 to 290°C [38-40]. When water is
132 heated to just below its critical point ($T_c = 374$ °C and $p_c = 22.1$ MPa [41, 42]), its ionic product
133 will rise from 10^{-14} at ambient temperature, to 10^{-11} at near-critical conditions [43]. As a
134 consequence, the higher concentration of protons and hydroxyl ions from the dissociation of
135 water will lead to a higher extent of acid and base catalyzed reactions with nitrogenous organic
136 compounds [44]. Further increasing the temperature in the sub-critical region (i.e. between 250
137 and 374°C) will enhance deamination reactions of the amino acids as intermediates, yielding free
138 NH_4^+ and carboxylic acids [45, 46], although competing polymerisation reactions such as amide
139 formation and Maillard type reactions (i.e. reactions with sugars) [47, 48] could occur.

140 With respect to BLSS, Lissens *et al.* [27] reported that 95-100% of all nitrogen present in the
141 biosolids from an anaerobic digester could be converted into water-soluble components through
142 hydrothermal degradation ($\sim 350^\circ\text{C}$ and ~ 240 bar). The anaerobic digester was fed with a mixed
143 organic stream (food crops, fecal material, algae) resembling a concentrated organic waste stream
144 produced by humans. About 60% of the nitrogen in the effluent of the hydrothermal unit could be
145 identified as NH_4^+ -N and NO_3^- -N, while the remaining fraction was assumed to be other oxidized
146 and solubilized nitrogen species.

147 The decomposition of the organic compounds contained in the waste streams may be enhanced in
148 hydrothermal conversion processes by the addition of oxidizing agents such as air, pure O₂ or
149 hydrogen peroxide. Below the critical point of water with air as an oxidizing agent, the process is
150 termed 'wet air oxidation' and can result in 90% conversion of organic nitrogen into mainly
151 ammonia and N₂ (at ~275°C and ~103 bar) [49, 50]. Johnson and Wydeven [51] reported an
152 increase in the formation of N₂ gas with increasing temperature (224°C to 300°C). Catalysts may
153 be added to increase selectivity towards N₂-gas formation. Thu and Michele [49] used Ru/TiO₂ to
154 achieve a selectivity to N₂ and nitrate of 85% and 15%, respectively after 22 h, while in the
155 presence of Pt/TiO₂ the selectivity to N₂ was 89% after 8 h from model distillery wastewater
156 feed. For BLSS, the Kudenko process has been developed which is an electrochemical wet
157 oxidation process, using hydrogen peroxide as oxidizer, to treat organic waste (inedible crop
158 residue, urine, feces and grey water) at 90°C and ambient pressure [23, 52]. When treating a
159 mixture of crop residues and urine, about 53% of the nitrogen could be recovered in the effluent
160 as soluble nitrogen, mainly under the form of ammonium but also nitrate and nitrite were
161 generated [52].

162 Finally, the oxidation of wet organic residues can also be carried out in supercritical water, the
163 so-called supercritical water oxidation (SCWO) process. Therein, nitrogen-containing organic
164 compounds are converted to CO₂, ammonia, nitrate, nitrite, N₂ and N₂O [53, 54]. In SCWO, the
165 oxidation of the ammonia as an intermediate is a rate-limiting step, hence ammonia is considered
166 recalcitrant. Temperatures above 500°C are needed to initiate the oxidation of NH₄⁺ [55] in the
167 presence of excess oxidizer [56, 57]. Up to temperatures of 650°C, ammonia is still being formed
168 in SCWO effluents despite its oxidation. Compared to (non)catalytic wet air oxidation, SCWO
169 reactions are typically completed in less than 1 min.

170

171 **2.3 Nitrification**

172 Although in some cases urea and ammonia can be taken up directly by plants and
173 microorganisms grown for food production, it can be preferable to convert urea and ammonia, at
174 least partially, to nitrate in a BLSS [25]. In confined spaces, the occurrence of liquid streams with
175 high ammonia concentrations is considered a hazard as ammonia volatilization increases with an
176 increasing pH and temperature, and can accumulate to toxic levels in the atmospheric
177 compartment. Moreover, high ammonia concentrations resulting from failing or inadequate
178 dosage can become toxic as well to the plants and microorganisms, even when the pH is
179 controlled [26, 58] and high levels of ammonium can inhibit the uptake of key minerals in
180 hydroponic solutions [25]. Nitrate, on the other hand, is not volatile and is not considered to be
181 toxic in the concentrations that are expected and can accumulate in the leaves in case of a high
182 nitrate supply [25], although this oxidized form of nitrogen is energetically less favorable for
183 edible protein production.

184 The biological process in which ammonia is aerobically oxidized to nitrite or nitrate is called
185 nitrification. Full nitrification to nitrate requires a significant amount of oxygen (theoretically
186 4.57 mg O₂ mg⁻¹ N) and its effective distribution to the nitrifying microorganisms (e.g. > 1 mg O₂
187 L⁻¹) is crucial for minimizing the formation of unwanted byproducts such as nitrite, free nitrous
188 acid (HNO₂), nitrous oxide (N₂O) and dinitrogen gas (N₂).

189 The first step (nitritation) consists of the oxidation of ammonia over hydroxylamine (NH₂OH) to
190 nitrite (NO₂⁻) and is catalyzed by sequential action of ammonium mono-oxygenase (AMO) and
191 hydroxylamine oxidoreductase (HAO). Nitritation is typically performed by

192 chemolithoautotrophic ammonia oxidizing bacteria (AOB) and archaea (AOA). Some
193 heterotrophic organisms are also able to oxidize ammonium to nitrite, but without energy
194 conservation [59]. The second step (nitrification) is the oxidation of nitrite to nitrate (NO_3^-) by
195 nitrite oxidizing bacteria (NOB), catalyzed by nitrite oxidoreductase (NXR). Complete ammonia
196 oxidation (comammox) to nitrate in one organism has only recently been described [60] but it is
197 not clear yet whether it will be applicable for a BLSS where a nitrification system with a high
198 volumetric conversion rate is recommended.

199 Proton production during nitrification requires a buffering capacity of $71 \text{ meq (mg N)}^{-1}$ to maintain
200 the pH. If the buffer capacity of the medium is not sufficient, only partial nitrification can be
201 expected [61, 62], unless pH control with base addition is foreseen [63]. Biological nitrification
202 activity is typically not observed if the pH drops below 5.5-6.0, although specific AOB adapted
203 to low pH have been described to oxidize ammonium down to pH 2.6 [64].

204 For BLSS, nitrification systems with an open, mixed microbial community are typically proposed
205 [62, 63, 65-68]. On one hand, these self-organizing microbial communities can evolve and adapt
206 to changing conditions and microbial invasions, which increases the robustness of the system. On
207 the other hand, such complex microbial communities and interactions are difficult to capture in a
208 mechanistic mathematical model, which might be required for space application where a high
209 level of predictability is desired. Also, the use of a microbial community with unknown species,
210 which might be pathogenic, is highly undesired in confined spaces as it presents health hazard to
211 the crew members of a BLSS.

212 For this reason, in the MELiSSA loop, nitrification of inorganic streams is envisaged to be
213 carried out by an 'axenic' synthetic co-culture of the AOB *Nitrosomonas europaea* ATCC 19718

214 and of the NOB *Nitrobacter winogradskyi* ATCC 25391 [69]. Given the slow growth of these
215 bacteria (maximum specific growth rate is about $1.6 \times 10^{-5} \text{ s}^{-1}$ for *Nitrosomonas* and $1 \times 10^{-5} \text{ s}^{-1}$
216 for *Nitrobacter*), the biomass is immobilized on carriers to minimize washout. The complexity of
217 the reactor construction and operation increases when such synthetic co-cultures are used, but the
218 specific conversion rates obtained ($1.7\text{-}1.9 \text{ g N m}^{-2} \text{ d}^{-1}$ or $0.55\text{-}0.59 \text{ g N L}^{-1} \text{ d}^{-1}$ [69]) are in the
219 range of terrestrial biofilm-based wastewater nitrification systems using an open, mixed
220 microbial community.

221 As a significant fraction of the nitrogen in the waste of a life support system will be present in the
222 human urine, recovery of this nitrogen is a prerequisite. Besides organic nitrogen ($\sim 5\text{-}8 \text{ g N L}^{-1}$)
223 and inorganic nitrogen ($\sim 0.4 \text{ g N L}^{-1}$), fresh urine contains organic compounds ($\sim 9 \text{ g COD L}^{-1}$)
224 and elevated levels of salts ($\sim 21 \text{ mS cm}^{-1}$). As the uncharged urea gets hydrolyzed, ammonium
225 and bicarbonate ions are being formed which further give rise to very high electrical conductivity
226 levels ($> 70 \text{ mS cm}^{-1}$), especially if base (e.g. NaOH) is added to stabilize the pH. It has recently
227 been shown that complete nitrification can occur in a nitrification reactor fed with undiluted urine
228 at this level of electrical conductivity [63]. In case a synthetic co-culture is used for urine
229 nitrification, specific heterotrophic strains will have to be introduced as well to oxidize the
230 organic compounds.

231 One of the challenges of applying nitrification in BLSS in space, is the survival and storage of the
232 strains during launch and space flight. Two recent experiments demonstrated that nitrifying pure
233 strains, synthetic co-cultures as well as mixed nitrifying microbial communities could
234 successfully be reactivated after spaceflight in low earth orbit (Ilgrande *et al.* in preparation).
235 Reactivation of denitrification and anaerobic ammonium oxidation activity could also be
236 demonstrated after a space flight in orbit. A nitrification biofilter on lava grains was incorporated

237 in the C.E.B.A.S. mini module in which an animal compartment with fishes and snails was
238 combined with a plant compartment with rootless water plants [70]. During the STS-89 flight
239 experiment, which lasted 9 days, the chemical water parameters remained within the limits of
240 what was considered to be a good water quality [71]. During other short term experiments (up to
241 17 days) flown on IML-2 (STS-65 – AAEU facility) and on the Neurolab missions STS-90 and
242 STS-95 (VFEU for marine fish), nitrification could be demonstrated in the bacterial filter of a
243 space aquarium to convert the ammonia excreted by fish into nitrate [72]. To enable long-term
244 experiments (up to 90 days) in the ISS, the ‘Aquatic Habitat’ (AQH) is being developed to
245 combine ammonia oxidation with heterotrophic denitrification to maintain both ammonium and
246 nitrate concentrations low for an optimal water quality in the aquarium.

247 Another challenge for the application of nitrification in microgravity conditions, which
248 significantly affects fluid dynamics [73-75], is the reduced convection and strong cohesion forces
249 in space which make efficient gas-liquid interactions no longer possible with major consequences
250 for aeration [73, 75, 76]. Due to the lower diffusion rate of oxygen in water, the oxygen transfer
251 rate might become problematic. Therefore, an aerated rotating membrane bioreactor system
252 (ARMS), has been developed at Kennedy Space Center. It contains rotating hollow fiber
253 membranes for the enhanced diffusional transfer of oxygen, which would avoid gas-liquid
254 interactions under microgravity conditions [76, 77].

255 Besides biological nitrification, chemical nitrification is also possible by combining pure
256 ammonia with oxygen at 700-800°C in the presence of a catalyst (Platinum with 10% Rhodium;
257 Ostwald process) to produce nitric acid (HNO_3) [78]. Also, ammoniumnitrite which can be
258 biologically produced at low pH values, spontaneously decomposes into N_2 and H_2O , while nitrite
259 can also be chemically oxidized, e.g. nitrous acid (HNO_2) self-decomposition into nitrate [64].

260

261 **3. Production stages: from fertilizer to protein**

262 Human daily dietary requirements have been estimated several times leading to varying dietary
263 recommendations. Most of the differences in food requirements are attributed to the parameter
264 settings regarding initial body weight, age, gender, physical activity etc. The major part of the
265 energy supply in the food is typically derived from carbohydrate sources. The requirement for
266 moderately active females (19–30 years old) is 1500–2500 kcal, while males of the same age
267 need 2500–3300 kcal. Energy is also extracted from protein and lipids but this should be limited
268 (for protein about 10%) as these are less favorable energy sources and are mainly necessary for
269 replacing metabolic building blocks that cannot be autonomously synthesized. Indeed, nine
270 amino acids found in human tissues must be supplied by dietary sources that need to be digested
271 in our intestinal tract. It is therefore not recommended to target a certain daily protein intake as
272 such, but instead focus on the quality of the protein. The US Food and Drug Administration and
273 the Food and Agricultural Organization of the United Nations (FAO/WHO) have adopted the
274 Protein Digestibility Corrected Amino Acids Score (PDCAAS) to assess this [79]. Based on this
275 method, there is strong variability between different protein sources. As astronauts will have to
276 adopt a rather monotonous diet based on non-animal sources, special care must be taken to ensure
277 certain limiting essential amino acids and vitamins are provided. However, Young and Pellett
278 [80] demonstrated that a mixture of plant proteins can serve as a well-balanced and complete
279 source of amino acids to effectively meet human dietary requirements. As such, it can be
280 hypothesized that a clever blend of plant, fungal and microbial proteins could meet all nutritional
281 requirements for crew members in space.

282 As a result, the production of animal protein is not strictly necessary in a BLSS and a vegan diet
283 is most likely to be adopted in an eventual self-sustaining BLSS in space. Moreover, the low
284 conversion efficiency from feed to meat would entail an excessive need for feed production
285 whereas the requirements for volume, mass, nutrients, energy and water demand in a BLSS
286 should be minimized. Furthermore, the difficulties with waste management (e.g. defecation,
287 slaughter, ...) in reduced gravity for typical tetrapod meat sources (chicken, goat, pig, ...) might
288 be impossible to solve [70]. There might also be ethical objections against husbandry of sentient
289 animals in confined spaces, but this discussion is outside the scope of this review.

290 Breeding fish as a source of animal protein for human consumption in combination with the
291 cultivation of edible higher aquatic plants which float or buoy (e.g. hornweeds and duckweeds)
292 and waste degrading microorganisms has been proposed by Blum *et al.* [70, 81] since
293 conceptually oxygen transfer and partial nutrient recovery can occur without phase state changes
294 (gas-liquid).

295 The conversion of inedible organic waste residues by edible worms (e.g. mealworms, silkworms,
296 earthworms) has not only been proposed to generate 'soil-like substrates' (SLS) or 'biohumus'
297 for plant production [82], but also as a source of animal protein in BLSS [8, 14, 23, 24, 83]. In
298 this review we will focus only on the protein production through plants, microorganisms, and
299 fungi.

300

301 **3.1 Food production based on plants**

302 Researchers and space agencies have historically focused on the cultivation of higher plants to
303 produce food for crew members in future BLSS [8, 23, 84, 85]. On a physiological level,
304 ammonium is required for synthesis of amino acids and proteins as it is directly incorporated into
305 the glutamate – so whatever the source, the plant must be able to ultimately convert it to
306 ammonia. Nitrogen is typically taken up from the environment as nitrate, ammonium or urea by
307 plants, but alternative forms of nitrogen can be used that include mostly organic forms [86].
308 Preference towards either form may exist for specific plants, but usually ammonium and urea are
309 used during early crop development and nitrate during later stages. In soil, microorganisms
310 rapidly mineralize the organic matter and thereby release nitrate and ammonium. When applied
311 in conventional hydroponic systems, organic fertilizers are known to cause growth inhibition and
312 have phytotoxic effects. Plant growth chambers for life support systems use conventional
313 hydroponic cultivation systems and are, therefore, not suitable for the direct use of organic
314 fertilizers. Another complication associated with organic fertilizers is that the dosing cannot be
315 controlled to accommodate the nitrogen requirement of crop plants throughout the growth cycle.
316 Usually high nitrogen levels are required during the early growth phase while lower levels near
317 the harvesting time promotes greater yields [87].

318 Direct addition of human urine, which harbors the majority of nitrogen in a BLSS (Figure 1), to
319 hydroponic systems has been proposed and evaluated [84, 88-90]. The major problems with
320 direct urine addition include phytotoxic effects of high ammonium, problems relating to organic
321 compounds, and stress caused by the high salt concentration in urine. Several strategies have
322 been proposed to cope with the high salinity. Dilution can be used to maintain the salt level
323 below a specific threshold, but on the longer term salt accumulation might still occur in
324 hydroponic systems if the plants don't take up these salts at the same rate as other nutrients in the

325 urine. Other strategies that have been proposed include using halophytes [91], or maintaining a
326 low salt diet for the crew members to reduce the salinity in the urine in combination with plants
327 that can accumulate salt in their leaves [92]. Physicochemical techniques that have been proposed
328 for salt removal include hydrothermal treatment of the urine [93] and electro dialysis of irrigation
329 water [91, 94].

330 Given these issues, to reach optimal crop growth, hydroponic systems should be supplied with
331 fully synthetic mineral mixtures which can be monitored and adjusted in accordance to the
332 system requirements. Ammonium and nitrate are usually supplied as a mixture since ammonium
333 uptake acidifies while nitrate basifies the nutrient solution. The amount of ammonium added to
334 the nutrient solution should not exceed the absorption and storage capacities of the plant because
335 excess ammonium causes cell damage. Most plants can directly take up urea but metabolize it
336 with varying efficiencies, depending on the species. Under field conditions, urea is converted into
337 ammonium by urease, a common enzyme in soil microorganisms, while under hydroponic
338 conditions this does not occur and urea has been shown to be a very poor nitrogen fertilizer [95].

339 The total amount of nitrogen taken up by a plant depends on various environmental factors, two
340 of the most important being concentration and dose of nitrogen that is supplied. Indeed, shoot
341 biomass strongly increases with a generous dose of nitrogen. Under field conditions, the nitrogen
342 cycle is strongly influenced by ammonium evaporation and leaching and to some extent to biotic
343 nitrogen fixation and atmospheric deposition. There are ample studies on nitrogen use efficiency
344 (ratio of grain yield over available N) in wheat under field conditions as it is an important
345 economic factor and determines end-use quality. In a recycling hydroponic system, volatilization
346 of ammonium can be kept to a minimum either by closing the nutrient solution circuitry or by
347 supplying nitrogen as nitrate. Beyond nitrogen, different plant species show variation in mineral

348 uptake efficiency, which may cause salinity issues in hydroponic systems. To compensate for
349 this, a life support food production system should include a variety of crops, collectively
350 cultivated with the same hydroponic solution such that optimal mineral use efficiency is attained.

351 Next to the cultivation requirements imposed by the choice of crops, food production should
352 fulfill the needs of the crew. Continuous supply of fresh produce is achieved by a staggered
353 cultivation scheme whereby harvesting is possible on a daily basis. Although this approach offers
354 advantages in terms of low storage requirements and preservation of food quality, estimations on
355 crop production requirements usually assume one crop per plant growth unit, and batch culturing
356 [96]. Biomass and food production levels are strongly dependent on the type of crop and,
357 consequently, the cultivation area is largely determined by the food quality requirements. A daily
358 consumption of 3000 kcal for a male astronaut executing moderate physical activities can be
359 provided by a balanced diet of macronutrients of 70% carbohydrates, 10% protein and 20% fat.
360 The majority of the carbohydrates are likely going to come from wheat and potatoes. Wheat
361 grains are high in starch content (60-70% carbohydrate), and, therefore, ideal to provide energy.
362 Potato tubers are also high in starch (85% of the dry matter), but, in addition, are rich in minerals
363 and vitamins and therefore often combined with other carbohydrate sources such as wheat. A
364 suitable crop composition, however, has to provide nutritional complementarity and variety,
365 which can require combining more than 10 crop species [97]. Balancing cultivation requirements
366 and yield potential of different crops with human nutritional requirements is a complex problem
367 for which different outcomes have been calculated, in terms of minimizing cultivation area,
368 optimizing biomass production rates, crop selection, etc. [98]. Typically, the required surface area
369 for higher plant production for one crew member has been assumed to be in the order of 40-50 m²
370 [8]. However, Do *et al.* [99] have postulated that, depending on the desired variety of crops, 46-

371 117 m² would be a more realistic estimate for a 3040 kcal person⁻¹ d⁻¹ plant based diet. As a
372 comparison, Cassidy *et al.* [100], estimated that approximately 1000 m² would be necessary to
373 provide one person with a plant based diet on earth (2700 kcal⁻¹ person d⁻¹, 41 different crops),
374 not accounting for animal feed, biofuels, nor other non-food products. It can be assumed that the
375 scale of a higher plant compartment will have a great impact on the feasibility of realizing a
376 future closed loop BLSS for the first time. **Therefore, first plant production systems for human**
377 **consumption in the near future will most likely cover only a small fraction of the diet,**
378 **supplemented with terrestrial resupply.**

379 With these different opinions on the required cultivation area in mind, a general estimation of the
380 nitrogen consumption by the cultivated crops is equally difficult to assess with current
381 information. Nonetheless a rough estimation can be made. Considering an average productivity
382 between 10 and 200 g fresh weight m⁻² day⁻¹ [8, 101], and assuming that about 0,5% of fresh
383 green parts of the plant consists of N, the daily consumption of nitrogen per m² is estimated to be
384 5 to 40 grams. In case a LED based artificial lighting system is used (~2200 kWh electricity kg⁻¹
385 dry weight, calculated from Do *et al.* [99]), several layers of crops can be stacked in a higher
386 plant growth chamber, so an average specific protein production rate would be, depending on the
387 crop, in the order of 0-4 kg protein m⁻³ year⁻¹ (calculated from Do *et al.* [99]).

388

389 **3.2 Food production based on microorganisms and fungi**

390 The term ‘single cell protein’ (SCP) has been coined to describe whole cells of microalgae,
391 bacteria and unicellular fungi (such as yeast) intended for consumption for nutritional purposes
392 [102, 103]. Next to SCP, multicellular fungi are an interesting source of protein due to their

393 versatility in substrate usage. This feature makes fungi applicable in recycling the inedible lignin
394 rich biomass of higher plants in BLSS [14, 82, 104].

395 3.2.1 Bacterial and microalgal single cell protein production

396 SCPs are highly attractive for protein production on earth as well as in space because they can be
397 produced with highly efficient use of resources. Indeed, microorganisms can be highly efficient
398 in their nutrient conversions, and thus near full recycling of the nitrogen and phosphorus from a
399 recovered stream is feasible, depending on their ratio. One important feature of SCPs is their high
400 volume or surface specific productivity rates, as high as 1.5 kg dry weight $\text{m}^{-3} \text{d}^{-1}$ for microalgae
401 cultivation in indoor photobioreactors [105] and 1.45 kg dry weight $\text{m}^{-3} \text{d}^{-1}$ for purple non-sulfur
402 bacteria (PNSB) cultivated in outdoor photobioreactors [106], resulting in a compact type of
403 engineered food production system. In case artificial light is necessary (e.g. LED), the electrical
404 energy demand for lighting can be in the order of 180 kWh kg^{-1} dry weight (assuming 135 μmol
405 $\text{m}^{-2} \text{s}^{-1}$; 1.1×10^{-2} kg dry weight $\text{m}^{-3} \text{h}^{-1}$; 25 m^{-1} [107] and 1.7 $\mu\text{mol J}^{-1}$ [108]). Finally, given their
406 wide range of metabolic capacities, they are able to use various sources of carbon, energy and
407 electrons, offering multiple options to plug them into resource recovery loops. Microbial biomass
408 has the highest protein content among organisms (50-70% DW) and offers additional functional
409 benefits in terms of vitamins, pigments and potentially prebiotic compounds [102, 103].

410 SCP is facing three important challenges that must be overcome to further improve its cultivation,
411 nutritional value and dietary consumption. Firstly, producing a semi-solid food ingredient from
412 microbial biomass requires some high energy processing steps. In photobioreactors for instance,
413 biomass levels are around 1 g dry weight L^{-1} [109], hence 99.9% of the reactor content consists of
414 water. Typical techniques to concentrate the biomass are energy intensive, including filtration,

415 centrifugation ($\sim 2 \text{ kWh kg}^{-1}$ dry biomass [110]) and drying [111]. Secondly, microorganisms
416 contain the highest levels of nucleic acids (DNA+RNA) among all organisms, about 15-16% of
417 the dry weight [103], mostly in the form of RNA. For humans, consumption above 2 g per person
418 per day can lead to gout and kidney stone [112]. Due to these health-related issues result in the
419 fact that only 40-50% of the protein intake can be substituted by microbial protein [113, 114].
420 Although this is already a considerable portion, various physical and chemical post-treatment
421 techniques can lower the SCP RNA levels increasing their usage potential in a healthy diet. A last
422 challenge, and often overlooked challenge is that of human acceptance of microbial food
423 products. Humans already consume items produced by microorganisms that often also contain
424 residual microorganisms (e.g. beer, cheese, yoghurt...), yet microorganisms as a main food
425 ingredient remains a novel idea, and one that consumers may find repugnant. Unappealing flavor
426 and texture of food containing microorganisms are likely causes of this distaste. In long-term
427 spaceflight, it is known that the psychological well-being of the astronauts is partially depending
428 on food flavor and variety [115]. In addition, possible rejection and concerns about product safety
429 can be linked with psychological aspects of consuming a novel food that is produced with
430 innovative technologies.

431 The microorganisms *Arthrospira platensis*, also known as “*Spirulina*”, and *Rhodospirillum*
432 *rubrum* have been studied in the MELiSSA concept as an alternative source of proteins [116]. *A.*
433 *platensis* biomass contains as much as 46-71% protein on a dry weight basis [117-119] and the
434 biomass is rich in vitamins, minerals, β -carotene, essential fatty acids, such as γ -linolenic acid
435 [120], and antioxidants [121]. The true protein digestibility of this microorganism is 75.5% [122],
436 which is fairly high. In terms of essential amino acids, cultivation can lead to a nutritionally
437 appealing composition for crew members, yet the opposite is also possible. Figure 3 displays the

438 variability of levels of individual essential amino acids, with a factor seven difference between
439 the minimum and maximum values, depending on cultivation conditions. Further optimization in
440 this area should be able to guarantee the protein quality. A practical advantage of *A. platensis* is
441 its relatively large size, as multiple cells (3-16 μm [121]) form spiral-shaped filaments (100-200
442 μm [123]) which can more easily be separated, for instance through filtration. Furthermore, this
443 cyanobacterium is one of the rare bacteria containing a relatively low nucleic acid concentration
444 (4-6% of dry weight [114]). For nutritional purposes, *A. platensis* is being cultivated at full-scale
445 on synthetic chemicals, while other applications have also explored the use of waste streams to
446 support growth [109, 124].

447 *A. platensis* fulfills a vital role in the photosynthetic compartment (IVa) of the MELiSSA loop
448 [116]. In this loop, *A. platensis* consumes nitrate in nitrified effluents, consumes CO_2 produced
449 by by the crew and in the other compartments, produces O_2 and provides a dietary protein source
450 for the crew members. Previous studies towards the growth of *A. platensis* on urine reported
451 success using highly diluted human urine [125, 126] and nitrified urine [127]. The high dilutions
452 used (10-30% dilution) however, indicates that those systems were operated at low salinities.
453 Coppens *et al.* [63] observed that relevant salt levels had no significant effect on its growth and
454 nitrate resulted in the most optimal growth compared to ammonium and urea as the sole nitrogen
455 source, provided that the nitrate concentrations did not exceed 1 g N L^{-1} . When growing a food
456 product on urine, particular attention needs to be directed towards safety with regards to
457 pathogens and micropollutants such as pharmaceutical residues [128].

458 Next to *A. platensis*, the cyanobacterium *Aphanizomenon flos-aquae* is grown commercially as a
459 food supplement [129]. This species, however, was never considered for use in a BLSS. Another
460 cyanobacterium, which lives in symbiosis with the edible water-dwelling fern *Azolla*, is

461 *Anabaena azollae*. Liu *et al.* [90] studied this organism as part of a BLSS that also included
462 biological purification of a urine solution using Azolla and a UV photocatalytic oxidation by
463 TiO₂. According to the authors, this treatment could produce effluent to meet standards for
464 drinking water quality.

465 Furthermore, the green microalgae *Chlorella vulgaris* is cultivated commercially and sold as a
466 food supplement. Although *Chlorella* contains a high protein content of 51-58% on a dry weight
467 basis, it also possess a robust cellulosic cell wall which makes human digestion difficult [119].
468 *Chlorella* has been proposed for O₂ generation in a BLSS rather than for food production. To
469 prevent accumulation of dead-end products in a BLSS, the biomass could be burned when the
470 CO₂ concentration is low, or fed to mealworms (*Tenebrio molitor* L.) [130]. Another use for
471 *Chlorella* in BLSSs was proposed by Li *et al.* [130] in which *C. vulgaris*, grown on human urine,
472 was used to control the balance of CO₂ and O₂.

473 *Rhodospirillum rubrum*, which has been proposed for compartment II of the MELiSSA loop,
474 belongs to the group of the purple non-sulfur bacteria (PNSB), and grows photoheterotrophically
475 on VFAs. As indicated by Godia *et al.* [116], PNSB represent an interesting yet unexplored
476 source of microbial protein for consumption. The potential for producing these bacteria on
477 fermentation effluent derives from their metabolic and physiologic features. Firstly, they have a
478 near perfect organic carbon uptake efficiency (when grown on volatile fatty acids) in comparison
479 with other organoheterotrophs, yielding a very high protein output per carbon input [131].
480 Secondly, PNSB also have a high growth rate with respect to photoautotrophs like microalgae,
481 leading to a more compact production system [132, 133]. Thirdly, their unique potential to grow
482 under specific infrared wavelengths adds a selectivity tool for non-axenic cultivation applications
483 [134, 135]. In terms of nutritional quality, the PNSB biomass composition has other appealing

484 features. Firstly, its methionine content, usually a limiting essential amino acid, is much higher in
485 comparison with other types of microbial protein. Secondly, the biomass contains a considerable
486 amount of essential vitamins (B12, B2, B6, C, E, D and folic acid) [136]. Finally, compounds
487 with health stimulating benefits are present, such as carotenoid pigments [113, 137, 138] and
488 poly- β -hydroxybutyrate (PHB) [139]. *R. rubrum* has been demonstrated to reduce for instance
489 LDL-cholesterol in mice [140]. Despite of several animal feeding trials, for instance by Banerjee
490 *et al.* [141], Shapawi *et al.* [142] and Kobayashi and Kobayashi [136], PNSB have not yet been
491 tested for human consumption, to the authors' knowledge. It is unclear whether full-scale
492 production facilities are terrestrially in place at this moment.

493 In the MELiSSA loop, the main challenge with the use of *R. rubrum* as a food source for crew
494 members is its proximity to Compartment I. As fecal matter, and the potentially associated
495 pathogens, enter Compartment I directly, it might be a challenge to maintain a sterile
496 fermentation effluent through membrane filtration at all times.

497 Besides the phototrophic protein production by bacteria or microalgae, the dark production of
498 single cell proteins for life support systems by chemolithoautotrophic bacteria has been proposed
499 by Hendrickx and Mergeay [143] and Verstraete *et al.* [144] for BLSS. Methane or hydrogen
500 formed in the BLSS (e.g. in anaerobic fermentor) or from outside the BLSS could be used as
501 energy source for non-phototrophic microbial food production. Hydrogen could be produced
502 from olivine found on Mars [143]. Matassa *et al.* [145] recently reported a hydrogen oxidizing
503 biomass production rate of 0.28 g dry weight g^{-1} COD- H_2 (81% H_2 conversion efficiency, 76%
504 protein content), so even if hydrogen would be generated through water electrolysis (e.g. 53 kWh
505 kg^{-1} H_2 [146]), the electrical energy demand for water electrolysis would be in the order 29 kWh

506 kg⁻¹ dry weight, which is lower than the electricity demand for phototrophic growth with artificial
507 lighting systems.

508 3.2.2 Fungal protein production

509 In general, fungi contain a lower protein content (15-45% DW) in comparison with the earlier
510 discussed microalgae and bacteria. However, both unicellular and multicellular fungi are valued
511 for their ability to grow on a variety of lignocellulosic substrates. The exact composition of
512 hemicellulose, cellulose and lignin, will influence which fungi can be cultivated [103].

513 Gitelson *et al.* [147] could convert approximately 10% of the courser part of the inedible
514 biomass, which was ~45% of the total inedible biomass, into edible fungal biomass (*Pleurotis*
515 *florida*; protein content of 16%). When grown for 60-70 days on wheat straw, 6-7% of the
516 substrate could be converted into *Pleurotis florida* Fovose having a protein content of 23% [23].

517 Use of fungi in the biological waste treatment has typically been combined with other biological
518 treatment steps, e.g. organic waste digestion with worms and bacteria to produce ‘soil-like
519 substrates’ as an organic matrix for subsequent plant production [82]. He *et al.* [14] used
520 aerobically fermented residues of wheat and rice to cultivate oyster mushrooms (*Pleurotus*
521 *ostreatus*) and then earthworms. Although the degradation efficiency of cellulose and lignin
522 slightly increased from 98.6% to 99.5% and from 93.1% to 98.6% respectively by the addition of
523 oyster mushroom to the earthworm treatment, the produced soil-like substrate resulted in a lower
524 lettuce productivity afterwards and the authors did not consider all the oyster mushroom biomass
525 as food as the lignocelluloses in oyster mushroom cannot be digested well by humans.

526 One drawback in the production of fungi is the possible contamination with fungal species that
527 produce mycotoxins. Small amounts of these mycotoxins can potentially cause neurotoxicity,

528 allergies and rashes on the skin. The monitoring of invasive species and their potential toxins is a
529 prerequisite in producing fungal biomass [148].

530 To recycle the inedible biomass of higher plants in a BLSS, Strayer *et al.* [149] investigated the
531 production of the yeast *Candida ingens* on volatile VFAs, which were produced in a first step
532 using anaerobic digestion of potato crop residue. A low pH of 5 was maintained to favor growth
533 of the yeast while slowing bacterial growth. On average 0.4 g yeast biomass was produced per g
534 VFA consumed and no phytotoxic VFA were detected in the effluent, indicating their complete
535 removal.

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539 **4. Nitrogen loss, fixation and in situ utilization**

540 One of the main challenges of the nitrogen recycle in BLSS, is to avoid nitrogen losses. Main
541 points of loss in these systems can be identified. First, if organic waste is disposed or removed
542 from the BLSS after dewatering without further treatment nor recovery, the nitrogen fixed in this
543 organic material is not available anymore [10, 52, 84, 91, 150-155] (Figure 1, c1). Several other
544 nutrients can be recovered after incineration of the dried organic waste, but the nitrogen is
545 typically converted into N₂ and NO_x [22, 84, 151, 154-157] (Figure 1, c2) and lost in the process.
546 Depending on the temperature and pressure, hydrothermal treatment of organic waste also results
547 to some extent in the formation of N₂ and NO_x [50-52, 93, 150, 158] (Figure 1, c3). When nitrate,
548 e.g. from inedible crop residues, is introduced in an anoxic bioreactor in the presence of organic

549 compounds, denitrification is very likely to occur [25, 27, 62, 67, 77, 159] (Figure 1, c4). For
550 specific mission scenarios where complete nutrient recovery is not mandatory, the formation of
551 N_2 might be useful to help pressurizing the cabin [160], but not for a BLSS where a (near)
552 complete recycling of all the elements is envisaged. During nitrification and denitrification,
553 substantial N_2O formation might occur in case of specific process conditions (e.g. oxygen
554 concentration, nitrite concentration, COD/N ratio) [161], which can also become a potential
555 health hazard in a closed system.

556 Other examples of nitrogen losses that can occur in a BLSS include ammonia volatilization (e.g.
557 from urine at high pH), nitrous acid volatilization at low pH values, and struvite formation in
558 vessels or piping e.g. as a result of urea hydrolysis. Nitrogen can also be lost from the concentrate
559 of membrane filtration steps or the biosolids waste from various bioreactors if these streams are
560 not adequately recycled.

561 In case it is not possible or too complex to avoid the formation some of these nitrogen losses and
562 if terrestrial resupply is not possible or desirable, the introduction of a N_2 fixation step can be a
563 solution. Nitrogen fixation in BLSS can be established in a microbial or chemical way.

564 Biological N_2 fixation can occur in the root nodules of specific plants (e.g. legumine family) via a
565 symbiosis between nitrogen fixing bacteria and plants. It might be necessary to select bacterial
566 strains compatible with specific plants may need to be selected and inoculated to achieve a high
567 nitrogen-fixing efficiency [162]. However, biological nitrogen fixation requires a high energy
568 input (15-16 ATP per molecular N_2) and the nitrogen demand of plants cannot be fully satisfied
569 only by biological nitrogen fixation so nitrogen-fixing plants may be less productive compared to
570 those supplied with mineral nitrogen [162, 163]. Besides bacterial symbiosis with plants, free

571 living microorganisms such as *Azotobacter*, *Clostridium* and specific PNSB and cyanobacteria,
572 are capable of biological nitrogen fixation. Cyanobacteria that combine nitrogen fixation with
573 oxygenic photosynthesis in a dedicated bioreactor have been proposed for BLSS [164].

574 Nitrogen can also be fixed as ammonia in a chemical way by combining dinitrogen and hydrogen
575 gas in the presence of a catalyst at high temperature and pressure [93]. Whereas industrial
576 ammonia production typically occurs at 200-300 bar and 400-500°C (Haber-Bosch process) with
577 the energetic cost of 27 GJ t⁻¹ NH₃, Sakamoto *et al.* [78] demonstrated a nitrogen fixing unit for a
578 Life Support System that could be operated at 7-8 bar and 300°C at a rate that was in the order of
579 the nitrogen metabolism rate of one crew member.

580 In specific environments where nitrogen may already be present (e.g. Mars), the in situ utilization
581 of nitrogen could be considered to compensate for nitrogen losses in a BLSS. Oxidized nitrogen-
582 bearing compounds were recently discovered in Martian sedimentary deposits, which indicates
583 the theoretical possibility to extract nitrate from Martian surface [165]. However, separating the
584 nitrogen from other, possibly toxic, compounds (e.g. perchlorate) might be challenging. To deal
585 with pressure losses of the habitat atmosphere caused by leakage and extravehicular activity from
586 habitat on Mars, Do *et al.* [99] suggested an atmospheric processor module to capture high purity
587 N₂ from the CO₂-rich Martian atmosphere with the utilization of a zeolite membrane filter and
588 cryocooler.

589 **5. Broader challenges for nitrogen cycling in BLSS**

590 Besides crew members, a BLSS contains by definition living organisms, at least for food
591 production and, depending on the BLSS outline, possibly also for waste processing. In space,
592 living organisms are subjected to extreme and hostile conditions including broad ranges of

593 gravity and ionizing radiation, both factors known to have a profound effect on the physiology,
594 morphology and functionality [73, 166-168]. Without sufficient protection (shielding), radiation
595 can induce random DNA damage and mutations, possibly causing alterations in gene expression,
596 which can be detrimental for the growth and survival of microorganisms and plants [73, 74, 169,
597 170]. Exposure to variations in gravity, ranging from ‘hypergravity’ during vehicle launch (3.2 g)
598 and reentry (1.4 g), to reduced gravity at the lunar (0.17 g) and Martian (0.38 g) surface and even
599 microgravity during orbital flight ($\sim 10^{-6}$ g), brings about mainly indirect effects linked to the
600 altered extracellular fluid properties affecting the nutrient acquisition and waste removal [73, 74,
601 166, 167, 170-172]. In case extraterrestrial habitation becomes possible, genetic evolution of
602 terrestrial species into novel extraterrestrial species is likely to occur over time and the different
603 levels of gravity and the specific composition of the radiation penetrating the shielding of a BLSS
604 in space might affect this process in a different way than on earth. As a result, in depth research
605 on the long-term effects of radiation and microgravity on living organisms in a BLSS in general,
606 and on nitrogen metabolism specifically, will be mandatory for permanent extraterrestrial
607 habitation.

608 Besides selecting and optimizing the different subprocesses in a BLSS for nitrogen and other
609 elements, the integration and real time control over the different processes is the final hurdle still
610 to overcome to allow for the realization of a BLSS for reuse of nitrogenous compounds for food
611 production in space. As an example, the integration of the MELiSSA compartments is being
612 thoroughly tested in the MELiSSA Pilot Plant facility, located at the Universitat Autònoma de
613 Barcelona [173, 174]. Moreover, each system developed for space should eventually comply with
614 the basic rules for space design, including limited volume and mass, low consumable and energy

615 input, a high level of automation to limit the workload of the crew and a high level of robustness,
616 reliability and safety.

617

618 **6. Outlooks**

619 When does a BLSS, with at least partial food production, become favorable for space missions?
620 Olson *et al.* [175] estimated that the cumulative cost and mass savings for a BLSS with 50-97%
621 food production compared with a PLSS (in situ water recycling and O₂ production, terrestrial
622 food supply) start to pay off between 1 and 12.9 years depending on the mission scenario. Do and
623 Owens [99] assessed the technical feasibility of the ‘Mars One’ mission plan (missions with 4
624 crew members every 26 months for a one way trip) and evaluated the payload requirements for
625 supplying terrestrial produced food versus in situ food production via BLSS. They concluded that
626 for the first seven missions, the costs and mass to be delivered to Mars were higher for the BLSS
627 with in situ food supply, but that the mass and costs for resupply (food and spare parts) increased
628 faster for the scenario with terrestrial resupply for an increasing Mars population. They also
629 concluded that the assumptions made by ‘Mars One’ do not lead to a feasible mission plan and
630 that further technological development (e.g. life support reliability) is mandatory to achieve the
631 goal of sustainable habitation on Mars [99]. The BLSS scenario with in situ food production in
632 this assessment did, however, not take the recovery of nutrients from crop residues and human
633 organic waste stream into account for food production. Czupalla *et al.* [152] evaluated different
634 BLSS concepts (MELiSSA, BIOS, ALM and an Equivalent System Mass (ESM) optimized life
635 support system) with partial nutrient recovery for a 780 day mission to Mars based on an ESM
636 analysis. In their ESM optimized life support system, the use of the Kudenko process (see section

637 2.2) would allow the partial reuse of nitrogen for the plant production. Further research is
638 however needed to perform more enhanced assessments since the mass criterion of ESM is rather
639 minimal and the outcome of the assessment might differ significantly depending on the duration
640 (long-term or permanent BLSS) and the destination of the space mission. Furthermore, increasing
641 the fraction of microbial food production in the crew diet might enhance the feasibility of a BLSS
642 with in situ food production. Moreover, hybrid scenarios combining in-situ food production with
643 terrestrial food resupply will most likely be considered for near future long term space missions
644 and space habitation and these scenarios can be stepping stones towards self sustaining
645 colonizations in outer space.

646

647 These scientific and technological endeavors for enhanced nitrogen recovery in BLSS are not
648 only favoring future extraterrestrial civilizations, they also drive technological innovation on
649 earth in areas such as bioprocessing, circular technology, cleantech and life sciences, among
650 many others [73, 176, 177]. On the one hand, studies on the behavior of microorganisms and
651 higher plants in space can provide new insights into more fundamental microbiology and plant
652 biology [73, 178, 179]. On the other hand, spin-off terrestrial technologies can open up
653 opportunities for terrestrial life support in confined spaces or extreme conditions as well as in
654 recycling schemes for sustainability concepts (eco-cities, eco-buildings, ...) [74, 176]. Potential
655 fields of application where these nitrogen reuse technologies can help close or balance the
656 nitrogen loop on earth include treatment and valorization of source separated urine, decentralized
657 water treatment, aquaponics, vertical farming and SCP feed or food production.

658

659 **7. Conclusions**

660 In the context of BLSS, the focus for recovery is often mainly on water, oxygen and carbon while
661 other (micro)nutrients receive little attention. In this review, the state-of-the-art and remaining
662 challenges of the different technologies and subsystems with respect to nitrogen is presented and
663 discussed. Efficient nutrient management will become mandatory for a sustainable and quasi-
664 independent extraterrestrial colonization of human beings, as resupply for increasing populations
665 will not be feasible anymore. Therefore, more research and technological BLSS development
666 focus should be oriented to minimize and remediate the losses of nitrogen, along with other
667 essential elements.

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672 **Acknowledgements**

673 This article has been made possible through the authors' involvement in the MELiSSA project,
674 ESA's life support system research program
675 (http://www.esa.int/Our_Activities/Space_Engineering_Technology/Melissa). We kindly
676 acknowledge the financial support of the Belgian Science Policy (BELSPO).

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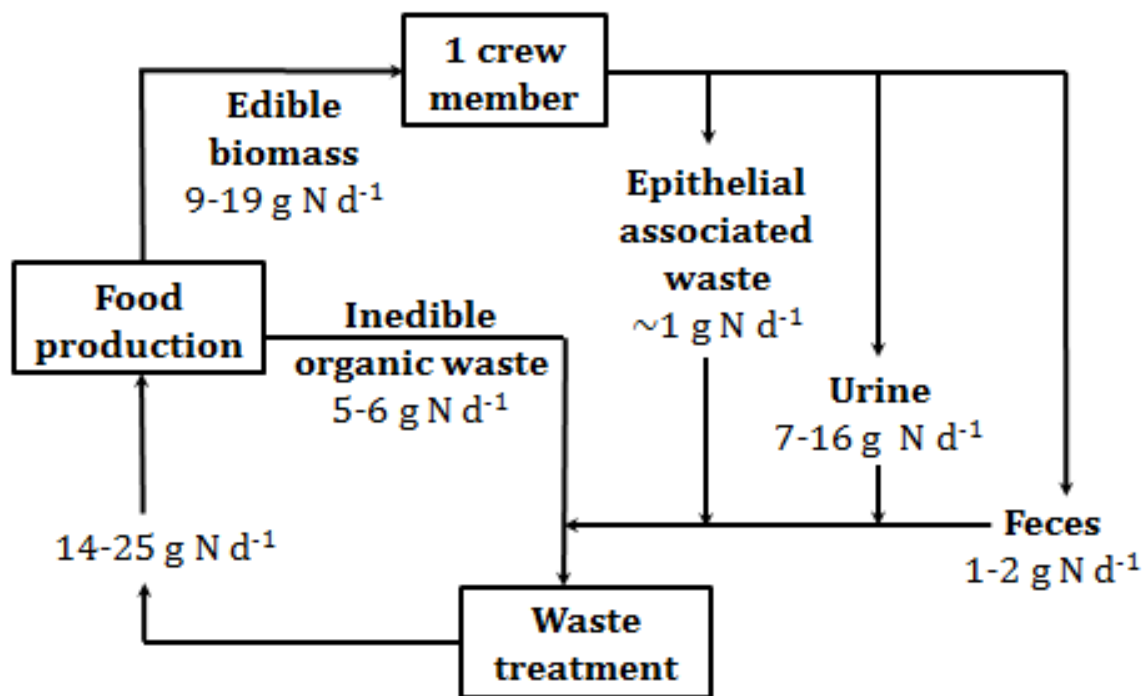
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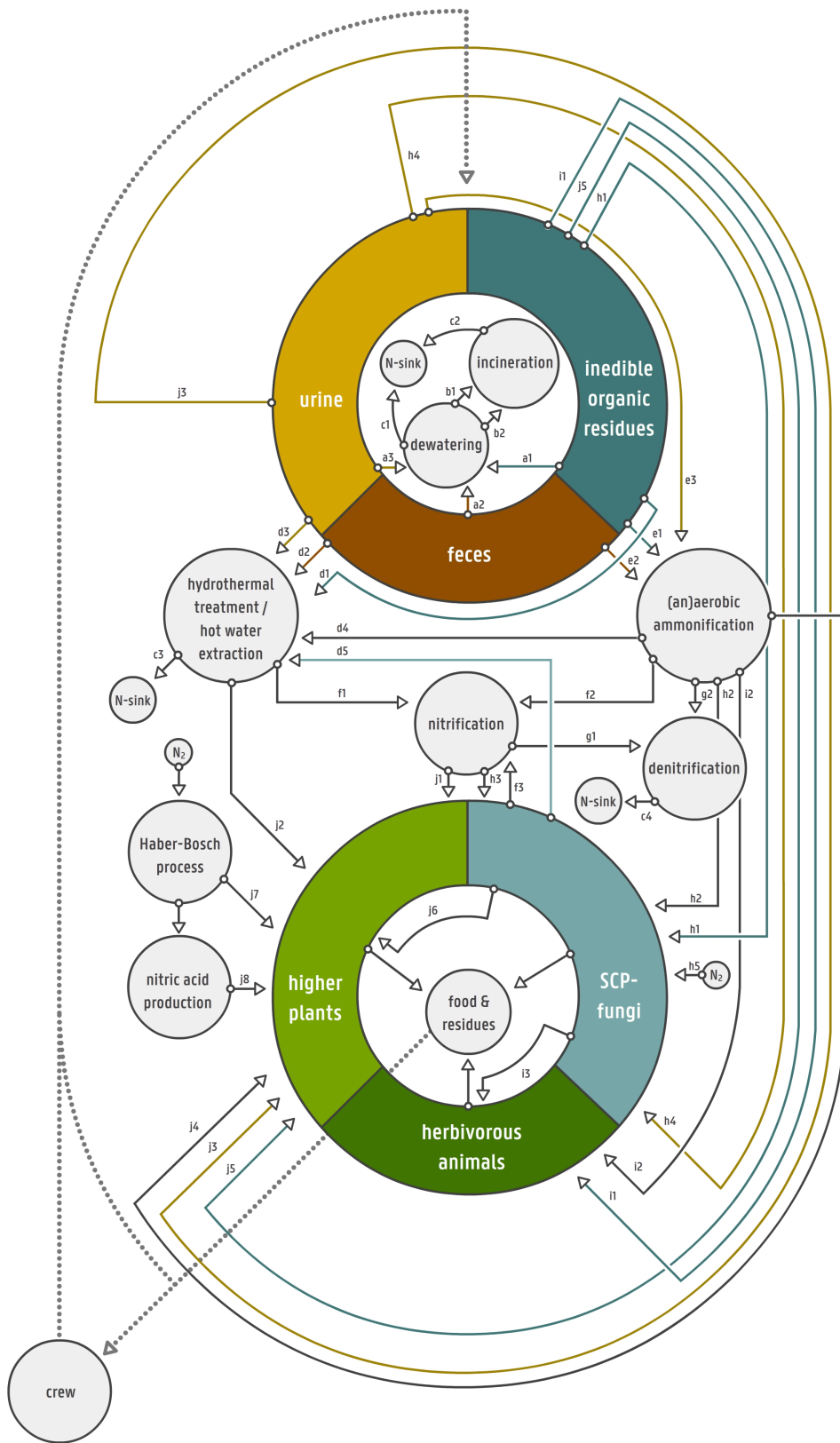
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684 **Figure 1.** Schematic diagram of the theoretically calculated nitrogen balance in a BLSS for one

685 crew member, based on values from [7, 8, 13].



687 **Figure 2.** Schematic overview of the key processes for nitrogen recycle in Bioregenerative Life
688 Support Systems

689 **(a1** [22, 84, 153-157]; **a2** [84, 151, 152, 155, 157, 180]; **a3** [10, 152, 155]; **b1** [22, 84, 153, 154,
690 156, 157]; **b2** [84, 151, 155, 157, 180]; **c1** [10, 52, 84, 91, 150-155]; **c2** [22, 84, 151, 154-157];
691 **c3** [50-52, 93, 150, 158]; **c4** [25, 27, 62, 67, 77, 159]; **d1** [9, 23, 50-52, 93, 152, 155-158, 181];
692 **d2** [52, 91, 93, 150, 152, 155, 182]; **d3** [51, 52, 91, 93, 94, 150, 155, 182]; **d4** [4, 8]; **d5** [181]; **e1**
693 [4, 8, 14, 20, 21, 23-27, 29, 66, 183-188] ; **e2** [4, 8, 29, 66]; **e3** [62, 63, 65-67] ; **f1** [8, 23] ; **f2** [4,
694 8, 62, 63, 65-67, 77, 186] ; **f3** [4, 25]; **g1** [25, 62, 67, 77] ; **g2** [25, 27] ; **h1** [23] ; **h2** [4, 14, 23,
695 25, 26, 63, 66] ; **h3** [4, 63, 66]; **h4** [63, 126] ; **h5** [164]; **i1** [8, 23, 24, 83] ; **i2** [14, 24]; **i3** [14]; **j1**
696 [4, 8, 25, 26, 66, 184-187, 189]; **j2** [50, 91, 150, 151]; **j3** [84, 88, 89, 190]; **j4** [66, 188, 189] ; **j5**
697 [21]; **j6** [23, 26]; **j7** [78, 93]; **j8** [78, 93])

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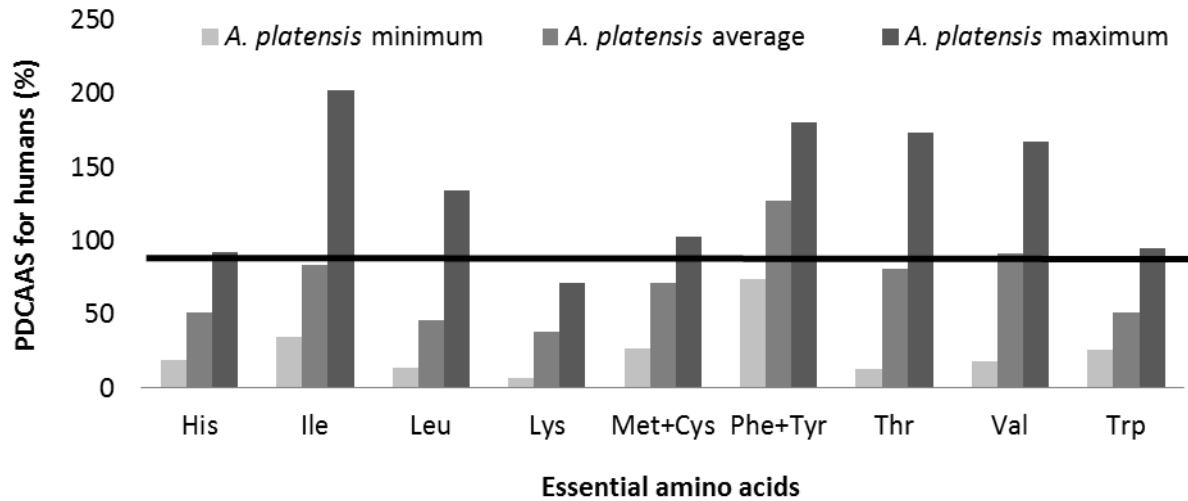
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 705 **Figure 3.** High variation in protein digestibility corrected amino acid scores (PDCAAS) for *A.*
 706 *platensis*, calculated on available amino acid data from cultivating at different pH and
 707 temperature [191], using a digestibility of 75.5% [122]. The line depicts the target threshold to
 708 fulfill for every amino acid for a perfect match with the human nutritional requirements.

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