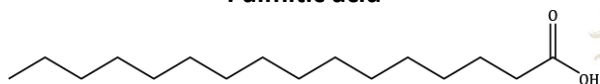


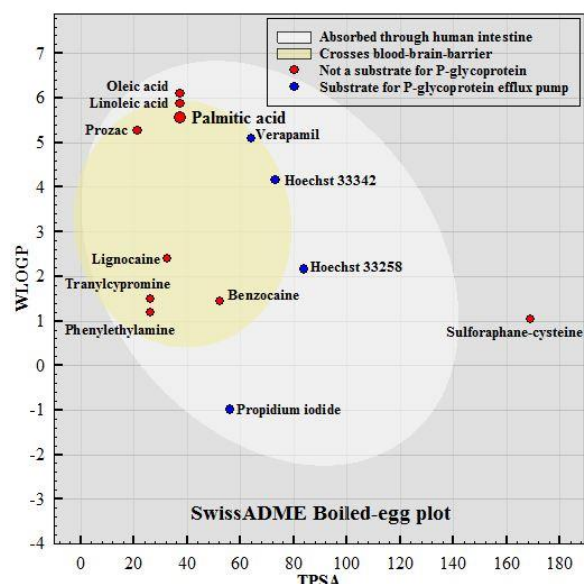
OliveNet™ Newsletter

Molecule of the month

Palmitic acid



Palmitic acid is a saturated fatty acid most commonly associated with palm oil, and detrimental health effects. However, findings indicate that in olive oil the presence of the abundance of oleic and linoleic acid neutralise the effects of palmitic acid. Unlike ingested palmitic acid, findings have found that it is a useful in skincare as a cleansing agent and emollient.



We analysed palmitic acid using SwissADME and the results indicate that palmitic acid is absorbed through human intestines, and is predicted to cross the blood-brain-barrier; the absorption profile is very similar to oleic and linoleic acid. The analysis indicates that palmitic acid is not a substrate for the P-glycoprotein pump, however it was shown to inhibit certain liver isozymes.

Upcoming event

The premier Wounds Australia Conference 2018, will be held in Adelaide, South Australia between Wednesday 24 to Friday 26 October 2018. Although abstract submission has closed, registration is still open.

Julia Liang's recipe of the month

Potato salad with olive oil

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared a potato salad with extra-virgin olive oil – a classical favorite!

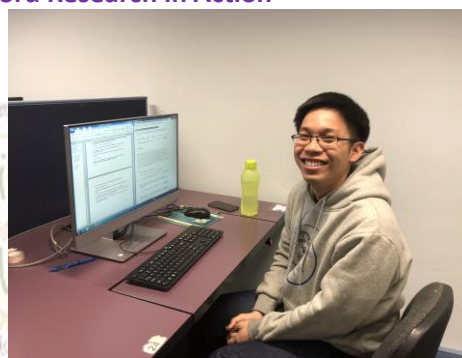


[Approximate calculations: Total EVVO = 118 mL (110 g); Serves 8. Per serve = 143 calories (or 7% of 2,000 calorie diet), 14 g EVVO (or 28% of typical daily recommendation), ~3.5 mg olive polyphenols (assuming 250 mg/kg in average EVOO)].

For further details please see our [OliveNet Library Facebook page](#) and visit [Julia's Cooking Revista](#).

*** All of Julia's recipes are tried and tested.**

McCord Research in Action



McCord Research Scholar, Chen Jing Khoo at the Royal Melbourne Institute of Technology University, Melbourne, Australia. Chen Jing is a molecular modeling and dynamic simulation student and his work is aimed at characterising the OliveNet database for absorption, distribution, metabolism, excretion, and toxicity profiles.