



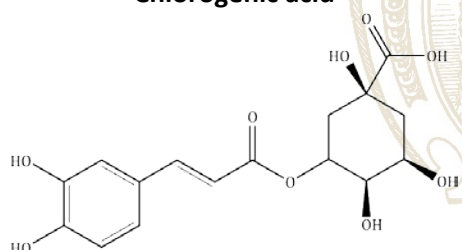
OliveNet™ Newsletter

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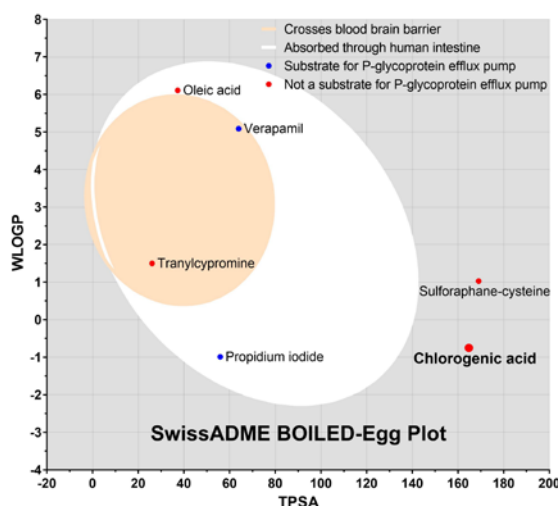
Welcome to the December issue of the OliveNet™ Newsletter! We would like to thank our newsletter subscribers and Facebook friends for being a part of the "OliveNet™ Library Community", and wish you all a happy festive season. We will continue with monthly issues of our newsletter in 2019, and strongly encourage feedback and contributions!

Molecule of the month

Chlorogenic acid



Chlorogenic acid is a hydroxycinnamic acid widely found in many fruits and vegetables, as well as coffee. Chlorogenic acid has antioxidant and anti-inflammatory effects, with potential beneficial health benefits against diseases such as diabetes, obesity, cancer, and cardiovascular disease.



We analysed chlorogenic acid using SwissADME and the results indicate that chlorogenic acid is not absorbed through human intestines, and is not predicted to cross the blood-brain-barrier. The analysis indicates that chlorogenic acid is not a substrate for the P-glycoprotein pump, and was also shown to not inhibit certain liver isoenzymes.

Julia Liang's recipe of the month

Olive oil shortbread

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared an olive oil shortbread. This traditional biscuit is made with olive oil instead of butter, and flavoured with lemon. Great for the festive season!



[Approximate calculations: Total EVVO = 118 mL (110 g); Serves 12. Per serve = 80 calories (or 4% of 2,000 calorie diet), 9.2 g EVVO (or 18% of typical daily recommendation), ~2.3 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



CONGRATULATIONS!

Julia Liang and the Olive Trees

McCord Research scholar Julia Liang graduated with a Master of Science by Research at RMIT University this month. Julia's work focussed on using molecular dynamics simulations to characterise anti-inflammatory action of compounds in the OliveNet database. Julia will continue with her fully funded doctoral studies as part of the McCord research team.