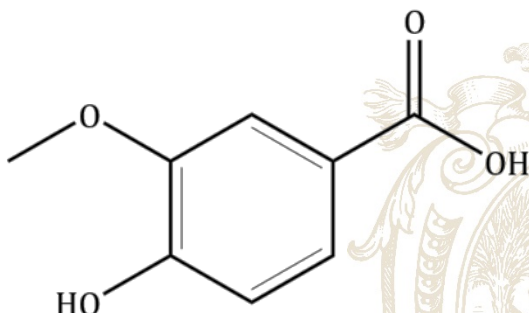


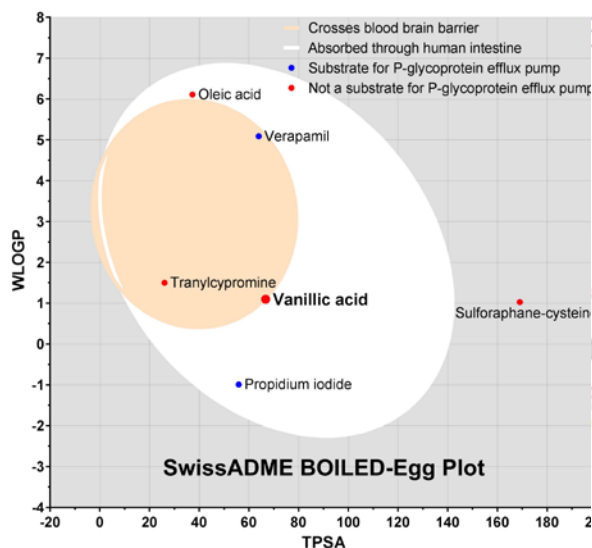
OliveNet™ Newsletter

Molecule of the month

Vanillic acid



Vanillic acid is classified as a hydroxybenzoic acid, found in many plant extracts including vanilla and is often used as a flavouring agent. Vanillic acid has antioxidant and anti-inflammatory effects, and has been investigated for its therapeutic potential against inflammatory and cardiovascular diseases, as well as cancer.



We analysed vanillic acid using SwissADME and the results indicate that vanillic acid is absorbed through human intestines, and is not predicted to cross the blood-brain-barrier. The analysis indicates that vanillic 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

Meat pies

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared meat pies. This iconic Australian food is made with an olive oil shortcrust pastry and filled with a rich beef gravy – perfect for Australia Day or as a hearty snack all year round!



[Approximate calculations: Total EVVO = 133 mL (124 g); Serves 4. Per serve = 270 calories (or 13.5% of 2,000 calorie diet), 30.9 g EVVO (or 62% of typical daily recommendation), ~7.7 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.**

Global Research Highlight

Mediterranean Diet: The long-term effects of the Mediterranean diet were examined on more than 25,000 women in the US for 12 years, finding that the risk of developing cardiovascular disease may be reduced by up to 28%. This could be partially explained by improvements in known risk factors such as inflammation, glucose metabolism, and body mass index. [Ahmad S, Moorthy MV, Demler OV, et al. Assessment of Risk Factors and Biomarkers Associated With Risk of Cardiovascular Disease Among Women Consuming a Mediterranean Diet. *JAMA Netw Open*. 2018;1(8):e185708. doi:10.1001/jamanetworkopen.2018.5708]