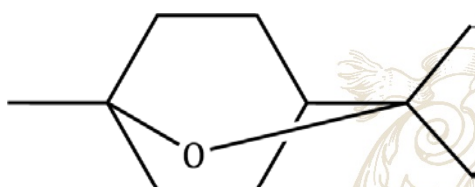




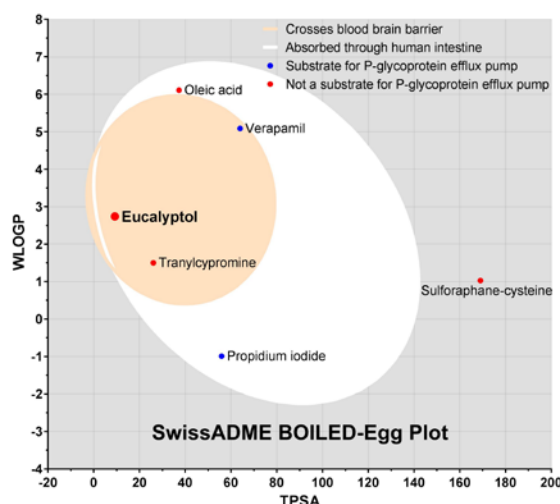
OliveNet™ Newsletter

Molecule of the month

Eucalyptol



Eucalyptol, also known as 1,8-cineole, is found in a range of plant oils such as eucalyptus and rosemary, as well as being present in the olive. It is used in insect repellent and mouthwash, and is commonly used as a flavouring agent. Eucalyptol has anti-inflammatory activity, and has been reported to have antimicrobial and anti-allergic effects.



We analysed eucalyptol using SwissADME and the results indicate that eucalyptol is absorbed through human intestines, and is predicted to cross the blood-brain-barrier. The analysis indicates that eucalyptol 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 tortas

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared olive oil tortas – crispy and light crackers with a subtle flavour of anise. These tortas are savoury, but can also be made sweet and flavoured as desired. Perfect for serving as a snack!



[Approximate calculations: Total EVVO = 99 mL (91 g); Serves 9. Per serve = 96 calories (or 4.8% of 2,000 calorie diet), 10.9 g EVVO (or 22% of typical daily recommendation), ~2.7 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

Hepatic steatosis: A cross-sectional analysis of two independent studies, the UK Fenland Study and the Swiss CoLaus Study, found that a greater adherence to the Mediterranean diet was associated with a lower likelihood of hepatic steatosis, or fatty liver. These results suggest that adhering to the Mediterranean diet may reduce the risk of hepatic steatosis.

[Khalatbari-Soltani S, Imamura F, Brage S, et al. The association between adherence to the Mediterranean diet and hepatic steatosis: cross-sectional analysis of two independent studies, the UK Fenland Study and the Swiss CoLaus Study. *BMC Med.* 2019;17(1):19. Published 2019 Jan 24. doi:10.1186/s12916-019-1251-7]