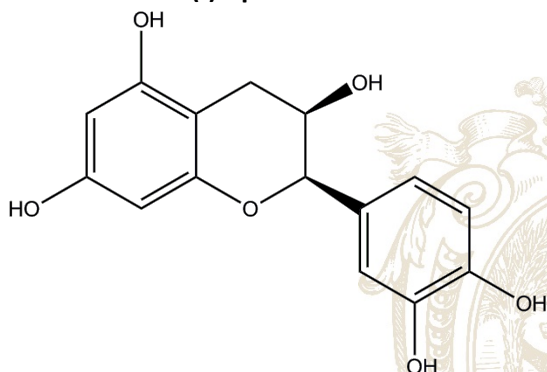
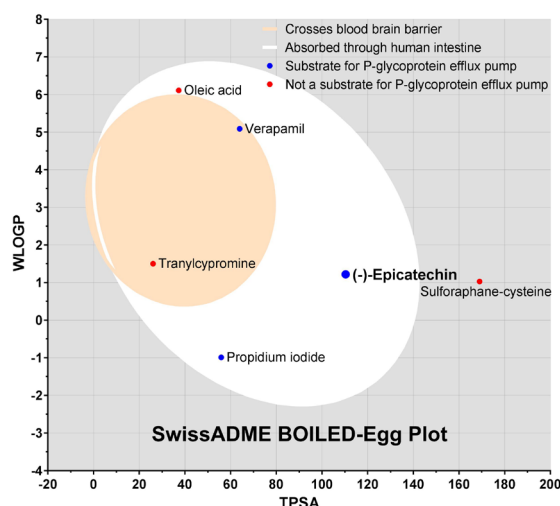


*OliveNet™ Newsletter***Molecule of the month****(-)-Epicatechin**

(-)-Epicatechin is a naturally occurring flavanol with antioxidant properties. It is one of the main flavanols found in cocoa and chocolate, and can also be found in tea. (-)-Epicatechin has been investigated for its therapeutic potential in diseases such as diabetes and cancer. Epidemiological and clinical studies have suggested that foods containing (-)-epicatechin may assist in lowering blood pressure, which may be beneficial for cardiovascular and brain health.



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

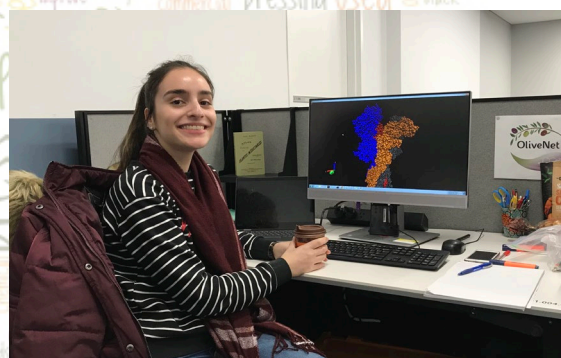
Julia Liang's recipe of the month**Chocolate tart**

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared chocolate tart, made from a crisp olive oil crust filled with a rich chocolate ganache filling. It makes a decadent and delicious dessert, perfect for a dinner party or afternoon tea.



[Approximate calculations: Total EVVO = 138 mL (128 g); Serves 6. Per serve = 186 calories (or 9.3% of 2,000 calorie diet), 21.3 g EVVO (or 43% of typical daily recommendation), ~5.3 mg olive polyphenols (assuming 250 mg/kg in average EVVO)]

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

McCord Research in action

McCord Research Scholar, Eleni Pitsillou at the Royal Melbourne Institute of Technology University, Melbourne, Australia. Eleni is a molecular modelling student whose work is aimed at characterising the potential anti-depressant effects of compounds in OliveNet™.