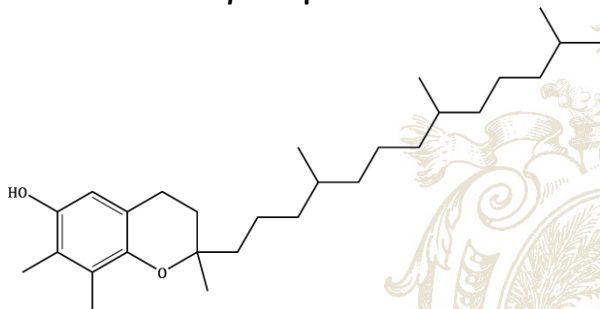


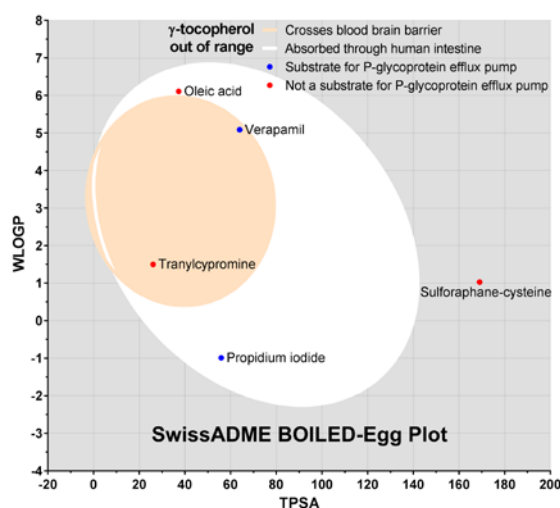
OliveNet™ Newsletter

Molecule of the month

γ -tocopherol



γ -tocopherol is a major form of vitamin E, found in many plant seeds, as well as in corn and soybean oils. It is the most abundant tocopherol in sesame seeds, and is also found in olives. It has radical scavenging properties, protecting cells against oxidative damage. Along with other forms of vitamin E such as α -tocopherol, γ -tocopherol has been investigated for its potential applications in cancer prevention and therapy.



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

Lavosh crackers

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared lavosh crackers, a thin Middle Eastern crunchy bread. These can be flavoured with sesame seeds. It makes the perfect vehicle for cheese or dips, and is delicious as a quick snack.



[Approximate calculations: Total EVVO = 27 mL (25 g); Serves 5. Per serve = 44 calories (or 2.2% of 2,000 calorie diet), 5.0 g EVVO (or 10% of typical daily recommendation), ~1.3 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](#).

Global Research Highlight

Mediterranean diet and depression risk: A recently published systematic review by researchers in Australia found that the majority (85%) of observational studies and all intervention studies examined supported evidence that the Mediterranean dietary pattern is associated with reductions in the incidence of depression, and that Western style diets were associated with increased depressive symptoms.

[Altun, A., Brown, H., Szoeki, C., & Goodwill, A. M. (2019). The Mediterranean dietary pattern and depression risk: A systematic review. *Neurology, Psychiatry and Brain Research*, 33, 1-10. doi:https://doi.org/10.1016/j.npbr.2019.05.007]