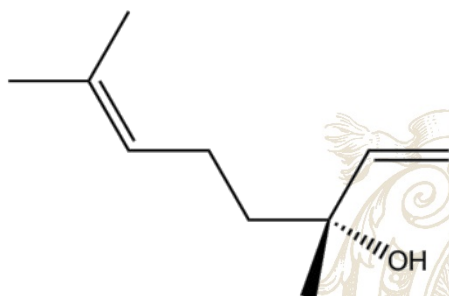


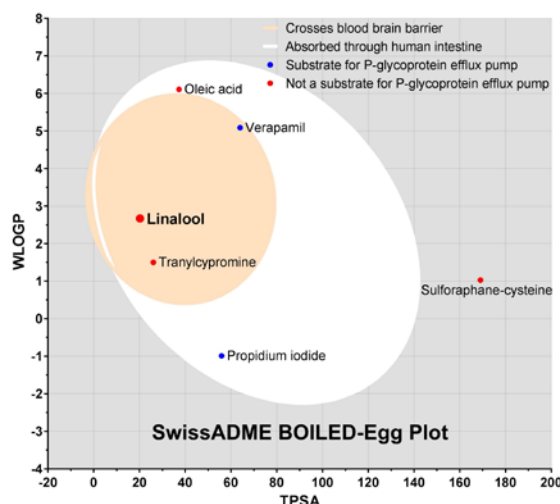
OliveNet™ Newsletter

Molecule of the month

Linalool



Linalool is a naturally occurring volatile compound commonly found in many flowers and spices, and is the most abundant aromatic component in basil. In plants, linalool functions to attract pollinators and protect against parasites. It produces a pleasant floral scent and is used commercially in perfumed products including soaps, shampoos, as well as being used for pest control. Linalool has been investigated for its anti-inflammatory, antimicrobial, anticancer, and neuroprotective properties.



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

Basil Pesto

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared basil pesto – a traditional Italian sauce made from basil leaves, pine nuts, and olive oil. Simple to prepare but packed with flavour, it is perfect tossed through pasta or spread on sandwiches!



[Approximate calculations: Total EVVO = 177 mL (165 g); Serves 4. Per serve = 359 calories (or 18.0% of 2,000 calorie diet), 41.2 g EVVO (or 82% of typical daily recommendation), ~10.3 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.**

Global Research Highlight

Flavonoid intake and mortality: Flavonoids are plant-derived phenolic compounds and have been linked with numerous health benefits. Researchers from Edith Cowan University followed 56,048 individuals in the Danish Diet, Cancer, and Health cohort over 23 years. They found that those who habitually consumed moderate to high amounts of foods rich in flavonoids were less likely to die from cancer or heart disease. This study highlights the potential for an increased intake of flavonoid-rich foods in reducing mortality, particularly for smokers and high alcohol consumers.

Bondonno, N. P., Dalggaard, F., Kyrrø, C., Murray, K., Bondonno, C. P., Lewis, J. R., ... & Tjønneland, A. (2019). Flavonoid intake is associated with lower mortality in the Danish Diet Cancer and Health Cohort. *Nature communications*, 10(1), 1-10.