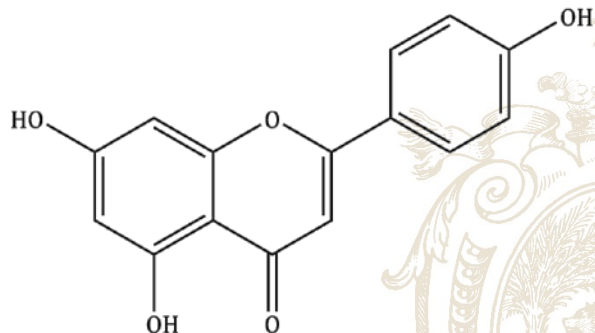




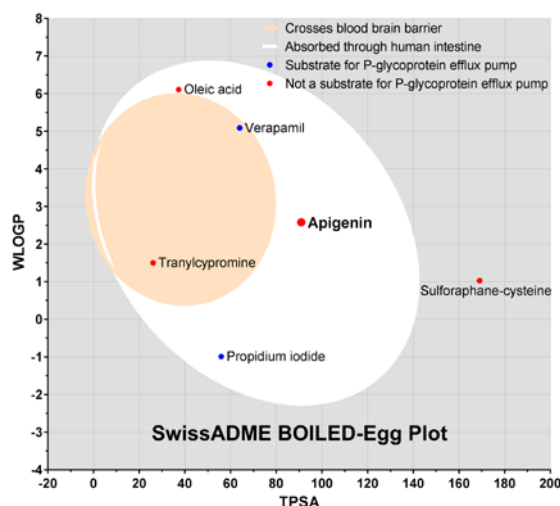
## OliveNet™ Newsletters

### Molecule of the month

#### Apigenin



Apigenin is a naturally occurring flavonoid, commonly found in many vegetables, fruits and herbs, such as celery, parsley, and chamomile. It is also found in olive oil. Apigenin has been well studied for its various health-promoting effects. It is known to have antioxidant properties, and has been investigated as a potential therapeutic compound against inflammatory, auto-immune, neurodegenerative diseases, as well as cancer.



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

### Julia Liang's recipe of the month

#### Lasagna

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared lasagna – a traditional Italian classic. Sheets of pasta are layered between a rich meat sauce, and topped with creamy white sauce. The white sauce in this recipe has been prepared with olive oil, making a delicious alternative to classic béchamel.



[Approximate calculations: Total EVVO = 90 mL (84 g); Serves 8. Per serve = 91 calories (or 4.6% of 2,000 calorie diet), 10.4 g EVVO (or 21% of typical daily recommendation), ~2.6 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



Monoamine oxidase A (MAO-A) is an enzyme that regulates serotonin, norepinephrine, and dopamine levels in the brain. MAO-A is the target for many antidepressants. Apigenin, a flavonoid compound, has been shown to inhibit MAO-A, acting as a potential antidepressant agent. McCord Research Scholar Eleni Pitsillou found that apigenin binds with a strong affinity to MAO-A, as shown by the image here.