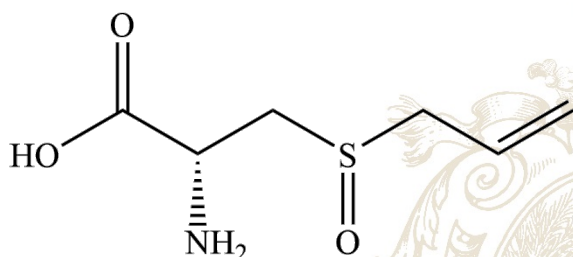
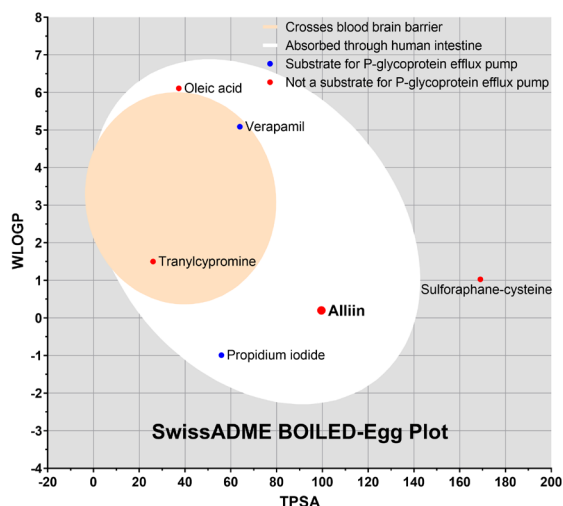


*OliveNet™ Newsletters***Molecule of the month****Alliin**

Alliin is a naturally occurring compound found in vegetables in the *Allium* family, such as onions and garlic. Alliin reacts with the enzyme alliinase, which is activated when the vegetables are cut or crushed, releasing the enzyme to start the reaction. Alliin is metabolised to form thiosulfinates, such as allicin, which are known for their wide range of biological activities including antihypertensive, antioxidant, antibacterial, and antifungal effects.



We analysed alliin using SwissADME and the results indicate that alliin is absorbed through human intestines, and is predicted to not cross the blood-brain-barrier. The analysis indicates that alliin 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**Spring onion pancakes**

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared spring onion pancakes, or scallion pancakes. These are a traditional Chinese food made from thin layers of dough separated by oil and studded with spring onions. It makes a flaky and aromatic pastry that's light and crispy on the outside, while being soft and chewy on the inside.



[Approximate calculations: Total EVVO = 104 mL (97 g); Serves 6. Per serve = 151 calories (or 7.6% of 2,000 calorie diet), 17.3 g EVVO (or 34.7% of typical daily recommendation), ~4.3 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](#).

Global Research Highlight

Statin drugs and gut microbes: Using data from the MetaCardis project, researchers at the VIB-KU Leuven Center for Microbiology in Belgium unexpectedly found that in a subset of nearly 900 European subjects, a higher prevalence of the Bact2 enterotype (microbial profile associated with inflammation) correlated with a high body-mass index and obesity, with a different pattern for those taking cholesterol-lowering statin drugs. This suggests a possible connection between intake of statins and gut microbes, which although needs to be studied further, highlights the complicated relationship between gut microbes and cardiovascular disease.

Vieira-Silva, S., Falony, G., Belda, E. *et al.* Statin therapy is associated with lower prevalence of gut microbiota dysbiosis. *Nature* **581**, 310–315 (2020). <https://doi.org/10.1038/s41586-020-2269-x>