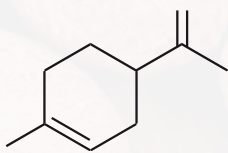
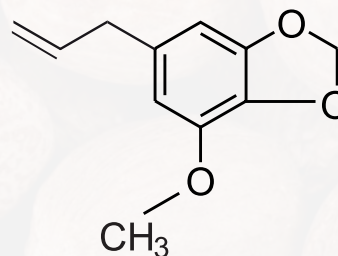


# NUTMEG

Nutmeg is native to a small cluster of Indonesian islands called the Banda Islands, now it is a spice that is available worldwide. Nutmeg meaning comes from the latin word nux (nut) and French word muscat (musky).



Limonene



Myristicin

## Biological Activity

- The compound that gives nutmeg its hallucinogenic effects when consumed in large quantities is myristicin and elemicin and safrole. Ingestion in large quantities produces narcosis, delirium, drowsiness, and epileptic convulsions appearing only 1-6 hours after ingestion.
- The oil of nutmeg contains a large number of beneficial compounds however, and when consumed in small quantities have neurological benefits, pain relief, stomach soothing as well as many other beneficial effects.<sup>1</sup>
- Of those compounds are the essential oils that are present, namely: limonene, sabinene, and  $\alpha/\beta$  pinene.

## Fast Facts

- Nutmeg has been used for a long time in human history. Nutmeg is native to a small cluster of Indonesian islands called the Banda Islands, now it is a spice that is available worldwide. Nutmeg meaning comes from the latin word nux (nut) and French word muscat (musky).
- Nutmeg has been used for a long time in human history some residues found on the Banda Islands date back as early as 3500 years ago. Nutmeg was used as a satchet and incense in Roman times, it masks odors effectively because of the essential oils present.
- A "nutmeg high" is induced when this popular spice is consumed in large amounts, >7g it has effects like LSD but with VERY unpleasant after-effects.

## Ordering Information

Check out ChromaDex's best-selling chemical reference standards. We also have a large range of the essential oils that are contained in Nutmeg.

Name	Grade	CAS	Part Number
Myristicin	AS	607-91-0	<a href="#">00013935</a>
Limonene	P	138-86-3	<a href="#">00012204</a>
DL- $\alpha$ -Pinene	AS	80-56-8	<a href="#">00016836</a>
Sabinene	AS	3387-41-5	<a href="#">00019004</a>

## References

1. Agbogidi, Oghenerioborue Mary and O. P. Azagbaekwe. "Health and nutritional benefits of nut Meg (mystica fragrans houtt.)." (2013).

