

SOME NEUROGENIC PHYTOCHEMICALS

Compiled by Dr. James A. Duke

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N-ACETYLSEROTONIN: Neurogenic [X22585341](#); Noted as a natural chemical intermediate in the synthesis of melatonin. I have seen the following reported to contain more than 100 picograms melatonin per gram: oats (1,796), corn (1,366), rice (1,006), radish (657), angelica (623), ginger (584), tomato (to 506), banana (466), chrysanthemum (417), barley (378), mustardgreens (112) and cabbage (107). I assume all those might also contain that precursor.

4-ALLYL-2-METHOXY-6-(2-METHYLBUT-3-EN-2-YL)PHENOL: Neuritogenic 10uM
[X21720045](#); *Illicium anisatum*

APIGENIN-7-O-ALPHA-L-2,3-DI-O-ACETYLRHAMNOPYRANOSYL-(1-->6)-BETA-D-
GLUCOPYRANOSIDE: Neuritogenic [X15104516](#); *Scoparia*

APIGENIN 7-O-ALPHA-L-2,3-DI-O-ACETYLRHAMNOPYRANOSYL-(1-->6)-BETA-D-
GLUCOPYRANOSIDE: Neuritogenic [X15104516](#); *Scoparia*

ASIATIC-ACID: Neurogenic 1 ug/ml [X16105244](#); gotu kola

ASTRAGALOSIDE-IV: Neurogenic [X19409437](#); astragalus

ASTRAGALOSIDES: NGF-Activator [X19409437](#); astragalus

BAICALEIN: Neuritogenic 0.5-5 uM [X19327378](#); Neuroprotective 0.5-5 uM [X19327378](#);

Baikal Skullcap

BERBERINE: Neuritogenic; NGF-Genic [X12506995](#) goldthread, goldenseal, barberry, amur

cork tree, prickly poppy (When I list several herbs like this, not in alphabetical order, they are arranged from the richest to the lowest in my evibase)

BISDEMETHOXYCURCUMIN: Neuritogenic 20uM [X22145830](#); turmeric

BETA-BOSWELLIC-ACID: Neuritogenic [X20217445](#); Boswellia serrata

CALYCOPTERIN: Neuroprotective 50 uM [X22081883](#);

CANNABIDIOL: Neuroprotective [X21050680](#) 10uM [X22571976](#); marihuana

CARNITINE: Neurogenic [X11911863](#);

CARNOSIC-ACID: Neurogenic NCF-Genic 160 mg/kg [X14600414](#); [X19762340](#); [X20176057](#); [X20633629](#); [X21241747](#); [X21651968](#); [X21908547](#); rosemary, sage

CARNOSOL: NCF-Genic [X14600414](#); rosemary, sage

COPTISINE: Neuritogenic; NGF-Genic; [X12506995](#); bloodroot; california poppy, celandine, fumitory. goldthread, great scarlet poppy, opium poppy, plume poppy, prickly poppy,

COREAJAPONIN: Neurogenic; [X21353549](#); japanese yam

CURCUMIN : Neurogenic ([X16646663](#); [X17617388](#); [X18299980](#); [X18362141](#); [X19882093](#); 20 uM [X22145830](#)); turmeric

CURCUMINOIDS: 20uM [X22145830](#) turmeric

DAIDZEIN: Neuritogenic NGF-Genic 20832831 [XX7684068](#) most edible beans

DEMETHOXYCURCUMIN: 20uM [X22145830](#) turmeric

(-)-3,5-DICAFFEOYL-MUCO-QUINIC ACID (DQ): Neuritogenic [X14706634](#) Aster, scaber

6ALPHA,7ALPHA-DIHYDROXYANNONENE 0.1-50uM PL [X19095451](#) muira puama

7ALPHA,20-DIHYDROXYANNONENE 0.1-30 uM PL [X19095451](#) muira puama

(-)-(7R, 8S)-DIHYDRODEHYDRODICONIFERYLALCOHOL: Neuritogenic 50 uM

[X16392661](#) *Kalopanax septemlobus*

(4R)-4,9-DIHYDROXY-8-METHOXY-ALPHA-LAPACHONE: Neuritogenic [X15235225](#)

2ALPHA,3BETA-DIHYDROXYOLEAN-12-EN-28-OIC-ACID: Neuritogenic [X15235225](#)

DIOSGENIN: [X20633496](#); [X21651968](#); [X21881239](#); fenugreek, wild yam, black nightshade, carrot

DOPAMINE: Neurogenic [X15128392](#); [X16246330](#) banana peel (700 ppm), avocado, cacao

ELEUTHEROSIDE-B: Neuritogenic; [X18612196](#) eleuthero

ELEUTHEROSIDE-E: Neuritogenic; [X18612196](#); eleuthero

ENDOCANNABINOIDS: Neuroprotective; [X23108550](#); marihuana

EPIMEDIUM-FLAVONOIDS: NGF-Genic [X19548445](#) horny goat weed

13-EPI-15,16-EPOXY-15ALPHA-METHOXY-ENT-CLEROD-3-EN-18-OIC-ACID: NGF-Genic [X16499330](#) Baccharis

13-EPI-15,16-EPOXY-15ALPHA-METHOXY-ENT-CLEROD-3-EN-18-OIC ACID: NGF-Genic [X16499330](#) Baccharis

ERINACIN-H: Neurogenic [X11193408](#) *Hericium erinaceum*

ESTRADIOL: NGF-Genic [X10352122](#) pomegranate

(+)-EUDESMIN: Neuritogenic 50 uM ; NGF-Genic X50 uM [X17225460](#) magnolia

BETA-EUDESOL: Neurogenic [X12023507](#); ginger, celeryseed, hops, walnut, angelica, watermint

EUXANTHONE: Neuritogenic [X17825492](#); *Polygala caudata*

FALCARINONE: Neuritogenic [X16219303](#) celery 1.7 ppm; caraway, dang quai, ivy, notoginseng, parsley.

FERULIC-ACID: Neuritogenic 1 ng/ml [X21809545](#); asafetida, chia, pineapple, apple, peanut, lemon, tarragon, grapefruit, wheat, potato, garlic, corn, cabbage etc.

FORSKOLIN: Neuritogenic [X21908547](#); Coleus

GARCINIA-XANTHONE-E: NGF-genic [X14600386](#) garcinia

GARCINOL: `Neurogenic 5uM BHA; [X21214247](#) garcinia

GARDENOSIDE: ; Neuritogenic [X11767124](#); gardenia, genipa

GELSEMIOL: Neuritogenic [X11428671](#); [X15235225](#) *Verbena littoralis*

GELSEMIOL-6'-TRANS-CAFFEOYL-1-GLUCOSIDE: NGF-Genic [X12951458](#) *Verbena littoralis*

GENIPIN: Neuritogenic 20-40 uM [X11767124](#); gardenia, genipa

GENISTEIN: Neuritogenic NGF-Genic 3-6 mg/kg [X21050844](#); [XX7684068](#) most edible beans

GENTISIDE-A: Neuritogenic 30 uM [X20189814](#) in some gentian

GENTISIDE-B: Neuritogenic 30 uM [X20189814](#) in some gentian

GENTISIDES C-K, esp.GENTISIDE C: Neuritogenic 0.03-1 uM (cf NGF) at 40 ng/mL [X20813533](#) in some gentian

GINKGOLIDE: possibly NGF-Genic [X16716609](#) ginkgo

GINSENOSIDE-Rb-1: Neuritogenic 10uM [X199774](#); [X2743497](#), [X8069258](#), [X11509974](#);
Neurogenic ACM:8 ginseng

GINSENOSIDE-Rg-1: `Neuritogenic [X11509974](#); [X20438804](#); Neurogenic [X20082243](#);
[X21094185](#); ginseng

26-O-BETA-D-GLUCOPYRANOSYL-22ALPHA-METHOXYL-(25R)-FUROST-5-EN-3BETA,26-DIOL-3-O-ALPHA-L-RHAMNOPYRANOSYL(1 --> 4)-ALPHA-L-RHAMNOPYRANOSYL(1 --> 4)-[ALPHA-L-RHAMNOPYRANOSYL(1 --> 2)]-BETA-D-GLUCOPYRANOSIDE: Neuritogenic [X18626823](#)

HONOKIOL: Neurogenic [X22209461](#); Neurotrophic [X19557513](#); chinese magnolia

HUPERZINE-A: Neuritogenic 10 uM/liter [X15916732](#) huperzia

(2S)-HYDROXY-3,4-DEHYDRONEOMAJUCIN Neuritogenic [X11975494](#) Illicium

2B-HYDROXY-DES-D-GARCIGERRIN-A: Neuritogenic [X15235225](#)

5-HYDROXY-3,6,7,8,3',4'-HEXAMETHOXYFLAVONE: Neuritogenic [X22140566](#) citrus, esp. orange peel

7A-HYDROXYSEMPEROSIDE-AGLUCONE (9-OHSA): Neuritogenic [X11428671](#); [X15235225](#). *Verbena littoralis*

3BETA-HYDROXYURS-11-EN-28,13BETA-OLIDE: Neuritogenic [X15235225](#)

ICARIIN: Neuritogenic [X20141584](#); horny goat weed

ISORHAMNETIN: Neurogenic X22761636 tarragon, dill, ginkgo, grapefruit, yarrow

JIADIFENIN: Neuritogenic [X11975494](#) Illicium

JIADIFENOLIDE: Neuritogenic 0.01 to 10 uM [X19873982](#); Illicium

JIADIFENOXOLANE-A: Neuritogenic 0.01 to 10 uM [X19873982](#); Illicium

KISSOONE B: Neuritogenic [X16557481](#) NGF-Genic [X16557481](#) *Valeriana fauriei*

KISSOONE-C: Neuritogenic [X16557481](#) NGF-Genic [X16557481](#) *Valeriana fauriei*

LEONURUSOLEANOLIDES-A,B,C,D: Neuritogenic 1-30uM X22703163

LITTORACHALCONE: Neuritogenic X12843601; [X15235225](#) *Verbena littoralis*

LITTORALISONE: Neuritogenic [X15235225](#) *Verbena littoralis*

LUTEOLIN: `Neuritogenic NGF-Genic 25 uM [X19370542](#) [X22226506](#); 50um [X23017397](#); bay, oregano, spearmint, cayenne, anise, chamomile, onion leaves, carambola and bilimbi

MAGNOLOL: Neurogenic [X20878707](#); japanese magnolia

MELATONIN:

4-METHYL CATECHOL (4MC): NGF-Genic, [X10384257](#)

4-O-METHYLHONOKIOL: Neuritogenic [X19557513](#); NGF-genic [X19557513](#); Japanese magnolia

6-METHYLSULFINYLHEXYL-ISOTHIOCYANATE (6-HITC): Neuritogenic (1; [X18796006](#)); wasabi, other cruciferae

NARDOSINONE: Neuritogenic [X10505650](#); (0.1-100 uM); [X14501162](#);

[X14604758](#) NGF-genic(0.1-100 uM); [X14501162](#); [X14604758](#)

NEOVIBSANIN-A: Neuritogenic 20-40 uM [X20233658](#) Viburnum

NEOVIBSANIN-B: Neuritogenic 20-40 uM [X20233658](#) Viburnum

NEOVIBSANIN-L: Neuritogenic 20-40 uM [X20233658](#) Viburnum

(8Z)-NEOVIBSANIN-M (4) Neuritogenic 20-40 uM [X20233658](#) Viburnum

OLEANOLIC-ACID: Neuritogenic [X12762811](#) [X15235225](#) - Clove, Thyme, Sage, Lavender, Marjoram, Basil, Summer Savory

ONJISAPONINS (A, B, E, F and G): NGF-Genic [X12725562](#) Polygala tenuifolia

ISOFRAXIDIN:Neuritogenic [X18612196](#) southernwood, tarragon, cantaloupe, eleuthero,

PALMATINE: Neuritogenic; NGF-Genic [X12506995](#) calumbo root 20,000 ppm, amur corktree, barberry, fumewort, goldthread, indian tape vine; oregon grape

PARTHENOLIDE: Neurogenic [X19900365](#); feverfew, tansy

PEONY-GLYCOSIDES: NGF-Genic 160 mg/kg [X20176057](#) peony

POLYGALASAPONIN-G: Neuritogenic [X19446604](#); Polygala japonica

PROTocatechuic-ACID: `Neurogenic [X21946114](#); onion, coriander, oregano, wheat

PTYCHONOL: Neuritogenic 0.1-10uM [X18821798](#) muira puama

PTYCHONOL-ACETAL: Neuritogenic 0.1-10uM [X18821798](#) muira puama

PUERARIN: Neurogenic 1-100uM [X22083991](#)

QUERCETIN: NGF-Genic 12.5-25 uM [X19370542](#) Ubiquitous

?? RASAGILINE: Neuroprotective; NGF-Activator ??[20698822](#)

ROSMARINIC-ACID: Neurotrophic [X20633629](#) heal-all, oregano, marjoram, spearmint, rosemary, bugle, clary sage, applemint, european pennyroyal

SARGACHROMENOL: Neuritogenic [X15837125](#)

SCHISANDRIN: Neurogenic [X21302324](#); [X18547723](#) schisandra

SCOPARONE: Neuritogenic 200uM [X18547723](#) tarragon

(7R)-SECOLOGANIN-BUTYLMETHYL-ACETAL: Neuritogenic [X20652643](#)

(7S)-SECOLOGANIN-BUTYLMETHYL-ACETAL: Neuritogenic [X20652643](#)

SECOLOGANIN-METHYL-ACETAL: Neuritogenic [X20652643](#)

?? NATURAL OR SYNTHETIC?? SELEGILINE: Neuroprotective; NGF-Activator ??[20698822](#) ;

SHOGOAL: Neuroprotective [X16930431](#); ginger

SOMINONE: Neurogenic. 1 uM/kg/day [X16553605](#); [X19594760](#); ashwagandha

SPICATOSIDE-A: Neuritogenic 10ug/ml (= 50 ng/ml NGF) [X19695245](#); Liriope

STIGMAST-5-ENE- 3BETA,7ALPHA,22ALPHA-TRIOL: Neuritogenic X12762811; [X15235225](#) Verbena littoralis

4-SULFO-BENZOCYCLOBUTENE: Neuritogenic [X19086634](#); NGF-Genic [X19086634](#);

SWEROSIDE: Neuritogenic [X20652643](#)

SWERTIAMYRIN: Neuritogenic [X20652643](#);

SYRINGIN: Neurotropic CNC28:45; black locust, eleuthero, forsythia, lemon peel, lilac, magnolia, mistletoe, plantain, privet,

TENUIGENIN: Neurogenic [X21536104](#); *Polygala tenuifolia*

delta-9-TETRAHYDROCANNABINOL: Neuroprotective 10uM [X22571976](#); but also
Neurotoxic [X21050680](#) marihuana

delta-9-TETRAHYDROCANNABINOLIC ACID: Neuroprotective 10uM [X22571976](#)
marihuana

TRICHOSTATIN-A: Neuritogenic [X21908547](#);

TRIGONELLINE: Neuritogenic 30uM BPB22:679 coffee, fenugreek, pea, soy, tomato, onion,

URSOLIC-ACID: Neuritogenic X12762811 [X15235225](#) sage, rosemary, periwinkle, lavender,
thyme, winter savory, bearberry, lingonberry, agrimony, hyssop, oregano, bilberry, summer
savory, germander, sage, horehound, basil,

VERBENACHALCONE: Neuritogenic [X15235225](#) verbena littoralis

WITHANOLIDE-A: Neurogenic X15711595; [X18670181](#); aswagandha

WITHANOSIDE-IV: Neurogenic. [X16553605](#); [X19594760](#); aswagandha

WITHANOSIDE-VI: Neurogenic [X18670181](#); aswagandha

WOGONIN: Neuritogenic; [X20888794](#); baical skullcap