

NEOLIGNANS FROM THE SEEDS OF *MYRISTICA FRAGRANS* HOUTT.

Pham Van Cong¹, Ngo Van Hieu¹, Ngo Viet Duc¹, Pham Thuy Ha¹,
Do Thanh Tuan², Nguyen Thi Thu Hien³, Hoang Le Tuan Anh^{1,*}

¹Center for Research and Technology Transfer, 18 Hoang Quoc Viet, Cau Giay, Hanoi 100000, Viet Nam

²Thaibinh University of Medicine and Pharmacy, 373 Ly Bon, Thai Binh City, Thai Binh 410000, Viet Nam

³Hanoi University of Mining and Geology, Pho Vien, Duc Thang, Bac Tu Liem, Hanoi 100000, Viet Nam

*Email: hltanh@ctctt.vast.vn

Received: 30 August 2021; Accepted for publication: 26 October 2021

Abstract. *Myristica fragrans* Houtt. is an aromatic evergreen tree that belongs to the Myristicaceae family. The seeds of this plant have been widely used in culinary field as a spice and in folk medicine for treating several diseases such as stomachic, stimulant, carminative, intestinal catarrh and colic, headaches, and diarrhea, and so on. In this study, seven neolignans including one new, maceneolignan L (**1**), and six known neolignans: erythro-(7*S*,8*R*)- Δ^8 -4,7-dihydroxy-3,3',5'-trimethoxy-8-*O*-4'-neolignan (**2**), raphidecursinol B (**3**), maceneolignan H (**4**), maceneolignan F (**5**), (+)-(4-hydroxy-3-methoxy-1'-allyl-3',5'-dimethoxy)-8-*O*-4'-neolignan (**6**), (\pm) licarin A (**7**) were isolated from the seeds of *M. fragrans* Houtt. The structures of the compounds were determined by comprehensive spectroscopic analyses of their 1D-, 2D- NMR and high-resolution mass spectrometry (HR-EI-MS).

Keywords. *Myristica fragrans* Houtt., neolignans.

Classification numbers: 1.1.1, 1.1.6.

1. INTRODUCTION

Myristica fragrans Houtt., known in Vietnam as Nhuc Dau Khau, belongs to the Myristicaceae family and is widespread in tropical countries such as Vietnam, Indonesia, India, Mauritius, Singapore, Sri Lanka, and South Africa, etc. [1]. The seeds of this plant are reported to be useful in food processing and therapeutics. Traditionally, they have been used to treat rheumatic diseases, cholera, mental disorders, tuberculosis, stomach cramps, nausea, and diarrhea [1]. Previous phytochemical investigations have reported the isolation of essential oils [2 - 4], lignans [5 - 7], neolignans [1, 8 - 10], and diarylnonanoids [11 - 13], and they showed various pharmacological effects such as anti-inflammatory, analgesic [14 - 16], antioxidant [17, 18], antibacterial and antifungal [19, 20], anti-obesity, antidiabetic [6, 21, 22], anticancer, chemopreventive [23 - 25], hepatoprotective [26], and neuropharmacological activities [17, 27],

etc. In this paper, we reported the isolation and structural elucidation of one new neolignan (**1**) and six known ones (**2–7**) (Figure 1).

2. MATERIALS AND METHODS

2.1. General experimental procedures

HR-EI-MS spectra were recorded on a JEOL JMS-700 mass spectrometer (Jeol, Tokyo, Japan). ^1H - (500 MHz), ^{13}C - (125 MHz) NMR, and 2D-NMR spectra were recorded on a Bruker Advance Digital 500 MHz NMR spectrometer (Bruker, Karlsruhe, Germany). Thin-layer chromatography (TLC) was performed using glass plates pre-coated with silica gel 60F₂₅₄ and RP-18 F_{254s} (Merck, Darmstadt, Germany). Compounds were detected under UV light and then visualized by spraying the plates with a 10 % sulfuric acid reagent followed by heating to 110 °C for 1 min. Column chromatography (CC) was performed on Merck silica gel (60-200 μm) or Merck Lichroprep RP-18 gel (40 - 63 μm).

2.2. Plant material

The seeds of *M. fragrans* were purchased in an oriental medicinal market in Ha Noi, Viet Nam and identified by Dr. Do Thanh Tuan, Thai Binh University of Medicine and Pharmacy. The sample (NDK-2021) was deposited at the Center for Research and Technology Transfer, Vietnam Academy of Science and Technology.

2.3. Extraction and isolation

The dried seeds of *M. fragrans* (1.2 kg) were powdered and extracted with MeOH by ultrasonic (2h) three times. The extract was concentrated under low pressure to give MeOH residue (90.0 g), which was suspended in distilled water (0.5 L) and partitioned with *n*-hexane (3 \times 1.0 L) and ethyl acetate (EtOAc, 3 \times 1.0 L) to give *n*-hexane (30.0 g), EtOAc (20.5 g), and water layers. The EtOAc extract (20.5 g) was introduced to a silica gel CC and eluted with *n*-hexane/ EtOAc (2/1, v/v) to yield six fractions (1A-1F). Fraction 1A (2.5 g) was further chromatographed on a silica gel CC and eluted with *n*-hexane/ EtOAc (4/1, v/v) to give compound **2** (90.0 mg) and five fractions (2A-2E). Fraction 2C (0.5 g) was subjected to a silica gel CC and eluted with *n*-hexane/ EtOAc (3/1, v/v) to yield compound **3** (50.5 mg). Fraction 1C (3.3 g) was further subjected to a silica gel CC eluting with *n*-hexane/ EtOAc (10/1, v/v) to get six fractions (3A-3F). Compound **4** (70.0 mg) was recrystallized from the fraction 3B (0.61 g) in methylene chloride. Fraction 3D (0.45 g) was further subjected to a silica gel CC and eluted with *n*-hexane/ EtOAc (4/1, v/v) to obtain compound **5** (50.7 mg). Fraction 1E (3.2 g) was separated on a silica gel CC with elution solvent *n*-hexane/ EtOAc (15/1, v/v) to afford eight fractions (4A-4H). Fraction 4B (0.5 g) was chromatographed on an RP-18 gel CC and eluted with MeOH/ H₂O (4/1, v/v) to obtain compounds **6** (30.5 mg) and **7** (40.0 mg). Compound **1** (2.5 mg) was obtained from fraction 4D (0.1 g) using a RP-18 gel CC eluted with MeOH/ H₂O (1.5/1, v/v).

Maceneolignan L (1): colorless oil; $[\alpha]_{\text{D}}^{20} + 12.3$ (c 0.05, CHCl₃); ^1H -NMR and ^{13}C -NMR data: see Table 1; HR-EI-MS m/z 376.1890 [M]⁺ (calculated for C₂₁H₂₈O₆, 376.1890 [M]⁺).

Erythro-(7R,8S)- Δ^8 -4,7-Dihydroxy-3,3',5'-trimethoxy-8-O-4'-neolignan (2): colorless oil; $[\alpha]_{\text{D}}^{25} - 15.9$ (c 0.05, CHCl₃); ^1H -NMR (500 MHz, CD₃OD): δ_{H} 7.01 (1H, d, $J = 1.7$ Hz, H-2), 6.81 (1H, d, $J = 8.1$ Hz, H-5), 6.75 (1H, dd, $J = 1.7, 8.1$ Hz, H-6), 6.56 (2H, s, H-2', H-6'), 6.01 (1H, ddt, $J = 6.7, 10.0, 16.8$ Hz, H-8'), 5.12 (2H, m, H-9'), 4.83 (1H, d, $J = 3.3$ Hz, H-7), 4.35

(1H, qd, $J = 3.3, 6.4$ Hz, H-8), 3.86 (3H, s, 3-OCH₃), 3.85 (6H, s, 3'-OCH₃, 5'-OCH₃), 3.37 (2H, d, $J = 6.7$ Hz, H-7'), and 1.16 (3H, d, $J = 6.4$ Hz, H-9); ¹³C-NMR (125 MHz, CD₃OD): δ_C 154.6 (C-3', C-5'), 148.6 (C-3), 146.5 (C-4), 138.6 (C-8'), 137.6 (C-1'), 134.6 (C-4'), 133.3 (C-1), 120.0 (C-6), 116.2 (C-9'), 115.7 (C-5), 111.0 (C-2), 106.8 (C-2', C-6'), 83.7 (C-8), 75.3 (C-7), 56.3 (3-OCH₃), 56.6 (3'-OCH₃, 5'-OCH₃), 41.3 (C-7'), and 13.8 (C-9).

Rhaphidecursinol B (3): colorless oil; $[\alpha]_D^{20} - 21.2$ (c 0.05, CHCl₃); ¹H-NMR (500 MHz, CD₃OD): δ_H 6.72 (2H, s, H-2, H-6), 6.59 (2H, s, H-2', H-6'), 6.04 (1H, ddt, $J = 6.7, 10.0, 16.8$ Hz, H-8'), 5.15 (2H, m, H-9'), 4.87 (1H, d, $J = 3.3$ Hz, H-7), 4.41 (1H, qd, $J = 3.3, 6.4$ Hz, H-8), 3.89 (6H, s, 3-OCH₃, 5-OCH₃), 3.87 (6H, s, 3'-OCH₃, 5'-OCH₃), 3.81 (3H, s, 4-OCH₃), 3.40 (2H, d, $J = 6.7$ Hz, H-7'), and 1.20 (3H, d, $J = 6.4$ Hz, H-9); ¹³C-NMR (125 MHz, CD₃OD): δ_C 154.6 (C-3, C-5), 154.2 (C-3', C-5'), 138.7 (C-8'), 138.1 (C-4), 138.0 (C-1), 137.6 (C-4'), 134.7 (C-1'), 116.2 (C-9'), 111.0 (C-2), 106.8 (C-2', C-6'), 104.7 (C-2, C-6), 83.4 (C-8), 75.6 (C-7), 61.1 (4-OCH₃), 56.5 (3'-OCH₃, 5'-OCH₃), 56.3 (3-OCH₃, 5-OCH₃), 41.4 (C-7'), and 14.0 (C-9).

Maceneolignan H (4): colorless oil; $[\alpha]_D^{20} - 30.5$ (c 0.05, CHCl₃); ¹H-NMR (500 MHz, CDCl₃): δ_H 6.87 (1H, d, $J = 1.3$ Hz, H-2), 6.83 (1H, dd, $J = 1.3, 8.4$ Hz, H-6), 6.78 (1H, d, $J = 8.4$ Hz, H-5), 6.38 (2H, s, H-2', H-6'), 5.94 (1H, ddt, $J = 6.7, 10.0, 16.8$ Hz, H-8'), 5.85 (1H, d, $J = 3.3$ Hz, H-7), 5.07 (2H, m, H-9'), 4.43 (1H, m, H-8), 3.83 (3H, s, 3-OCH₃), 3.81 (3H, s, 4-OCH₃), 3.75 (6H, s, 3'-OCH₃, 5'-OCH₃), 2.15 (3H, s, CH₃COO), and 1.27 (1H, d, $J = 6.5$ Hz, H-9); ¹³C-NMR (125 MHz, CDCl₃): δ_C 170.2 (CH₃COO), 153.3 (C-3', C-5'), 148.7 (C-3), 148.5 (C-4), 137.2 (C-8'), 135.7 (C-4'), 133.7 (C-1'), 130.5 (C-1), 119.2 (C-6), 115.9 (C-9'), 110.8 (C-5), 110.2 (C-2), 105.5 (C-2', C-6'), 80.0 (C-8), 76.6 (C-7), 55.9 (3'-OCH₃, 5'-OCH₃), 55.8 (3-OCH₃, 4-OCH₃), 40.4 (C-7'), 21.2 (CH₃COO), and 14.4 (C-9).

Maceneolignan F (5): colorless oil; $[\alpha]_D^{20} + 13.5$ (c 0.05, CHCl₃); ¹H-NMR (500 MHz, CDCl₃): δ_H 6.53 (2H, s, H-2, H-6), 6.44 (2H, s, H-2', H-6'), 5.95 (1H, ddt, $J = 6.8, 10.0, 16.8$, H-8'), 5.10 (2H, m, H-9'), 4.77 (1H, d, $J = 2.4$ Hz, H-7), 4.30 (1H, dd, $J = 2.4, 6.4$ Hz, H-8), 3.83 (6H, s, 3'-OCH₃, 5'-OCH₃), 3.81 (6H, s, 3-OCH₃, 5-OCH₃), 3.33 (2H, d, $J = 6.8$ Hz, H-7'), and 1.09 (3H, d, $J = 6.4$ Hz, H-9); ¹³C-NMR (125 MHz, CDCl₃): δ_C 153.4 (C-3', C-5'), 146.9 (C-3, C-5), 137.0 (C-8'), 136.1 (C-4'), 133.6 (C-4), 132.9 (C-1'), 131.0 (C-1), 116.1 (C-9'), 105.4 (C-2', C-6'), 102.7 (C-2, C-6), 82.3 (C-8), 73.0 (C-7), 56.2 (3-OCH₃, 5-OCH₃), 56.0 (3'-OCH₃, 5'-OCH₃), 40.5 (C-7'), and 12.7 (C-9).

(+)-(4-Hydroxy-3-methoxy-1'-allyl-3',5'-dimethoxy)-8-O-4'-neolignan (6): Yellow oil; $[\alpha]_D^{20} + 35.0$ (c 0.05, CHCl₃); ¹H-NMR (500 MHz, CDCl₃): δ_H 6.82 (1H, d, $J = 8.0$ Hz, H-5), 6.77 (1H, d, $J = 1.8$ Hz, H-2), 6.70 (1H, dd, $J = 1.8, 8.0$ Hz, H-6), 6.41 (2H, s, H-2', H-6'), 5.97 (1H, ddt, $J = 6.8, 10.0, 16.8$ Hz, H-8'), 5.10 (2H, m, H-9'), 4.34 (1H, m, H-8), 3.85 (3H, s, 3-OCH₃), 3.80 (6H, s, 3'-OCH₃, 5'-OCH₃), 3.34 (2H, d, $J = 6.8$ Hz, H-7'), 3.12 (1H, dd, $J = 5.2, 13.5$ Hz, H-7), 2.73 (1H, dd, $J = 8.2, 13.5$ Hz, H-7), and 1.20 (3H, d, $J = 6.2$ Hz, H-9); ¹³C-NMR (125 MHz, CDCl₃): δ_C 153.7 (C-3', C-5'), 146.3 (C-3), 143.9 (C-4), 137.4 (C-8'), 135.5 (C-4'), 134.4 (C-1), 131.1 (C-1'), 122.2 (C-6'), 116.0 (C-9'), 114.1 (C-5), 112.3 (C-2), 105.7 (C-2', C-6'), 80.1 (C-8), 56.1 (3'-OCH₃, 5'-OCH₃), 56.0 (3-OCH₃), 43.0 (C-7), 40.6 (C-7'), and 19.6 (C-9).

(±) Licarin A (7): white powder; $[\alpha]_D^{20} + 0.0$ (c 0.02, CHCl₃); ¹H-NMR (500 MHz, CDCl₃): δ_H 6.98 (1H, s, H-2), 6.90 (2H, overlapped, H-5, H-6), 6.80 (1H, s, H-6'), 6.77 (1H, s, H-2'), 6.37 (1H, dd, $J = 1.5, 15.7$ Hz, H-7'), 6.11 (1H, dq, $J = 6.6, 15.7$ Hz, H-8'), 5.11 (1H, d, $J = 9.4$ Hz, H-7), 3.90 (3H, s, 3'-OCH₃), 3.88 (3H, s, 3-OCH₃), 3.45 (1H, dq, $J = 6.7, 9.4$ Hz, H-8), 1.88 (3H, dd, $J = 1.5, 6.6$ Hz, H-9'), and 1.38 (3H, d, $J = 6.7$ Hz, H-9); ¹³C-NMR (125 MHz, CDCl₃): δ_C 146.8 (C-4'), 146.7 (C-3), 145.9 (C-5'), 144.3 (C-4), 133.4 (C-3'), 132.3 (C-1), 132.2 (C-1'), 131.1 (C-7'), 123.6 (C-8'), 120.1 (C-6), 114.2 (C-5), 113.4 (C-2'), 109.4 (C-6'), 109.1 (C-2), 93.9

(C-7), 56.1 (3-OCH₃, 3'-OCH₃), 45.7 (C-8), 18.5 (C-9'), and 17.7 (C-9).

3. RESULTS AND DISCUSSION

Compound **1** was isolated as colorless amorphous, its molecular formula was established as C₂₁H₂₈O₆ by the HR-EI-MS which produced a molecular ion peak at *m/z* 376.1890 [M]⁺ (calculated. for C₂₁H₂₈O₆, 376.1890). The ¹H-NMR spectrum (Table 1) of **1** displayed signals of a 1,3,4-trisubstituted benzene ring at δ_H 6.76 (1H, d, *J* = 2.1 Hz, H-2), 6.81 (1H, d, *J* = 8.0 Hz, H-5), and 6.70 (1H, dd, *J* = 2.1, 8.0 Hz, H-6); a 1,3,4,5-tetrasubstituted benzene ring at δ_H 6.56 (2H, s, H-2', H-6'); two oxygenated methine protons at δ_H 4.52 (1H, dd, *J* = 6.0, 12.4 Hz, H-7') and 4.36 (1H, m, H-8); two methylene groups at δ_H 3.10 (1H, dd, *J* = 5.2, 13.6 Hz, H-7), 2.73 (1H, dd, *J* = 8.1, 13.6 Hz, H-7), 1.77 (2H, m, H-8'); two methyl groups at δ_H 1.20, (3H, d, *J* = 6.2 Hz, H-9) and 0.93 (3H, t, *J* = 7.4 Hz, H-9'); and three methoxy groups at δ_H 3.81 (6H, s, 2'-OCH₃, 6'-OCH₃), and 3.86 (3H, s, 3-OCH₃).

Table 1. NMR data of compound **1** in CDCl₃

Position	δ _H mult., (<i>J</i> in	δ _C , type ^b	COSY	HMBC
1		131.1, C		
2	6.76, d (2.1)	112.3, CH		C-4, C-6, C-7
3		146.3, C		
4		144.0, C		
5	6.81, d (8.0)	114.1, CH	H-6	C-3, C-1
6	6.70, dd (2.1, 8.0)	122.2, CH	H-5	C-2, C-4, C-7
7	3.10, dd (5.2, 13.6)	43.1, CH ₂	H-8	C-2, C-6, C-8, C-9
	2.73, dd (8.1, 13.6)			
8	4.36, m	80.1, CH	H-7, H-9	C-1, C-7, C-9, C-4'
9	1.20, d (6.2)	19.7, CH ₃	H-8	C-7, C-8
1'		140.2, C		
2'	6.56, s	103.1, CH		C-4', C-6', C-7'
3'		153.8, C		
4'		135.4, C		
5'		153.8, C		
6'	6.56, s	103.1, CH		C-2', C-4', C-7'
7'	4.52, dd (6.0, 12.4)	76.5, CH	H-8'	C-2', C-6', C-8' C-9'
8'	1.77, m	32.1, CH ₂	H-7', H-9'	C-1', C-7', C-9'
9'	0.93, t (7.4)	10.4, CH ₃	H-8'	C-8', C-7'
3-OCH ₃	3.86, s	56.0, OCH ₃		C-3
3'-OCH ₃	3.81, s	56.2, OCH ₃		C-3'
5'-OCH ₃	3.81, s	56.2, OCH ₃		C-5'

Recorded at ^a)500 MHz and ^b)125 MHz. ^{a, b}) Assigned by HSQC, ¹H-¹H COSY, and HMBC.

These proton signals were connected to the carbons resonating at δ_C 112.3 (C-2), 114.1 (C-5), 122.2 (C-6), 103.1 (C-2', C-6'), 76.5 (C-7'), 80.1 (C-8), 43.1 (C-7), 32.1 (C-8'), 19.7 (C-9), 10.4 (C-9'), and 56.2 (3'-OCH₃, 5'-OCH₃) in the HSQC spectrum. In addition, the ¹³C NMR and

HSQC of **1** also exhibited seven non-protonated carbons at δ_C 131.1 (C-1), 146.3 (C-3), 144.0 (C-4), 135.4 (C-4'), 153.8 (C-3', C-5'), 140.2 (C-1') (Table 1). The 1D NMR data were similar to those of (+)-(4-hydroxy-3-methoxy-1'-allyl-3',5'-dimethoxy)-8-*O*-4'-neolignan (**6**) [29], except for the replacement of an allyl moiety by a 1-hydroxypropyl moiety. This was further confirmed by the COSY correlation between H-8' (δ_H 4.52) and H-7' (δ_H 1.77)/ H-9' (δ_H 0.93) as well as the HMBC correlation between H-9' and C-7' (δ_C 76.5)/ C-8' (δ_C 32.9). The absolute configuration of **1** was retained due to its small amount. Thus, the chemical structure of new compound **1** was elucidated as (4-hydroxy-3-methoxy-1'-(1-hydroxypropyl)-3',5'-dimethoxy)-8-*O*-4'-neolignan and named maceneolignan L (Figure 1).

Six known compounds were identified to be *erythro*-(7*R*,8*S*)- Δ^8 -4,7-dihydroxy-3,3',5'-trimethoxy-8-*O*-4'-neolignan (**2**) [28], raphidecursinol B (**3**) [9], maceneolignan H (**4**) [10], maceneolignan F (**5**) [10], (+)-(4-hydroxy-3-methoxy-1'-allyl-3',5'-dimethoxy)-8-*O*-4'-neolignan (**6**) [29], and (\pm) licarin A (**7**) [30] by the consistency of their NMR spectral data with those reported in the literature (Figure 1).

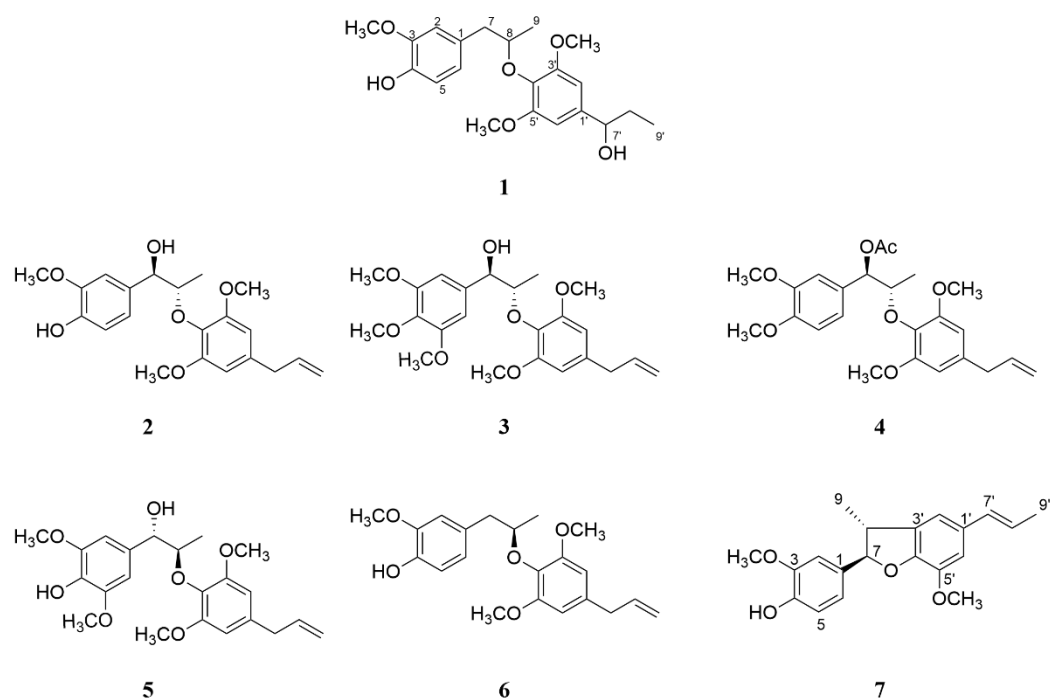


Figure 1. The chemical structures of compounds **1**–**7**

4. CONCLUSION

From the seeds of *M. fragrans* Houtt., one new neolignan, maceneolignan L (**1**), and six known compounds were isolated including *erythro*-(7*S*,8*R*)- Δ^8 -4,7-dihydroxy-3,3',5'-trimethoxy-8-*O*-4'-neolignan (**2**), raphidecursinol B (**3**), maceneolignan H (**4**), maceneolignan F (**5**), (+)-(4-hydroxy-3-methoxy-1'-allyl-3',5'-dimethoxy)-8-*O*-4'-neolignan (**6**), and (\pm) licarin A (**7**). Their structures were elucidated using spectroscopic analysis and comparing them with those previously reported in the literature.

Acknowledgments. Ngo Van Hieu was funded by Vingroup Joint Stock Company and supported by the Domestic Master/Ph.D. Scholarship Programme of Vingroup Innovation Foundation (VINIF), Vingroup Big Data Institute (VINBIGDATA), code VINIF.2020.ThS.107

CRedit authorship contribution statement. Pham Van Cong: Data acquisition and analysis, Methodology, Writing - original draft; Ngo Van Hieu: Data acquisition and analysis and Writing - original draft; Ngo Viet Duc: Data acquisition and analysis, Funding; Pham Thuy Ha: Data acquisition and analysis; Do Thanh Tuan: Plant identification, Writing: review and editing; Nguyen Thi Thu Hien: Data acquisition and analysis; Hoang Le Tuan Anh: Data acquisition and analysis, Funding acquisition, Methodology, Project administration, Supervision, Visualization, Writing - original draft, Writing - review & editing.

Declaration of competing interest. The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

REFERENCES

1. Ha M. T., Vu N. K., Tran T. H., Kim J. A., Woo M. H., and Min B. S. - Phytochemical and pharmacological properties of *Myristica fragrans* Houtt.: an updated review, Arch. Pharm. Res. **43** (11) (2020) 1067-1092. <https://doi.org/10.1007/s12272-020-01285-4>.
2. Piaru S. P., Mahmud R., Abdul Majid A. M. S., Ismail S., and Man C. N. - Chemical composition, antioxidant and cytotoxicity activities of the essential oils of *Myristica fragrans* and *Morinda citrifolia*, J. Sci. Food Agri. **92** (3) (2012) 593-597. <https://doi.org/10.1002/jsfa.4613>.
3. Kapoor I. P. S., Singh B., Singh G., De Heluani C. S., De Lampasona M. P., and Catalan C. A. N. - Chemical composition and antioxidant activity of essential oil and oleoresins of nutmeg (*Myristica fragrans* Houtt.) fruits, Int. J. Food Prop. **16** (5) (2013) 1059-1070. <https://doi.org/10.1080/10942912.2011.576357>.
4. Du S. S., Yang K., Wang C. F., You C. X., Geng Z. F., Guo S. S., Deng Z. W., and Liu Z. L. - Chemical constituents and activities of the essential oil from *Myristica fragrans* against cigarette beetle *Lasioderma serricorne*, Chem. Biodivers. **11** (9) (2014) 1449-1456. <https://doi.org/10.1002/cbdv.201400137>.
5. Kwon H. S., Kim M. J., Jeong H. J., Yang M. S., Park K. H., Jeong T. S., and Lee W. S. - Low-density lipoprotein (LDL)-antioxidant lignans from *Myristica fragrans* seeds, Bioorg. Med. Chem. Lett. **18** (1) (2008) 194-198. <https://doi.org/10.1016/j.bmcl.2007.10.098>.
6. Yang S., Min Kyun N., Jang J. P., Kim K. A., Kim B. Y., Sung N. J., Oh W. K., and Ahn J. S. - Inhibition of protein tyrosine phosphatase 1B by lignans from *Myristica fragrans*, Phytother. Res. **20** (8) (2006) 680-682. <https://doi.org/10.1002/ptr.1935>.
7. Francis S. K., James B., Varughese S., and Nair M. S. - Phytochemical investigation on *Myristica fragrans* stem bark, Nat. Prod. Res. **33** (8) (2019) 1204-1208. <https://doi.org/10.1080/14786419.2018.1457670>.
8. Cao G. Y., Xu W., Yang X. W., Gonzalez F. J., and Li F. - New neolignans from the seeds of *Myristica fragrans* that inhibit nitric oxide production, Food Chem. **173** (2015) 231-237. <https://doi.org/10.1016/j.foodchem.2014.09.170>.

9. Sajin K. F., Beena J., Sunil V., and Mangalam S. - Phytochemical investigation on *Myristica fragrans* stem bark, *Nat. Prod. Res.* **33** (8) (2019) 1204-1204. <https://doi.org/10.1080/14786419.2018.1457670>
10. Morikawa T., Hachiman I., Matsuo K., Nishida E., Ninomiya K., Hayakawa T., Yoshie O., Muraoka O., and Nakayama T. - Neolignans from the arils of *Myristica fragrans* as potent antagonists of CC chemokine receptor 3, *J. Nat. Prod.* **79** (8) (2016) 2005-2013. <https://doi.org/10.1021/acs.jnatprod.6b00262>.
11. Cuong T. D., Hung T. M., Na M., Ha D. T., Kim J. C., Lee D., Ryoo S. W., Lee J. H., Choi J. S., and Min B. S. - Inhibitory effect on NO production of phenolic compounds from *Myristica fragrans*, *Bioorg. Med. Chem. Lett.* **21** (22) (2011) 6884-6887. <https://doi.org/10.1016/j.bmcl.2011.09.021>.
12. Duan L., Tao H. W., Hao X., Gu Q. Q., and Zhu W. M. - Cytotoxic and antioxidative phenolic compounds from the traditional Chinese medicinal plant, *Myristica fragrans*, *Planta Med.* **75** (11) (2009) 1241-1245.
13. Francis K. S., Suresh E., and Nair M. S. - Chemical constituents from *Myristica fragrans* fruit, *Nat. Prod. Res.* **28** (20) (2014) 1664-1668. <https://doi.org/10.1080/14786419.2014.934236>.
14. Olajide O. A., Makinde J. M., and Awe S. O. - Evaluation of the pharmacological properties of nutmeg oil in rats and mice, *Pharm. Biol.* **38** (5) (2000) 385-390. <https://doi.org/10.1076/phbi.38.5.385.5976>.
15. Jin D. Q., Lim C. S., Hwang J. K., Ha I., and Han J. S. - Anti-oxidant and anti-inflammatory activities of macelignan in murine hippocampal cell line and primary culture of rat microglial cells, *Biochem. Biophys. Res. Commun.* **331** (4) (2005) 1264-1269. <https://doi.org/10.1016/j.bbrc.2005.04.036>.
16. Zhang C. R., Jayashree E., Kumar P. S., and Nair M. G. - Antioxidant and anti-inflammatory compounds in nutmeg (*Myristica fragrans*) pericarp as determined by *in vitro* assays, *Nat. Prod. Commun.* **10** (8) (2015) 1934578X1501000822. <https://doi.org/10.1177/1934578X1501000822>.
17. Sathya S., Amarasinghe N. R., Jayasinghe L., Araya H., and Fujimoto Y. - Enzyme inhibitors from the aril of *Myristica fragrans*, *S. Afr. J. Bot.* **130** (2020) 172-176. <https://doi.org/10.1016/j.sajb.2019.12.020>.
18. Checker R., Chatterjee S., Sharma D., Gupta S., Variyar P., Sharma A., and Poduval T. B. - Immunomodulatory and radioprotective effects of lignans derived from fresh nutmeg mace (*Myristica fragrans*) in mammalian splenocytes, *Int. Immunopharmacol.* **8** (5) (2008) 661-669. <https://doi.org/10.1016/j.intimp.2008.01.012>
19. Orabi K. Y., Mossa J. S., and El-Ferally F. S. - Isolation and characterization of two antimicrobial agents from mace (*Myristica fragrans*), *J. Nat. Prod.* **54** (3) (1991) 856-859. <https://doi.org/10.1021/np50075a017>.
20. Cho J. Y., Choi G. J., Son S. W., Jang K. S., Lim H. K., Lee S. O., Sung N. D., Cho K. Y., and Kim J. C. - Isolation and antifungal activity of lignans from *Myristica fragrans* against various plant pathogenic fungi, *Pest Manag. Sci.* **63** (9) (2007) 935-940. <https://doi.org/10.1002/ps.1420>.
21. Nguyen P. H., Le T. V. T., Kang H. W., Chae J., Kim S. K., Kwon K. I., Seo D. B., Lee S. J., and Oh K. W. - AMP-activated protein kinase (AMPK) activators from *Myristica*

- fragrans* (nutmeg) and their anti-obesity effect, *Bioorg. Med. Chem. Lett.* **20** (14) (2010) 4128-4131. <https://doi.org/10.1016/j.bmcl.2010.05.067>.
22. Han K. L., Choi J. S., Lee J. Y., Song J., Joe M. K., Jung M. H., and Hwang J. K. - Therapeutic potential of peroxisome proliferators-activated receptor- α/γ dual agonist with alleviation of endoplasmic reticulum stress for the treatment of diabetes, *Diabetes*. **57** (3) (2008) 737-745. <https://doi.org/10.2337/db07-0972>.
 23. Park S., Lee D. K., and Yang C. H. - Inhibition of fos-jun-DNA complex formation by dihydroguaiaretic acid and *in vitro* cytotoxic effects on cancer cells, *Cancer Lett.* **127** (1) (1998) 23-28. [https://doi.org/10.1016/S0304-3835\(97\)00543-0](https://doi.org/10.1016/S0304-3835(97)00543-0).
 24. Thuong P. T., Hung T. M., Khoi N. M., Nhung H. T. M., Chinh N. T., Quy N. T., Jang T. S., and Na M. K. - Cytotoxic and anti-tumor activities of lignans from the seeds of Vietnamese nutmeg *Myristica fragrans*, *Arch. Pharm. Res.* **37** (3) (2014) 399-403. <https://doi.org/10.1007/s12272-013-0185-4>.
 25. Chumkaew P. and Srisawat T. - New neolignans from the seeds of *Myristica fragrans* and their cytotoxic activities, *J. Nat. Med.* **73** (1) (2019) 273-277. <https://doi.org/10.1007/s11418-018-1246-2>.
 26. Morita T., Jinno K., Kawagishi H., Arimoto Y., Suganuma H., Inakuma T., and Sugiyama K. - Hepatoprotective effect of myristicin from nutmeg (*Myristica fragrans*) on lipopolysaccharide/d-galactosamine-induced liver injury, *J. Agri. Food Chem.* **51** (6) (2003) 1560-1565. <https://doi.org/10.1021/jf020946n>.
 27. Shin K. H., Kim O. N., and Woo W. S. - Isolation of hepatic drug metabolism inhibitors from the seeds of *Myristica fragrans*, *Arch. Pharm. Res.* **11** (3) (1988) 240. <https://doi.org/10.1007/BF02861315>.
 28. Li F. and Yang X. W. - Biotransformation of myrislignan by rat liver microsomes *in vitro*, *Phytochemistry*. **69** (3) (2008) 765-771. <https://doi.org/10.1016/j.phytochem.2007.09.008>.
 29. Kasahara H., Miyazawa M., and Kameoka H. - Biotransformation of an acyclic neolignan in rats, *Phytochemistry*. **38** (2) (1995) 343-346. [https://doi.org/10.1016/0031-9422\(94\)00643-8](https://doi.org/10.1016/0031-9422(94)00643-8).
 30. León-Díaz R., Meckes M., Said-Fernández S., Molina-Salinas G. M., Vargas-Villarreal J., Torres J., Luna-Herrera J., and Jiménez-Arellanes A. - Antimycobacterial neolignans isolated from *Aristolochia taliscana*, *Mem. Inst. Oswaldo Cruz.* **105** (1) (2010) 45-51. <https://doi.org/10.1590/s0074-02762010000100006>.