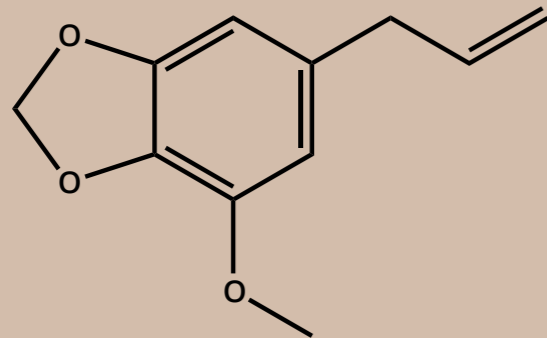


# THE CHEMISTRY OF NUTMEG

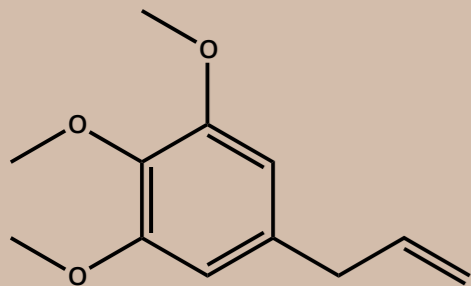
## WHY IS NUTMEG HALLUCINOGENIC?



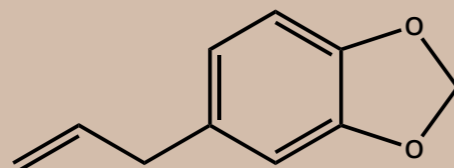
MYRISTICIN

Nutmeg contains compounds that lend it a hallucinogenic effect in larger quantities than those usually used in cooking. Around a tablespoon is enough to produce mild effects.

One of the main compounds responsible for this effect is myristicin, which accounts for up to 1.3% of raw nutmeg. The exact manner in which myristicin induces these effects is unclear, however, and the same effects are not observed with ingestion of pure myristicin, suggesting other compounds, such as elemicin & safrole, must also contribute.



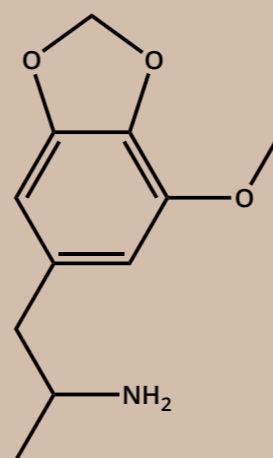
ELEMICIN



SAFROLE



## WHAT ARE THE ADVERSE EFFECTS?



MMDA

In large doses, nutmeg can cause nausea, vomiting, flushing, an elevated heart rate, euphoria and hallucinations. A dose of 10-15g is required before acute intoxication occurs, and the side effects can last for several days after ingestion.

It has been suggested that nutmeg's hallucinogenic properties could be the result of myristicin being broken down into MMDA, a compound similar to Ecstasy, in the liver. However, this has only been observed in rats, and there has been no proof of this breakdown occurring in humans.