¹³C NMR ANALYSIS: TERPENOIDS, STEROIDS AND CAROTENOID FROM *DIOSPYROS SOUBREANA* (EBENACEAE)

7 8 ABSTRACT

4

5

6

9	Aims: The aim of current work was to identify secondary metabolites in the fractions of extracts of
10	<i>Diospyros soubreana</i> using analysis of their ¹³ C NMR spectra.
11	Study design: A research project was undertook with Diospyros soubreana. The leaves of this
12	plant are used in traditional medicine as hemostatic for wounds. In addition, no phytochemical study
13	has been carried out on of this plant.
14	Place and Duration of Study: Leaves and bark of trunks of <i>D. soubreana</i> were collected in July 2014
15	in Agboville, in south-east of Côte d'Ivoire.
16	Methodology: A computerized procedure, based on ¹³ C NMR spectroscopy and using literature data,
17	was developed to identify secondary metabolites in natural mixtures. The leaves and bark of trunk of
18	D. soubreana were extracted with various solvents and the extracts were fractionated on silica gel.
19	Results: The computer assisted analysis of the ¹³ C NMR spectra of the fractions of chromatography
20	led to identification of nine molecules: one monocyclic sesquiterpenoid lactone (1), five pentacyclic
21	triterpenes (2, 3, 4, 5 and 6), two sterols (7 and 8) and one carotenoid alcohol (9).
22	Conclusion: It has been shown that ¹³ C NMR is a powerful alternative tool for the identification of
23	terpenoids, steroids and carotenoid in extracts of leaves and bark of trunk of various Diospyros
24	species after a rapid fractionation step.
25	Keywords: Diospyros soubreana, terpenoids, steroids, carotenoid, ¹³ C NMR spectroscopy.
26	
27	
28	
29	
30	
50	
31	
32	1. INTRODUCTION

In the last decades, many studies on *Diospyros* species have been conducted due to their medicinal and their economic importance. These studies focused on the chemical composition and biological activities of extracts and secondary metabolites. Chemical investigations have shown that *Diospyros* contained various bioactive compounds such as triterpenoids, naphtoquinones, naphthalene derivatives, flavonoids and coumarin derivatives [1].

Diospyros soubreana F. White (also called *Maba soubreana* A. Chev.) belonging to the family Ebenaceae, is a tropical tree found in West Africa from Côte d'Ivoire to South Nigeria. To the best of our knowledge, very few pharmacological and chemical data exist on this species. We earlier reported the isolation of three isocoumarins namely bergenin, norbergenin and 4-*O*-galloyInorbergenin from the leaves and the bark of trunks of this plant¹. In continuation of the research on the chemical 43 constituents of this species, our investigation report for the first time some secondary metabolites
 44 which previously showed the biological activities in the treatment of numerous human diseases..
 45 These compounds were identified by ¹³C NMR spectroscopy which is a valuable tool for
 46 phytochemicals identification.

47

48 2. MATERIALS AND METHODS

49 **2.1 General**

The ¹³C NMR spectra were recorded on a Bruker Avance 400 Fourier Transform spectrometer operating at 400 MHz for ¹H spectra and 100 MHz for ¹³C using CD₃OD and Me₂CO-d₆ as deuterated solvents. The chemical shift was expressed in ppm from TMS (internal standard). The chromatography columns were performed on silica gel (Merck, 35-70 μ m, 60-200 μ m and 63-200 μ m). Thin-layer chromatographies were carried out on aluminium plates coated with silica gel 60-F₂₅₄ (Merck), and visualized with UV light (254 and 366 nm), then sprayed with vanillin-H₂SO₄ solution followed by warming.

57 **2.2 Plant material**

Leaves and bark of trunk of *D. soubreana* were collected in July 2014 in « Petit Yapo » forest, Agboville Department, south-east of Côte d'Ivoire. The plant samples were identified by a botanist of Centre National de Floristique (CNF), University Félix Houphouët-Boigny of Cocody-Abidjan, where voucher specimens are deposited. The samples were dried at room temperature, then ground. 100 g of leaf powder (DSF) and 120 g of trunk bark powder (DST) were obtained.

63 **2.3 Extraction and isolation**

64 100 g of leaves powder (DSF) were extracted by maceration with the mixture water/ethanol (70 : 30) 65 for 24 h at room temperature. After filtration and the removal of the solvent under reduced pressure, a 66 residue of 25.5 g was obtained. 15 g of this residue was suspended in ethanol 70% and extracted 67 sequentially with increasing polarity solvents to give after evaporation 0.88 g of *n*-hexane (DSFH), 68 1.82 g of dichloromethane (DSFD) and 2.39 g of ethyl acetate (DSFA) extracts.

Powdered bark of trunks (120 g) were extracted in a Soxhlet apparatus, firstly with petroleum ether
and then with dichloromethane, followed by maceration in ethyl acetate at room temperature. Extracts
were filtered and concentrated under reduced pressure to give 0.8 g of petroleum ether (DSTPE), 1.2
g of dichloromethane (DSTD) and 9.7 g of ethyl acetate (DSTA) extracts.

73 388 g of the leaves dichloromethane extract (DSFD) was chromatographed on a silica gel column (63-74 200 µm) using a gradient of hexane/ethyl acetate (100 : 0 to 0 : 100) to give twelve fractions (FD1-75 FD12) along with 15-pentadecanolide (1) (89.7 mg). Fraction FD5 (54.8 mg) was constituted by the 76 mixture α-amyrin (2), β-amyrin (3) and lupeol acetate (5). Fraction FD6 (40 mg) was successively 77 purified by silica gel chromatography (63-200 µm), first with the gradient hexane/ethyl acetate (100:0 to 70 : 30) and then hexane/ethyl acetate (80 : 20) to furnish four fractions (FD61-FD64) according to 78 79 their TLC profiles. Fraction FD62 (5.7 mg) was the mixture α -amyrin (2), β -amyrin (3) and lupeol (4) 80 [2], while fraction FD63 (4.3 mg) was the mixture stigmasterol (7) [3] and β -sitosterol (8) [4].

A part of the extract DSFA (2 g) was subjected to a vacuum chromatography using a gradient of petroleum ether/ethyl acetate (100 : 0 to 0 : 100) then ethyl acetate/methanol (80:20) to provide six major fractions (FA1-FA6). The fraction FA4 (112.9 mg), treated by successive chromatographies on silica gel columns (35-70 μ m and 60-200 μ m) eluted with the gradient dichloromethane/ethyl acetate (100 : 0 to 40 : 60), then with dichloromethane/ethyl acetate (50 : 50) led to 7.1 mg of zeaxanthin (**9**) [5].

The extract DSTD (1.2 g) was chromatographed on a silica gel (63-200 μm) column (hexane/EtOAc,
100 : 0 to 0 : 100, then EtOAc/MeOH 90 : 10) to provide 35.7 mg of betulinic acid (6) [2].

89

90 3. RESULTS AND DISCUSSION

From the leaves and bark of trunks of *D. soubreana*, nine compounds were isolated and identified. 91 The structures of these compounds (Fig. 1) were established by the main of ¹³C NMR analysis and by 92 93 comparison with literature data. Spectral data for the compounds (1-9) are proposed as supporting information. These molecules corresponded to one monocyclic sesquiterpenoid lactone (1), five 94 95 pentacyclic triterpenoids (2, 3, 4, 5 and 6), two ubiquitous sterols (7 and 8) and one carotenoid alcohol 96 (9), all isolated for the first time from this plant. Pentacyclic triterpenoids [6,7] and phytosteroids [8] are class of compounds occurring widely in plants. Biosynthetically, these compounds have squalene as 97 precursor [9]. Phytosterols are a family of more than 200 different compounds ⁸; [8]; the richest source 98 99 of phytosterols is composed of plant based foods stuff chiefly nuts, seeds, vegetable oils, cereals and 100 legumes [10-12].

Although no biological activity tests were led to the isolated compounds (**1-9**), literature search revealed that these have diverse bioactivities. Indeed, α and β -amyrin which are found in leaves, barks and resins of various plants have shown anti-inflammatory [13-15], anti-microbial and other biological activities [7]. Their mixture prevents the impaired aortic vascular reactivity in high-fat diet-induced obese mice [16].

- α-amyrin showed a wide spectrum of activity including anti-ulcer, anti-hyperlipidemic, anti-tumor and
 hepatoprotective [14]. It attenuates high fructose diet-induced metabolic syndrome in rats [17].
- 108 β -amyrin exhibited antibacterial [15], antinociceptive [19], antioxidant activities, and showed liver 109 protection both in *in vitro* and *in vivo* studies [20].

Lupeol is known to have vast occurrence in many plants families [21] with rare reports in fungal and animals [22, 23]. This compound has been shown to possess antiprotozoal, anti-inflammatory, antimicrobial and antitumor activities. It also has cancer chemopreventive, cardioprotective, gastroprotective and hepatoprotective effects [21].

Lupeol acetate showed hypotensive [24], antimicrobial, anti-inflammatory, antimalarial, antituberculosis [25], and antinociceptive [26] activities. This molecule has antiarthritic effect [27]. It induced antifertility activity in male albino rats [28], neutralized *Daboia russellii* and *Naja kaouthia* venom [29] and ameliorates collagen-induced arthritis and osteoclastogenesis [30].

Betulinic acid, a pentacyclic triterpenoid of plant origin is widely distributed in the plant kingdom [31]; it has been isolated from various families such as Rhamnaceae, Myrtaceae, Paeoniaceae, Ebenaceae [32] and Euphorbiaceae [33]. This compound possesses many biological and medicinal properties including antibacterial, antinociceptive [32], antioxidant, anti-inflammatory, anthelmintic, antimalarial [32, 34], antitumor [31, 35] and anti-HIV (human immunodeficiency virus) [32] activities.

Stigmasterol, a sterol occurring in various medicinal plants, is used as a precursor in the synthesis of progesterone and as an intermediate in the biosynthesis of androgens, estrogens, corticoids and in the synthesis of vitamin D3. It has been described to possess antioxidant, anti-inflammatory, antiosteoarthritic, antimutagenic, anti-hypercholestrolemic, CNS (central nervous system), hypoglycemic, thyroid inhibiting, cytotoxicity and antitumor activities [36].

128 β-sitosterol is a plant sterol distributed in a wide range of plant families including Apiaceae, Rosaceae, 129 Tiliaceae, Solanaceae, Moraceae, Rubiaceae, Lamiaceae, Fabaceae, Polygonaceae, Rhamnaceae, Asteraceae, Acanthaceae, Cucurbitaceae, Gracilariaceae (marine algae), Thymelaeaceae, Vitaceae 130 and Zingiberaceae. It appears to offer a number of health benefits and displayed many biological 131 activities. Indeed, this molecule showed anti-inflammatory, antioxidant, hypocholesterolemic, 132 133 analgesic, anthelminthic, anti-mutagenic, immunomodulatory, neuroprotection and antidiabetic activities. Additionally, β-sitosterol reduced the growth and spread of prostate cancer cells and 134 135 induced apoptosis. It also has chemoprotective (or chemopreventive) and angiogenic effects. Otherwise, this compound is not considered as genotoxic or cytotoxic [37]. Furthermore, it is a 136 neutralizing agent on viper and cobra venom [38] and displayed antibacterial, antifungal [39] and 137 138 mosquito larvicidal [40] activities.

139 Zeaxanthin, one of the most common carotenoid alcohols found in nature, is a xanthophyll from higher 140 plants, algae [41] and microbial sources [42]. It is the main pigment of yellow corn, Zeaxanthin mays L. (from which its name is derived). Zeaxanthin is naturally found in various dietary sources including 141 corn, egg yolk, orange pepper, orange juice, honeydew, mango, avocado, and other vegetables and 142 fruits. This compound is used as a feed additive and colorant in the food industry for birds, swine and 143 144 fish. The pigment imparts a yellow coloration to the skin and egg yolk of birds, whereas in pigs and fish it is used for skin pigmentation. Zeaxanthin is used in the prevention of age-related macular 145 146 degeneration, the leading cause of irreversible blindness in adults; it is protective against the oxidative 147 damage causing cataract formation [43], has cancer-preventive properties [44] and inhibits 148 macrophage-mediated LDL oxidation [45].

149 Otherwise, 15-pentadecanolide, isolated from *Angelica archangelica* L. roots, appears to possess 150 minimal irritancy, allergenicity and acute toxicity [46].

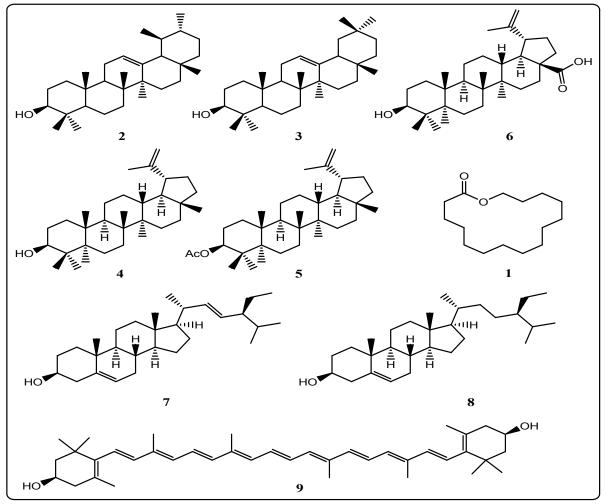




FIG. 1: STRUCTURES OF ISOLATED COMPOUNDS FROM DIOSPYROS SOUBREANA

153

154 **4. CONCLUSION**

This study undertook with the leaves and stem barks of *D. soubreana* led to the isolation and identification of nine compounds, all isolated for the first time from this species. Their structures have been established using ¹³C NMR spectroscopy. These molecules belong to various chemical groups including terpenoids, steroids and carotenoids. The literature review carried out on them made it possible to demonstrate multiple biological activities. 160 The presence of anti-inflammatory compounds such as lupeol, lupeol acetate, α -amyrin, β -amyrin, β -161 sitosterol and stigmasterol in the leaves may justify the use of this part of the plant to treat wounds. In 162 addition, this plant could be a potentially source of antioxidant compounds. This study is worth 163 pursuing in order to isolate other bioactive compounds. Moreover, biological tests deserve to be done 164 to highlight other pharmacological potentialities.

165

166 **REFERENCES**

- 167 1. Boué GB, Kabran AF, Garcia G, Tomi F, Tonzibo ZF. Isocoumarins derivatives from *Diospyros* 168 *soubreana* (Ebenaceae). European J Biomed Pharm Sci. 2018; 5 (2): 71-75.
- 169 2. Mahato SB, Kundu AP. ¹³C NMR spectra of pentacyclic triterpenoids-A compilation and some salient features. Phytochemistry. 1994; 37 (6): 1517-1575.
- 171 3. Pierre LL, Moses MN. Isolation and Characterisation of Stigmasterol and β-Sitosterol from
 172 Odontonema Strictum (Acanthaceae). J Innov Pharm Biol Sci. 2015; 2 (1): 88-95.
- Bulama JS, Dangoggo SM, Mathias SN. Isolation and Characterization of Beta-Sitosterol from ethyl acetate extract of root bark of *Terminalia glaucescens*. Int J Sci Res Publ. 2015; 5 (3) : 1-3.
- 175 5. Sompong D, Trakanrungroj P. The flower of *Radermachera ignea* (Kurz) Steenis, a new source of zeaxanthin. Suranaree J Sci Technol. 2010; 17 (3): 303-308.
- 177 6. Bababola IT, Shode FO. Ubiquitous ursolic acid: a potential pentacyclic triterpene natural product.
 178 J Pharmacogn Phytochem. 2013; 2 (2): 214-222.
- 1797. Vásquez LH, Palazon J, Navarro-Ocaña A. The pentacyclic triterpenes α ,β-amyrins : A review of180sources and biological activities, Phytochemicals-A global perspective of their role in nutrition and181health, Dr venketeshwer Rao (Ed.), ISBN: 978- 953-51-0296-0, In Tech.
- Shahzad N, Khan W, Shadab MD, Ali A, Saluja SS, Sharma S, Al-Allaf FA, Abduljaleel Z, Ibrahim
 IAA, Abdel-Wahab AF, Afify MA, Al-Ghamdi SS. Phytosterols as a natural anticancer agent: Current
 status and future perspective. Biomed Pharmacother. 2017; 88: 786-794.
- 185 9. Dewick PM. Medicinal natural products: a biosynthetic approach. John Wiley & Sons Ltd, 3rd
 186 Edition 2009.
- 187 10. Ros E. Health benefits of nut consumption. Nutrients. 2010; 2 (7): 652-682.
- 188 11. Penugonda K, Lindshield BL. Fatty acid and phytosterol content of commercial saw palmetto 189 supplements. Nutrients. 2013; 5 (9): 3617-3633.
- 190 12. Flores G, Ruiz Del Castillo ML. Cancer-related constituents of strawberry jam as compared with 191 fresh fruit. Cancers. 2016; 8 (16): 1-11.
- 13. Walter FSJ, Jonas GOP, Danielle LBM, Natan ESS, Patrícia DOA, Emerson SL, Valdir FVJ, Eduardo PA, Ādley ANL. Development, physicochemical characterization and *in Vitro* antiinflammatory activity of solid dispersions of α,β -amyrin isolated from *Protium* Oilresin. Molecules. 2017; 22 (1512): 1-14.
- 14. Singh D, Arya PV, Sharma A, Dobhal MP, Gupta RS. Modulatory potential of α-amyrin against
 hepatic oxidative stress through antioxidant status in wistar albino rats. J Ethnopharmacol. 2015; 161:
 186-193.

199 15. Okoye NN, Ajaghaku DL, Okeke HN, Ilodigwe EE, Nworu CS and Okoye FBC. Beta-amyrin and 200 alpha-amyrin acetate isolated from the stem bark of *Alstonia boonei* display profound anti-201 inflammatory activity. Pharm Biol. 2014; 52 (11): 1478-1486.

UNDER PEER REVIEW

- 16. Santos FA, Carvalho KMMB, Batista-Lima FJ, Nunes PIG, Viana AFSC, Almeida da Silva AAC,
 Fonseca SGC, Chaves MH, Rao VS, Magalhães PJC, Silva de Brito T. The triterpenoid alpha, betaamyrin prevents the impaired aortic vascular reactivity in high-fat diet-induced obese mice. NaunynSchmiedebergs Arch Pharmacol. 2017; 390 (10): 1029-1039.
- 17. Prabhakar P, Reeta KH, Maulik SK, Dinda AK, Gupta YK. α-Amyrin attenuates high fructose diet induced metabolic syndrome in rats. Appl Physiol Nutr Metab. 2017; 42(1): 23-32.
- Abdel-Raouf N, Al-Enazi NM, Al-Homaidan AA, Ibraheem IBM, Al-Othman MR, Hatamleh AA.
 Antibacterial β-amyrin isolated from *Laurencia microcladia*. Arab J Chem. 2015; 8 (1): 32-37.
- 210 19. Chicca A, Marazzi J, Gertsch J. The antinociceptive triterpene β-amyrin inhibits 2 211 arachidonoylglycerol (2-AG) hydrolysis without directly targeting cannabinoid receptors. Br J
 212 Pharmacol. 2012; 167 (8): 1596-1608.
- 20. Sunil C, Irudayaraj SS, Duraipandiyan V, Al-Dhabi NA, Agastian P, Ignacimuthu S. Antioxidant and
 free radical scavenging effects of β-amyrin isolated from *S. cochinchinensis* Moore. leaves. Ind Crops
 Prod. 2014; 61: 510-516.
- 21. Silva ATM, Magalhães CG, Duarte LP, Mussel WN, Ruiz ALTG, Shiozawa L, Carvalho JE,
 Trindade IC, Vieira Filho SA. Lupeol and its esters: NMR, powder XRD data and in vitro evaluation of
 cancer cell growth. Braz J Pharm Sci. 2017; 53 (3): 1-10.
- 219 22. Kim KB, Kim SI, Song KS. Neuraminidase inhibitors from mushroom *Microphorus affinis*. J
 220 Microbiol Biotechnol. 2003; 13 (5): 778-782.
- 221 23. Lutta KP, Bii C, Akenga AT, Cornelius WW. Antimicrobial marine natural products from the sponge 222 Axinella infundibuliformis. Rec Nat Prod. 2008; 2 (4): 116-127.
- 223 24. Saleem R, Ahmad SI, Ahmed M, Faizi Z, Zikr-ur-Rehman S, Ali M, Faizi S. Hypotensive activity 224 and toxicology of constituents from *Bombax ceiba* stem bark. Biol Pharm Bull. 2003; 26 (1): 41-46.
- 225 25.Muktar B, Bello IA, Sallau MS. Isolation, characterization and antimicrobial study of lupeol acetate
 from the root bark of Fig-Mulberry Sycamore (*Ficus sycomorus* LINN). J. Appl. Sci. Environ. Manage.
 2018; 22 (7): 1129-1133.
- 228 26. Chen Y-F, Ching C, Wu T-S, Wu C-R, Hsieh W-T, Tsai H-Y. *Balanophora spicata* and Lupeol 229 acetate possess antinociceptive and anti-inflammatory activities *in vivo* and *in vitro*. *Evid Based* 230 *Complement Alternat Med.* 2012; 2012: 1-10.
- 27. Lucetti DL, Lucetti ECP, Bandeira MAM, Veras HNH, Silva AH, Leal LKAM, Lopes AA, Alves VCC,
 Silva GS, Brito GA, Viana GB. Anti-inflammatory effects and possible mechanism of action of lupeol
 acetate isolated from *Himatanthus drasticus* (Mart.) Plumel. J Inflamm. 2010; 7 (60): 1-11.
- 234 28. Gupta RS, Bhatnager AK, Joshi YC, Sharma MC, Khushalani V, Kachhawa JBS. Induction of 235 antifertility with lupeol acetate in male albino rats. Pharmacology. 2005; 75 (2): 57-62.
- 236 29. Chatterjee I, Chakravarty AK, Gomes A. *Daboia russellii* and *Naja kaouthia* venom neutralization
 237 by lupeol acetate isolated from the root extract of Indian sarsaparilla *Hemidesmus indicus* R. Br. J
 238 Ethnopharmacol. 2006; 106 (1): 38-43.
- 30. Wang W-H, Chuang H-Y, Chen C-H, Chen W-K, Hwang J-J. Lupeol acetate ameliorates collagen induced arthritis and osteoclastogenesis of mice through improvement of microenvironment. Biomed
 Pharmacother. 2016; 79: 231-240.
- 242 31. Fuldas S. Betulinic acid for cancer treatment and prevention. Int J Mol Sci. 2008; 9 (6): 1096-1107.
- 32. Moghaddam MG, Ahmad FBH, Samzadeh-Kermani A. Biological activity of betulinic acid: A
 review. Pharmacol Pharm. 2012; 3: 119-123.

UNDER PEER REVIEW

- 33. Nyasse B, Nono JJ, Nganso Y, Ngantchou I, Schneider B. Uapaca genus (Euphorbiaceae), a
 good source of betulinic acid. Fitoterapia 2009; 80 (1): 32-34.
- 34. Yogeeswari P, Sriram D. Betulinic acid and its derivatives: A review on their biological properties.
 Curr Med Chem. 2005; 12 (6): 657-666.
- 35. Mullauer FB, Kessler JH, Medema JP. Betulinic acid, a natural compound with potent anticancer
 effects. Anti-Cancer Drugs. 2010; 21 (21): 1-16.
- 36. Kaur N, Chaudhary J, Jain A. Kishore L. Stigmasterol: a comprehensive review. Int J Pharm Sci
 Res. 2011; 2 (9): 2259-2265.
- 37. Saeidnia S, Manayi A, Gohari AR, Abdollahi M. The story of beta-sitosterol- A Review. European J
 Med Plants. 2014; 4 (5): 590-609.
- 38. Gomes A, Saha A, Chatterjee I, Chakravarty AK. Viper and cobra venom neutralization by betasitosterol and stigmasterol isolated from the root extract of *Pluchea indica* Less (Asteraceae).
 Phytomedicine. 2007; 14 (9): 637-643.
- 258 39. Kiprono PC, Kaberia F, Keriko JM, Karanja JN. The *In vitro* anti-fungal and anti- bacterial activities 259 of beta-sitosterol from *Senecio lyratus* (Asteraceae). Z. Naturforsch C. 2000; 55 (5-6): 485-488.
- 40. Abdul Rahuman A, Gopalakrishnan G, Venkatesan P, Geetha K. Isolation and identification of
 mosquito larvicidal compound from *Abutilon indicum* (Linn.) Sweet. Parasitol Res. 2008; 102 (5): 981988.
- 41. Chen F, Li HB, Wong RN, Ji B, Jiang Y. Isolation and purification of the bioactive carotenoid
 zeaxanthin from the microalga *Microcystis aeruginosa* by high-speed countercurrent chromatography.
 J Chromatogr. *A*. 2005; 1064 (2): 183-186.
- 42. Asker D, Beppu T, Ueda K. *Mesoflavibacter zeaxanthinifaciens* gen. nov., sp. nov., a novel
 zeaxanthin-producing marine bacterium of the family Flavobacteriaceae. Sys. App Microbiol. 2007; 30
 (4): 291-296.
- 43. Tatiana KE, Diane A. Why Dietary Zeaxanthin? A Scientific Summary. Technical Literature,
 Kemin Foods, L.C. 2013 ; 1-11.
- 44.Dong VH, Ngoc MP, Andy HL, Duong NT, Colin WB. Dietary carotenoid intakes and prostate cancer risk: A Case-Control study from Vietnam. Nutrients. 2018; 10 (70): 1-11.
- 45.Asker D, Awad TS, Beppu T and Ueda K : Screening, Isolation, and Identification of ZeaxanthinProducing Bacteria. In: Barreiro C, Barredo JL. (eds) *Microbial Carotenoids*. Methods in Molecular
 Biology, 2018; 1852 : 193-209. Humana Press, New York, NY.
- 46. Tisserand R, Young R. Essential Oil Safety-E-Book: A Guide for Health Care Professionals.
 Elsevier Health Sciences 2013.

SUPPORTING INFORMATION

- 278 279
- 280 Description of isolated compounds
- 15-pentadecanolide (1) 89.7 mg
- 282 Colorless liquid
- 283 C₁₅H₂₈O₂, 240 g/mol
- 284 ¹³C NMR δ 169.6 (C-1), 33.9 (C-2), 24.0 (C-3), 26.3 (C-4), 26.7 (C-5), 27.1 (C-6/C-7/C-8/C-9/C-10/C-
- 285 11), 26.7 (C-12), 23.2 (C-13), 25.4 (C-14), 64.2 (C-15).

- 286 **α-amyrin** (**2**)
- 287 Colorless solid
- 288 C₃₀H₅₀O, 426 g/mol

289 13 C NMR δ 39.7 (C-1), 27.4 (C-2), 79.0 (C-3), 39.7 (C-4), 55.2 (C-5), 18.0 (C-6), 34.2 (C-7), 40.8 (C-8), 290 47.9 (C-9), 37.1 (C-10), 23.5 (C-11), 124.4 (C-12), 139.5 (C-13), 42.8 (C-14), 28.1 (C-15), 26.9 (C-16), 291 33.3 (C-17), 61.6 (C-18), 39.6 (C-19), 39.6 (C-20), 31.9 (C-21), 41.7 (C-22), 29.3 (C-23), 15.6 (C-24), 292 15.6 (C-25), 15.9 (C-26), 23.3 (C-27), 28.1 (C-28), 17.4 (C-29), 22.7 (C-30).

- **β-amyrin (3)**
- 294 Colorless solid
- 295 C₃₀H₅₀O, 426 g/mol

¹³C NMR δ 38.7 (C-1), 27.2 (C-2), 79.0 (C-3), 38.8 (C-4), 55.1 (C-5), 18.3 (C-6), 32.6 (C-7), 39.7 (C-8),
47.7 (C-9), 37.1 (C-10), 23.6 (C-11), 121.7 (C-12), 145.1 (C-13), 41.7 (C-14), 26.1 (C-15), 26.9 (C-16),
32.5 (C-17), 47.2 (C-18), 46.8 (C-19), 31.1 (C-20), 34.7 (C-21), 37.1 (C-22), 28.1 (C-23), 15.5 (C-24),
15.6 (C-25), 16.8 (C-26), 26.0 (C-27), 28.4 (C-28), 33.3 (C-29), 23.5 (C-30).

- **Lupeol (4)**
- 301 Colorless solid
- 302 C₃₀H₅₀O, 426 g/mol

¹³C NMR δ 38.7 (C-1), 27.4 (C-2), 79.0 (C-3), 38.7 (C-4), 55.2 (C-5), 18.3 (C-6), 34.2 (C-7), 40.8 (C-8),
50.4 (C-9), 37.1 (C-10), 20.9 (C-11), 25.1 (C-12), 38.0 (C-13), 42.8 (C-14), 27.4 (C-15), 35.5 (C-16),
43.0 (C-17), 48.2 (C-18), 47.9 (C-19), 151.0 (C-20), 29.7 (C-21), 40.0 (C-22), 27.9 (C-23), 15.4 (C-24),
16.1 (C-25), 15.9 (C-26), 14.5 (C-27), 18.0 (C-28), 109.3 (C-29), 19.3 (C-30).

- 307 Lupeol acetate (5)
- 308 Colorless solid
- 309 C₃₂H₅₂O₂, 468 g/mol

¹³C NMR δ 38.4 (C-1), 27.4 (C-2), 80.6 (C-3), 38.4 (C-4), 55.3 (C-5), 18.2 (C-6), 34.1 (C-7), 40.8 (C-8),
50.3 (C-9), 37.0 (C-10), 20.9 (C-11), 25.0 (C-12), 38.0 (C-13), 42.8 (C-14), 27.4 (C-15), 34.5 (C-16),
42.9 (C-17), 48.2 (C-18), 48.0 (C-19), 150.9 (C-20), 29.8 (C-21), 39.9 (C-22), 27.9 (C-23), 16.5 (C-24),
16.1 (C-25), 15.9 (C-26), 14.5 (C-27), 18.0 (C-28), 109.3 (C-29), 19.2 (C-30), 173.7 (C-31), 21.4 (C-31),
32).

- 315 Betulinic acid (6) 35.7 mg
- 316 White solid
- 317 C₃₀H₄₈O₃, 456 g/mol

¹³C NMR δ 38.3 (C-1), 27.3 (C-2), 79.0 (C-3), 38.8 (C-4), 55.3 (C-5), 18.2 (C-6), 34.3 (C-7), 40.6 (C-8),
50.5 (C-9), 37.1 (C-10), 20.8 (C-11), 25.4 (C-12), 38.3 (C-13), 42.4 (C-14), 30.5 (C-15), 32.1 (C-16),
56.2 (C-17), 46.8 (C-18), 49.2 (C-19), 150.4 (C-20), 29.7 (C-21), 37.0 (C-22), 27.9 (C-23), 15.3 (C-24),
16.0 (C-25), 16.1 (C-26), 14.6 (C-27), 180.0 (C-28), 109.7 (C-29), 19.3 (C-30).

- Stigmasterol (7)
- 323 Colorless solid
- 324 C₂₉H₄₈O, 412 g/mol

¹³C NMR δ 37.2 (C-1), 31.6 (C-2), 71.8 (C-3), 42.2 (C-4), 140.7 (C-5), 121.7 (C-6), 31.8 (C-7/C-8),
50.1 (C-9), 36.5 (C-10), 21.1 (C-11), 39.6 (C-12), 42.2 (C-13), 56.8 (C-14), 24.3 (C-15), 28.9 (C-16),
55.9 (C-17), 12.0 (C-18), 19.4 (C-19), 40.5 (C-20), 21.1 (C-21), 138.3 (C-22), 129.2 (C-23), 51.2 (C-24), 31.8 (C-25), 21.2 (C-26), 18.9 (C-27), 25.4 (C-28), 12.2 (C-29).

- **329 β-sitosterol** (8)
- 330 Colorless solid
- 331 C₂₉H₅₀O, 414 g/mol

332 13 C NMR δ 37.2 (C-1), 31.6 (C-2), 71.8 (C-3), 42.3 (C-4), 140.7 (C-5), 121.7 (C-6), 31.8 (C-7/C-8), 333 50.1 (C-9), 36.5 (C-10), 21.0 (C-11), 39.7 (C-12), 42.2 (C-13), 56.7 (C-14), 24.3 (C-15), 28.2 (C-16), 56.0 (C-17), 11.8 (C-18), 19.4 (C-19), 36.1 (C-20), 18.7 (C-21), 33.9 (C-22), 26.0 (C-23), 45.8 (C-24), 29.1 (C-25), 19.8 (C-26), 18.9 (C-27), 23.0 (C-28), 11.9 (C-29).

- 336 Zeaxanthin (9) 7.1 mg
- 337 Reddish orange powder
- 338 C₄₀H₅₆O₂, 568 g/mol

339 13 C NMR δ 37.1 (C-1/C-1'), 48.4 (C-2/C-2'), 65.1 (C-3/C-3'), 42.5 (C-4/C-4'), 126.1 (C-5/C-5'), 136.5 340 (C-6/C-6'), 125.5 (C-7/C-7'), 138.5 (C-8/C-8'), 135.7 (C-9/C-9'), 131.3 (C-10/C-10'), 124.9 (C-11/C-341 11'), 137.7 (C-12/C-12'), 136.4 (C-13/C-13'), 132.5 (C-14/C-14'), 130.0 (C-15/C-15'), 30.2 (C-16/C-342 16'), 28.7 (C-17/C-17'), 21.6 (C-18/C-18'), 12.8 (C-19/C-19'/C-20/C-20').

343