

GABA Affecting Herbs									
Common name	Scientific name	Active ingredient (if listed in our article)	Contains GABA	Increases GABA	GABA agonist	GABA modulator	On USEF Prohibited List	On FEI Prohibited List	References
	Adenocarpus cinninatus	2',4',7-trihydroxy-8-(3-methylbut-2-en-1-yl) isoflavone			X				https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3776227/
Angelica	Angelic dahurica	Isoliquiritigenin			X				https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3776227/
Aniseed	Pimpinella anisum	Eugenol			X		Active ingredient		https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3096453/
Ashwagandha (Withania)	Withania somnifera				X				https://pubmed.ncbi.nlm.nih.gov/1660034/ ; https://pubmed.ncbi.nlm.nih.gov/26068424/ ; https://www.researchgate.net/publication/301355404_A_Review_on_Pharmacological_Profile_of_Withania_somnifera_Ashwagandha
(Chinese herb)	Atractylodes macrocephala	Atractylonolide 1 Atractylonolide 11 Atractylonolide 111			X				https://cdn.intechopen.com/pdfs/78514.pdf
Boswellia	Boswellia serrata	Dehydroxyabietic acid			X	X			https://cdn.intechopen.com/pdfs/78514.pdf ; https://pbr.mazums.ac.ir/browse.php?a_id=448&sid=1&slc_lang=en&html=1 ; https://pbr.mazums.ac.ir/article-1-448-en.html ; https://www.researchgate.net/publication/286050526_Anticonvulsant_effect_of_Boswellia_serrata_by_modulation_of_endogenous_biomarkers
Black Cohosh	Cimicifuga racemosa Actaea racemosa				X				https://pubmed.ncbi.nlm.nih.gov/23459142/
Black Pepper	Piper Nigrum					X			https://pmc.ncbi.nlm.nih.gov/articles/PMC3776227/
Cacao cascara					X				https://patents.google.com/patent/MX2012001354A/es
Capeweed	Calandula					X			https://www.science.gov/topicpages/c/calendula+officinalis+flowers
CBD	Cannabidiol					X			https://pubmed.ncbi.nlm.nih.gov/30758329/ ; https://www.nature.com/articles/s41386-019-0333-8 ; https://www.sciencedirect.com/science/article/abs/pii/S1043661816311
Chamomile	Chamomilla recutita; Chamaemelum nobile; Matricaria chamomilla; Matricaria recutita;				X		X		https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2995283/ ; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4863311/
Chia seeds	Salvia hispanica L		X						https://hazelandcacao.com/the-best-plant-based-foods-to-beat-anxiety-and-build-healthy-neurotransmitters/ ; https://link.springer.com/article/10.1007/s11130-017-0631-4
Chinese Motherwort	Leonurus japonicus	Leonurine				X			https://cdn.intechopen.com/pdfs/78514.pdf

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Cinnamon	Cinnamomum zeylanicum				X	X			https://dergipark.org.tr/en/download/article-file/1900519 ; https://www.nature.com/articles/s41598-022-24378-0 ; https://pubmed.ncbi.nlm.nih.gov/36402912/
Common Rue	Ruta graveolens				X				https://www.researchgate.net/publication/269650454_Involvement_of_Gamma_Aminobutyric_Acid_in_the_Anticonvulsant_Effect_of_the_Leaf_Methanol_Extract_of_Ruta_graveolens_L_Rutaceae_in_Mice
(certain corals)	Sarcophytum auritum	Ceramide			X				https://cdn.intechopen.com/pdfs/78514.pdf
	Cussonia zimmermannii	MS-1, MS-2, MS-4				X			https://cdn.intechopen.com/pdfs/78514.pdf
(Chinese herbs)	Curcuma kwangsiensis	Zerumin A Coronarlin D							
Curcumin	Rhizoma curcumae	Curdione Curcumol				X			https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5402396/ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3776227/
Epiitalis	Biota orientalis				X				https://pubmed.ncbi.nlm.nih.gov/21793559/
Eucalyptus						X			https://link.springer.com/article/10.1007/s10787-018-0455-3
Fennel	Foeniculum vulgare	Eugenol			X		Active ingredient		https://www.sciencedirect.com/science/article/pii/S1658077X15301064
Fenugreek	Trigonella foenum-graecum	Eugenol			X				https://www.sciencedirect.com/science/article/pii/S1658077X15301065
Garlic					X				https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2792615/
Ginger	Zingiber officinale	Eugenol			X		Active ingredient		https://www.sciencedirect.com/science/article/pii/S1658077X15301064
Ginseng	Panax ginseng				X				https://pubmed.ncbi.nlm.nih.gov/12568354/
Hops	Humulus lupulus L			X	X				https://pubmed.ncbi.nlm.nih.gov/22849837/ ; https://pubs.acs.org/doi/10.1021/ef051562a ; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3399866/ ;
Horsetail					X				http://nopr.niscair.res.in/bitstream/123456789/11633/1/UJB%2049(5)%20352-356.pdf
Jiaoquan	Gynostemma pentaphyllum								https://www.sciencedirect.com/science/article/abs/pii/S0926669020308104
Kelp					X				https://www.sciencedirect.com/science/article/abs/pii/S0308814611011897
Lavender	Lavandula Spp	borneol bornyl acetate isoborneol camphor			X		X		https://pubmed.ncbi.nlm.nih.gov/23573142/
Lemon Balm	Melissa oficianalis			X					https://restorative-medicine.org/library/monographs/lemon-balm/#:::text=Mechanism%20of%20Action&text=Rosmarinic%20acid%20and%20the%20triterpenoids,to%20anxiolytic%20and%20hypotensive%20effects

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Licorice	Glycyrrhiza glabra	Eugenol Glabrol			X		Active ingredient		https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4023459/ ; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4023459/
Linden	Tilia tomentosa				X				https://www.healthline.com/nutrition/linden-tea#TOC_TITLE_HDR_2 https://pubmed.ncbi.nlm.nih.gov/26144285/
L-Theanine						X			Unfortunately we haven't managed to find any scientific papers from the sorts of journals we normally rely on to confirm this. So these links are a couple (of many) that make the claim but that are not sound science. So our position on L-Theanine is that we try to avoid it in horse diets with our products. https://brain-feed.com/blogs/the-science/gaba-vs-l-theanine-which-helps-you-relax-better#:~:text=When%20it%20comes%20to%20L,relaxation%20without%20making%20you%20drowsy. https://youcanpym.com/blogs/learn/l-theanine-for-anxiety-pros-and-cons
Mint	Mentha	Menthol			X				https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4243856/
Montana Ironwood	Sideritis hyssopifolia	alpha-caryophyllene beta-caryophyllene			X				https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3776227/
Mullein	Verbascum				X				https://www.researchgate.net/publication/274372094_Study_of_Sedative_Pre-Anesthetic_and_Anti-Anxiety_Effects_of_Verbascum_thapsus_L_Extract_Compared_with_Diazepam_in_Rats
Mullein	harpagocide	Devil's Claw			X				https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/harpagophytum-procumbens
Nettle	Urtica dioica		X						http://www.naturalmedicinefacts.info/chemical/12318.html
Noni	Morinda Citrifolia				X				https://pubmed.ncbi.nlm.nih.gov/17561385/
Oregano	Oreganum marjoranum	Eugenol			X		Active ingredient		https://scholarcommons.usf.edu/cgi/viewcontent.cgi?article=1079&context=intmed_facpub
Passionflower	Passiflora incarnata	GABA	X				X		https://pubmed.ncbi.nlm.nih.gov/20382514/
Pepper	Piper nigrum	Piperine Piperanine				X			https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3776227/ https://cdn.intechopen.com/pdfs/78514.pdf
Peppermint	Mentha piperita	Menthol			X				https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4243856/
Phenobarbital					X				https://www.ncbi.nlm.nih.gov/books/NBK532277/

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Potassium Bromide					X				https://link.springer.com/referenceworkentry/10.1007/978-3-319-56015-1_304-1?noAccess=true https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5385730/#:~:text=KBr%20is%20proven%20to%20stimulate,of%20GABA%20receptor(25).
Quinoa	Chenopodium								https://scialert.net/fulltext/?doi=pharmacologia.2018.62.73
Rauwolfia	Rauwolfia serpentina				X			X	https://pubmed.ncbi.nlm.nih.gov/6099274/
Reishi Mushroom	Ganoderma lucidum				X				https://pubmed.ncbi.nlm.nih.gov/17383716/
Resveratrol						X			https://royalsoc.org.au/images/pdf/journal/135_Johnston.pdf
Resveratrol									https://pubmed.ncbi.nlm.nih.gov/35086401/
Rosemary					X				https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7491497/
Sea Buckthorn					X				https://eudl.eu/pdf/10.4108/eai.7-9-2021.2314934
Skullcap	Scutellaria lateriflora	Wogonin Chrysin			X		X		https://pubmed.ncbi.nlm.nih.gov/14692724/
Soncoya	Annona purpurea	Annonmontine				X			
Spearmint	Mentha spicata	Menthol			X				https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4243856/
St John's Wort	Hypericum perforatum		X		X				https://pubmed.ncbi.nlm.nih.gov/12775192/ ; http://www.naturalmedicinefacts.info/chemical/12318.html
Thyme	Thymus vulgaris	Thymol			X				https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3776227/
Turmeric	Rhizoma curcuma	Curdione Curcumol				X			https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5402396/
Ubiquinol					X				we only have one or two anecdotes and the mechanism isn't clear from the limited existing research.
Valerian	Valeriana officinalis	Valeric acid			X			X	https://pubmed.ncbi.nlm.nih.gov/14742369/
Water Hemlock	Oenanthe crocata	Falcarindiol				X			https://cdn.intechopen.com/pdfs/78514.pdf
Water Mint	Mentha aquatica	(S)-naringenin			X				https://cdn.intechopen.com/pdfs/78514.pdf
White Sage					X				https://pubmed.ncbi.nlm.nih.gov/33890254/
Withania (Ashwagandha)	Withania somnifera				X				https://pubmed.ncbi.nlm.nih.gov/1660034/ ; https://pubmed.ncbi.nlm.nih.gov/26068424/ ; https://www.researchgate.net/publication/301355404_A_Review_on_Pharmacological_Profile_of_Withania_somnifera_Ashwagandha