

## Supporting Information

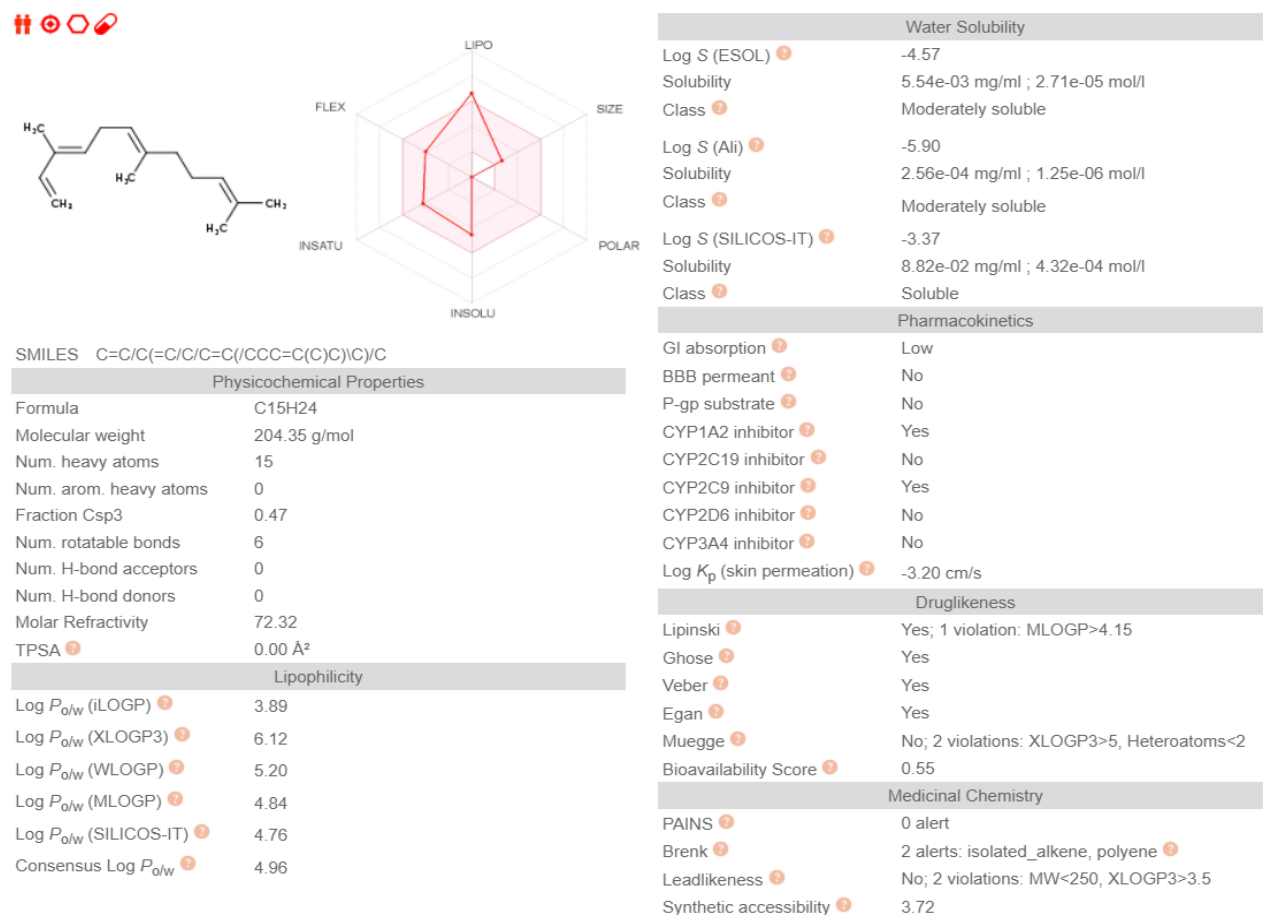
# Evaluating *in silico* the Potential Health and Environmental Benefits of Houseplant Volatile organic Compounds for an Emerging 'Indoor Forest Bathing' Approach

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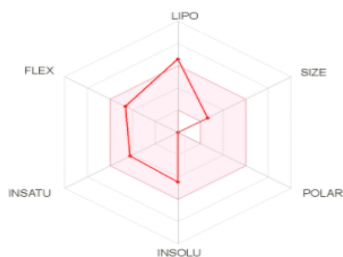
The chemico-physical and pharmacokinetic properties predictions (performed by SwissADME online program, <http://www.swissadme.ch/index.php> accessed on 17th November 2021) for compounds 1–15 (Table 1) are reported below.

### $\alpha$ -farnesene



**Figure S1** Chemico-physical and pharmacokinetic properties predicted for  $\alpha$ -farnesene.

## (Z)- $\beta$ -farnesene



SMILES C=CC(=C)CC/C=C/C(=C)C(C)C

### Physicochemical Properties

Formula	C <sub>15</sub> H <sub>24</sub>
Molecular weight	204.35 g/mol
Num. heavy atoms	15
Num. arom. heavy atoms	0
Fraction Csp <sup>3</sup>	0.47
Num. rotatable bonds	7
Num. H-bond acceptors	0
Num. H-bond donors	0
Molar Refractivity	72.32
TPSA	0.00 Å <sup>2</sup>

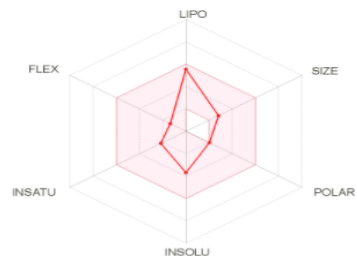
### Lipophilicity

Log <i>P</i> <sub>ow</sub> (iLOGP)	3.86
Log <i>P</i> <sub>ow</sub> (XLOGP3)	6.03
Log <i>P</i> <sub>ow</sub> (WLOGP)	5.20
Log <i>P</i> <sub>ow</sub> (MLOGP)	4.84
Log <i>P</i> <sub>ow</sub> (SILICOS-IT)	4.93
Consensus Log <i>P</i> <sub>ow</sub>	4.97

Water Solubility	
Log S (ESOL)	-4.44
Solubility	7.35e-03 mg/ml ; 3.60e-05 mol/l
Class	Moderately soluble
Log S (Ali)	-5.81
Solubility	3.18e-04 mg/ml ; 1.55e-06 mol/l
Class	Moderately soluble
Log S (SILICOS-IT)	-3.74
Solubility	3.73e-02 mg/ml ; 1.82e-04 mol/l
Class	Soluble
Pharmacokinetics	
GI absorption	Low
BBB permeant	No
P-gp substrate	No
CYP1A2 inhibitor	Yes
CYP2C19 inhibitor	No
CYP2C9 inhibitor	Yes
CYP2D6 inhibitor	No
CYP3A4 inhibitor	No
Log <i>K</i> <sub>p</sub> (skin permeation)	-3.27 cm/s
Druglikeness	
Lipinski	Yes; 1 violation: MLOGP>4.15
Ghose	Yes
Veber	Yes
Egan	Yes
Muegge	No; 2 violations: XLOGP3>5, Heteroatoms<2
Bioavailability Score	0.55
Medicinal Chemistry	
PAINS	0 alert
Brenk	2 alerts: isolated_alkene, polyene
Leadlikeness	No; 2 violations: MW<250, XLOGP3>3.5
Synthetic accessibility	3.42

Figure S2 Chemico-physical and pharmacokinetic properties predicted for (Z)- $\beta$ -farnesene.

## $\beta$ -costol



SMILES OCC(=C)C1CCC2C(C1)C(=C)CCC2)C

### Physicochemical Properties

Formula	C <sub>15</sub> H <sub>24</sub> O
Molecular weight	220.35 g/mol
Num. heavy atoms	16
Num. arom. heavy atoms	0
Fraction Csp <sup>3</sup>	0.73
Num. rotatable bonds	2
Num. H-bond acceptors	1
Num. H-bond donors	1
Molar Refractivity	69.94
TPSA	20.23 Å <sup>2</sup>

### Lipophilicity

Log <i>P</i> <sub>ow</sub> (iLOGP)	3.05
Log <i>P</i> <sub>ow</sub> (XLOGP3)	4.19
Log <i>P</i> <sub>ow</sub> (WLOGP)	3.70
Log <i>P</i> <sub>ow</sub> (MLOGP)	3.56
Log <i>P</i> <sub>ow</sub> (SILICOS-IT)	3.80
Consensus Log <i>P</i> <sub>ow</sub>	3.66

Water Solubility	
Log S (ESOL)	-3.71
Solubility	4.26e-02 mg/ml ; 1.93e-04 mol/l
Class	Soluble
Log S (Ali)	-4.32
Solubility	1.05e-02 mg/ml ; 4.74e-05 mol/l
Class	Moderately soluble
Log S (SILICOS-IT)	-3.24
Solubility	1.27e-01 mg/ml ; 5.74e-04 mol/l
Class	Soluble
Pharmacokinetics	
GI absorption	High
BBB permeant	Yes
P-gp substrate	No
CYP1A2 inhibitor	No
CYP2C19 inhibitor	Yes
CYP2C9 inhibitor	Yes
CYP2D6 inhibitor	No
CYP3A4 inhibitor	No
Log <i>K</i> <sub>p</sub> (skin permeation)	-4.67 cm/s
Druglikeness	
Lipinski	Yes; 0 violation
Ghose	Yes
Veber	Yes
Egan	Yes
Muegge	No; 1 violation: Heteroatoms<2
Bioavailability Score	0.55
Medicinal Chemistry	
PAINS	0 alert
Brenk	1 alert: isolated_alkene
Leadlikeness	No; 2 violations: MW<250, XLOGP3>3.5
Synthetic accessibility	3.28

Figure S3 Chemico-physical and pharmacokinetic properties predicted for  $\beta$ -costol.

farnesal

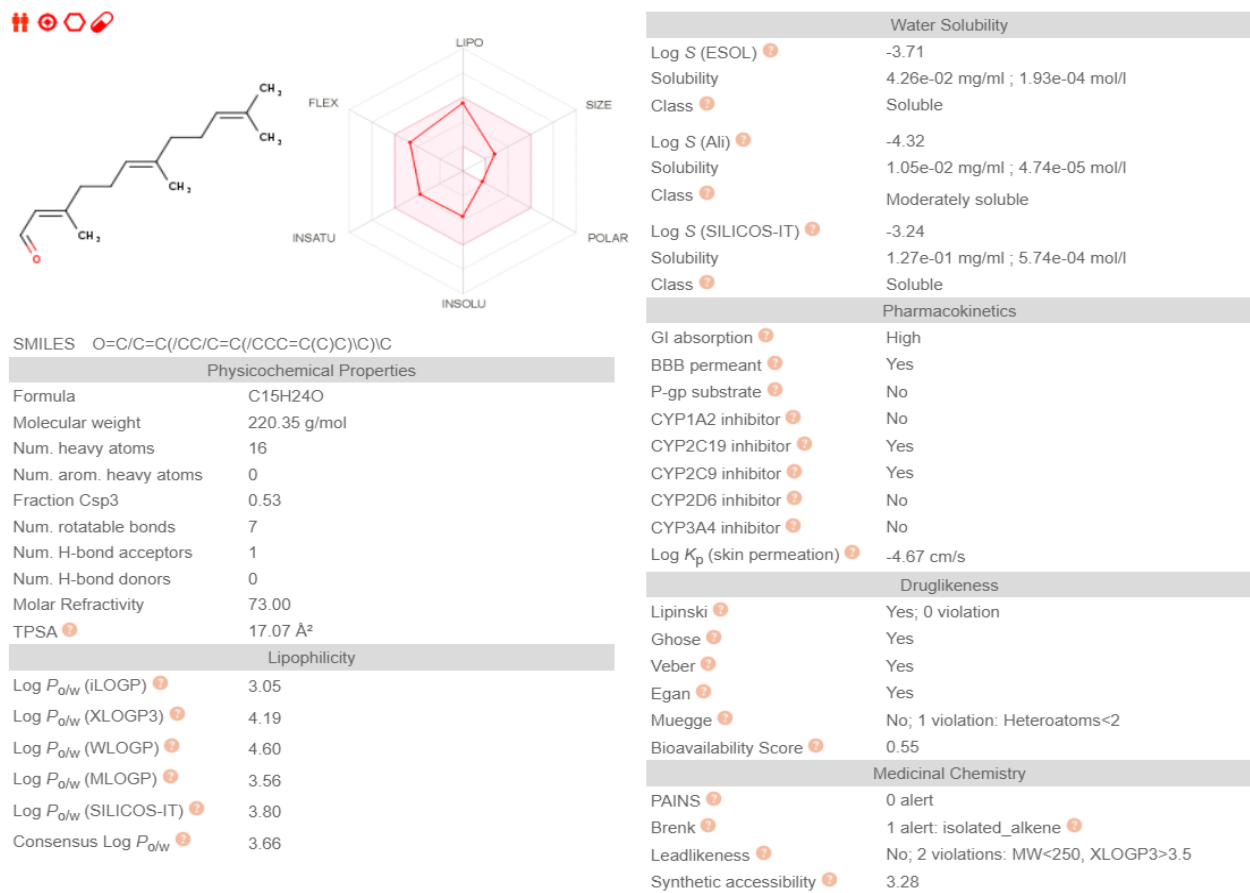


Figure S4 Chemico-physical and pharmacokinetic properties predicted for farnesal.

(Z,E)-α-farnesene

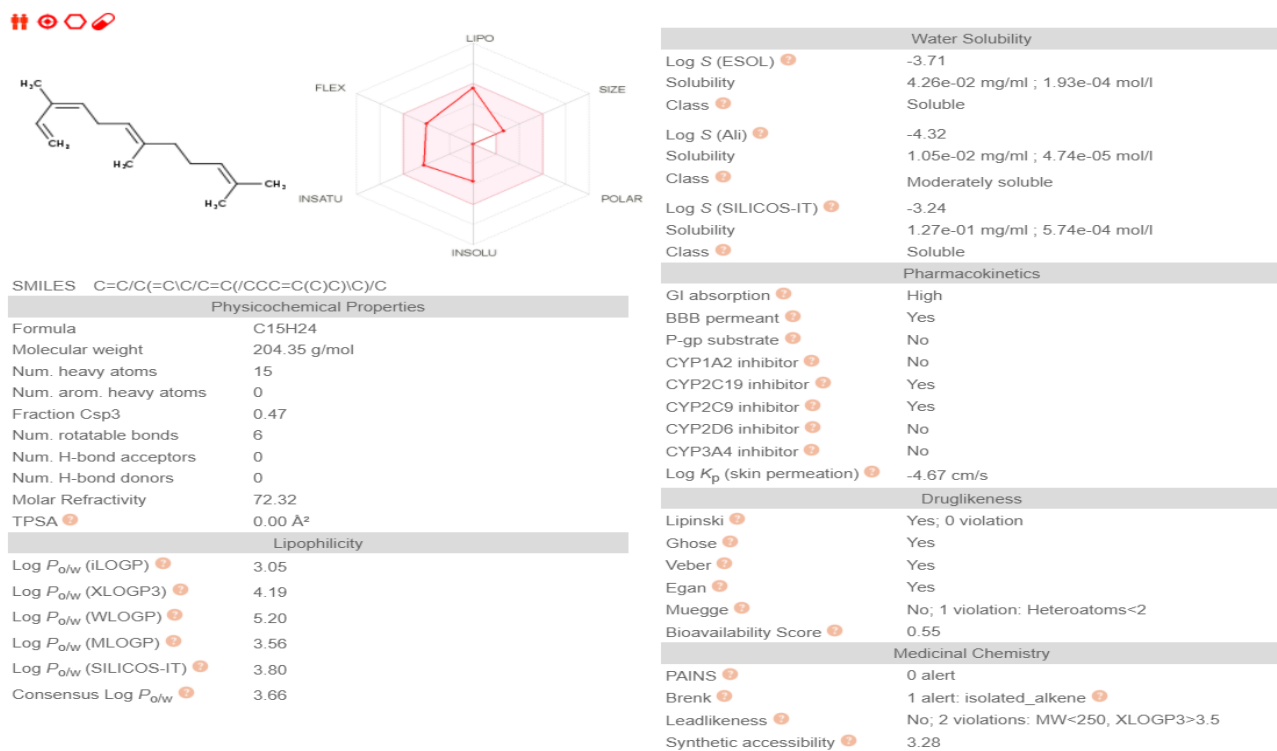
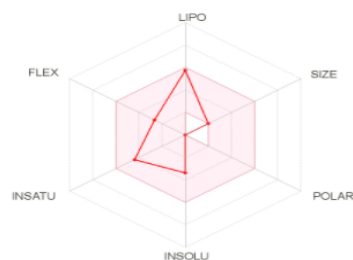
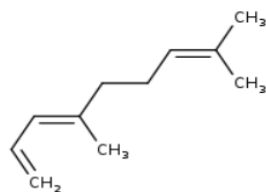


Figure S5 Chemico-physical and pharmacokinetic properties predicted for (Z,E)-α-farnesene.

## (E)-4,8-dimethyl-1,3,7-nonatriene



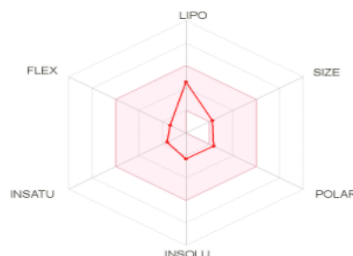
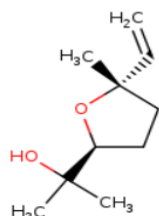
SMILES C=C/C=C(/CCC=C(C)C)C

Physicochemical Properties	
Formula	C <sub>11</sub> H <sub>18</sub>
Molecular weight	150.26 g/mol
Num. heavy atoms	11
Num. arom. heavy atoms	0
Fraction Csp <sup>3</sup>	0.45
Num. rotatable bonds	4
Num. H-bond acceptors	0
Num. H-bond donors	0
Molar Refractivity	53.57
TPSA	0.00 Å <sup>2</sup>
Lipophilicity	
Log <i>P</i> <sub>o/w</sub> (iLOGP)	3.16
Log <i>P</i> <sub>o/w</sub> (XLOGP3)	4.56
Log <i>P</i> <sub>o/w</sub> (WLOGP)	3.87
Log <i>P</i> <sub>o/w</sub> (MLOGP)	3.85
Log <i>P</i> <sub>o/w</sub> (SILICOS-IT)	3.32
Consensus Log <i>P</i> <sub>o/w</sub>	3.75

Water Solubility	
Log <i>S</i> (ESOL)	-3.38
Solubility	6.26e-02 mg/ml ; 4.16e-04 mol/l
Class	Soluble
Log <i>S</i> (Ali)	-4.28
Solubility	7.83e-03 mg/ml ; 5.21e-05 mol/l
Class	Moderately soluble
Log <i>S</i> (SILICOS-IT)	-2.46
Solubility	5.23e-01 mg/ml ; 3.48e-03 mol/l
Class	Soluble
Pharmacokinetics	
GI absorption	Low
BBB permeant	Yes
P-gp substrate	No
CYP1A2 inhibitor	No
CYP2C19 inhibitor	No
CYP2C9 inhibitor	No
CYP2D6 inhibitor	No
CYP3A4 inhibitor	No
Log <i>K</i> <sub>p</sub> (skin permeation)	-3.98 cm/s
Druglikeness	
Lipinski	Yes; 0 violation
Ghose	No; 1 violation: MW<160
Veber	Yes
Egan	Yes
Muegge	No; 2 violations: MW<200, Heteroatoms<2
Bioavailability Score	0.55
Medicinal Chemistry	
PAINS	0 alert
Brenk	2 alerts: isolated_alkene, polyene
Leadlikeness	No; 2 violations: MW<250, XLOGP3>3.5
Synthetic accessibility	3.27

**Figure S6** Chemico-physical and pharmacokinetic properties predicted for (E)-4,8-dimethyl-1,3,7-nonatriene.

## (Z)-linalool oxide



SMILES C=C[C@]1(C)CC[C@H](O1)C(O)(C)C

Physicochemical Properties	
Formula	C <sub>10</sub> H <sub>18</sub> O <sub>2</sub>
Molecular weight	170.25 g/mol
Num. heavy atoms	12
Num. arom. heavy atoms	0
Fraction Csp <sup>3</sup>	0.80
Num. rotatable bonds	2
Num. H-bond acceptors	2
Num. H-bond donors	1
Molar Refractivity	49.92
TPSA	29.46 Å <sup>2</sup>
Lipophilicity	
Log <i>P</i> <sub>o/w</sub> (iLOGP)	2.44
Log <i>P</i> <sub>o/w</sub> (XLOGP3)	2.43
Log <i>P</i> <sub>o/w</sub> (WLOGP)	1.88
Log <i>P</i> <sub>o/w</sub> (MLOGP)	1.38
Log <i>P</i> <sub>o/w</sub> (SILICOS-IT)	2.10
Consensus Log <i>P</i> <sub>o/w</sub>	2.05

Water Solubility	
Log <i>S</i> (ESOL)	-2.29
Solubility	8.64e-01 mg/ml ; 5.08e-03 mol/l
Class	Soluble
Log <i>S</i> (Ali)	-2.69
Solubility	3.46e-01 mg/ml ; 2.03e-03 mol/l
Class	Soluble
Log <i>S</i> (SILICOS-IT)	-1.56
Solubility	4.66e+00 mg/ml ; 2.74e-02 mol/l
Class	Soluble
Pharmacokinetics	
GI absorption	High
BBB permeant	Yes
P-gp substrate	No
CYP1A2 inhibitor	No
CYP2C19 inhibitor	No
CYP2C9 inhibitor	No
CYP2D6 inhibitor	No
CYP3A4 inhibitor	No
Log <i>K</i> <sub>p</sub> (skin permeation)	-5.61 cm/s
Druglikeness	
Lipinski	Yes; 0 violation
Ghose	Yes
Veber	Yes
Egan	Yes
Muegge	No; 1 violation: MW<200
Bioavailability Score	0.55
Medicinal Chemistry	
PAINS	0 alert
Brenk	1 alert: isolated_alkene
Leadlikeness	No; 1 violation: MW<250
Synthetic accessibility	3.20

**Figure S7** Chemico-physical and pharmacokinetic properties predicted for (Z)-linalool oxide.

# sesquirosefuran

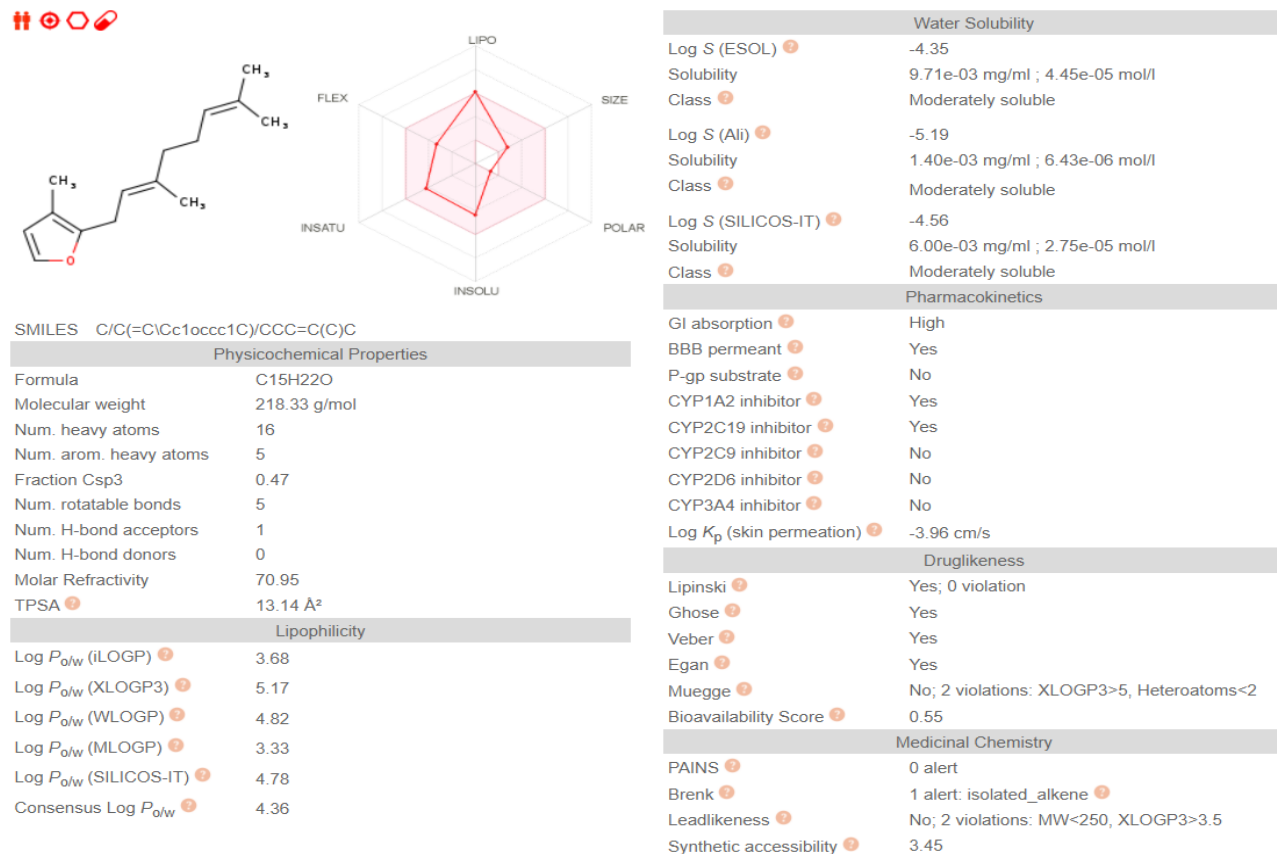


Figure S8 Chemico-physical and pharmacokinetic properties predicted for sesquirosefuran.

# nonanal

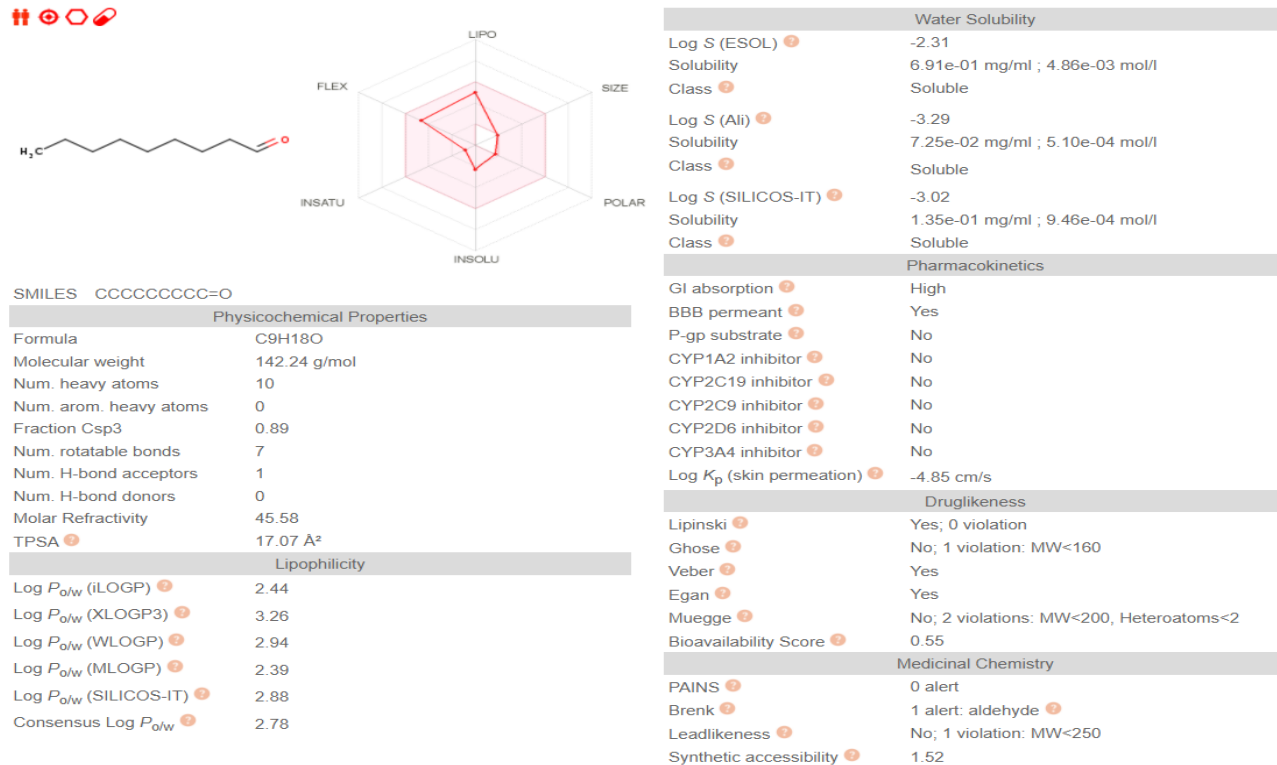
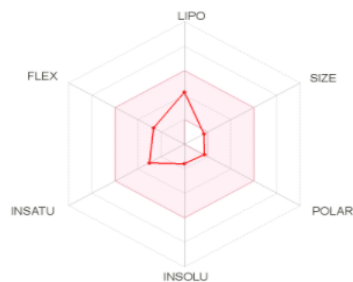
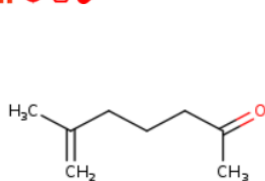


Figure S9 Chemico-physical and pharmacokinetic properties predicted for nonanal.

## 2-methyl-1-hepten-6-one



SMILES CC(=C)CCCC(=O)C

### Physicochemical Properties

Formula	C8H14O
Molecular weight	126.20 g/mol
Num. heavy atoms	9
Num. arom. heavy atoms	0
Fraction Csp3	0.62
Num. rotatable bonds	4
Num. H-bond acceptors	1
Num. H-bond donors	0
Molar Refractivity	40.30
TPSA	17.07 Å²

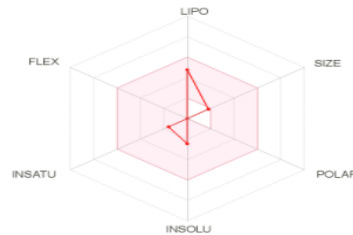
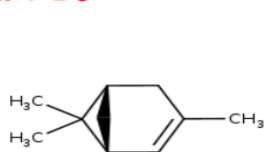
### Lipophilicity

Log $P_{ow}$ (iLOGP)	2.14
Log $P_{ow}$ (XLOGP3)	1.97
Log $P_{ow}$ (WLOGP)	2.32
Log $P_{ow}$ (MLOGP)	1.97
Log $P_{ow}$ (SILICOS-IT)	2.13
Consensus Log $P_{ow}$	2.11

Water Solubility	
Log S (ESOL)	-1.60
Solubility	3.17e+00 mg/ml ; 2.51e-02 mol/l
Class	Very soluble
Log S (Ali)	-1.95
Solubility	1.40e+00 mg/ml ; 1.11e-02 mol/l
Class	Very soluble
Log S (SILICOS-IT)	-2.22
Solubility	7.57e-01 mg/ml ; 6.00e-03 mol/l
Class	Soluble
Pharmacokinetics	
GI absorption	High
BBB permeant	Yes
P-gp substrate	No
CYP1A2 inhibitor	No
CYP2C19 inhibitor	No
CYP2C9 inhibitor	No
CYP2D6 inhibitor	No
CYP3A4 inhibitor	No
Log $K_p$ (skin permeation)	-5.67 cm/s
Druglikeness	
Lipinski	Yes; 0 violation
Ghose	No; 1 violation: MW<160
Veber	Yes
Egan	Yes
Muegge	No; 2 violations: MW<200, Heteroatoms<2
Bioavailability Score	0.55
Medicinal Chemistry	
PAINS	0 alert
Brenk	1 alert: isolated_alkene
Leadlikeness	No; 1 violation: MW<250
Synthetic accessibility	1.80

Figure S10 Chemico-physical and pharmacokinetic properties predicted for 2-methyl-1-hepten-6-one.

## $\alpha$ -pinene



SMILES CC1=C[C@H]2C[C@@H](C1)C2(C)C

### Physicochemical Properties

Formula	C10H16
Molecular weight	136.23 g/mol
Num. heavy atoms	10
Num. arom. heavy atoms	0
Fraction Csp3	0.80
Num. rotatable bonds	0
Num. H-bond acceptors	0
Num. H-bond donors	0
Molar Refractivity	45.22
TPSA	0.00 Å²

### Lipophilicity

Log $P_{ow}$ (iLOGP)	2.63
Log $P_{ow}$ (XLOGP3)	2.85
Log $P_{ow}$ (WLOGP)	3.00
Log $P_{ow}$ (MLOGP)	4.29
Log $P_{ow}$ (SILICOS-IT)	2.79
Consensus Log $P_{ow}$	3.11

Water Solubility	
Log S (ESOL)	-2.48
Solubility	4.51e-01 mg/ml ; 3.31e-03 mol/l
Class	Soluble
Log S (Ali)	-2.51
Solubility	4.22e-01 mg/ml ; 3.10e-03 mol/l
Class	Soluble
Log S (SILICOS-IT)	-2.23
Solubility	8.06e-01 mg/ml ; 5.92e-03 mol/l
Class	Soluble
Pharmacokinetics	
GI absorption	Low
BBB permeant	Yes
P-gp substrate	No
CYP1A2 inhibitor	No
CYP2C19 inhibitor	No
CYP2C9 inhibitor	No
CYP2D6 inhibitor	No
CYP3A4 inhibitor	No
Log $K_p$ (skin permeation)	-5.11 cm/s
Druglikeness	
Lipinski	Yes; 1 violation: MLOGP>4.15
Ghose	No; 1 violation: MW<160
Veber	Yes
Egan	Yes
Muegge	No; 2 violations: MW<200, Heteroatoms<2
Bioavailability Score	0.55
Medicinal Chemistry	
PAINS	0 alert
Brenk	1 alert: isolated_alkene
Leadlikeness	No; 1 violation: MW<250
Synthetic accessibility	4.44

Figure S11 Chemico-physical and pharmacokinetic properties predicted for  $\alpha$ -pinene.

isodecyl alcohol

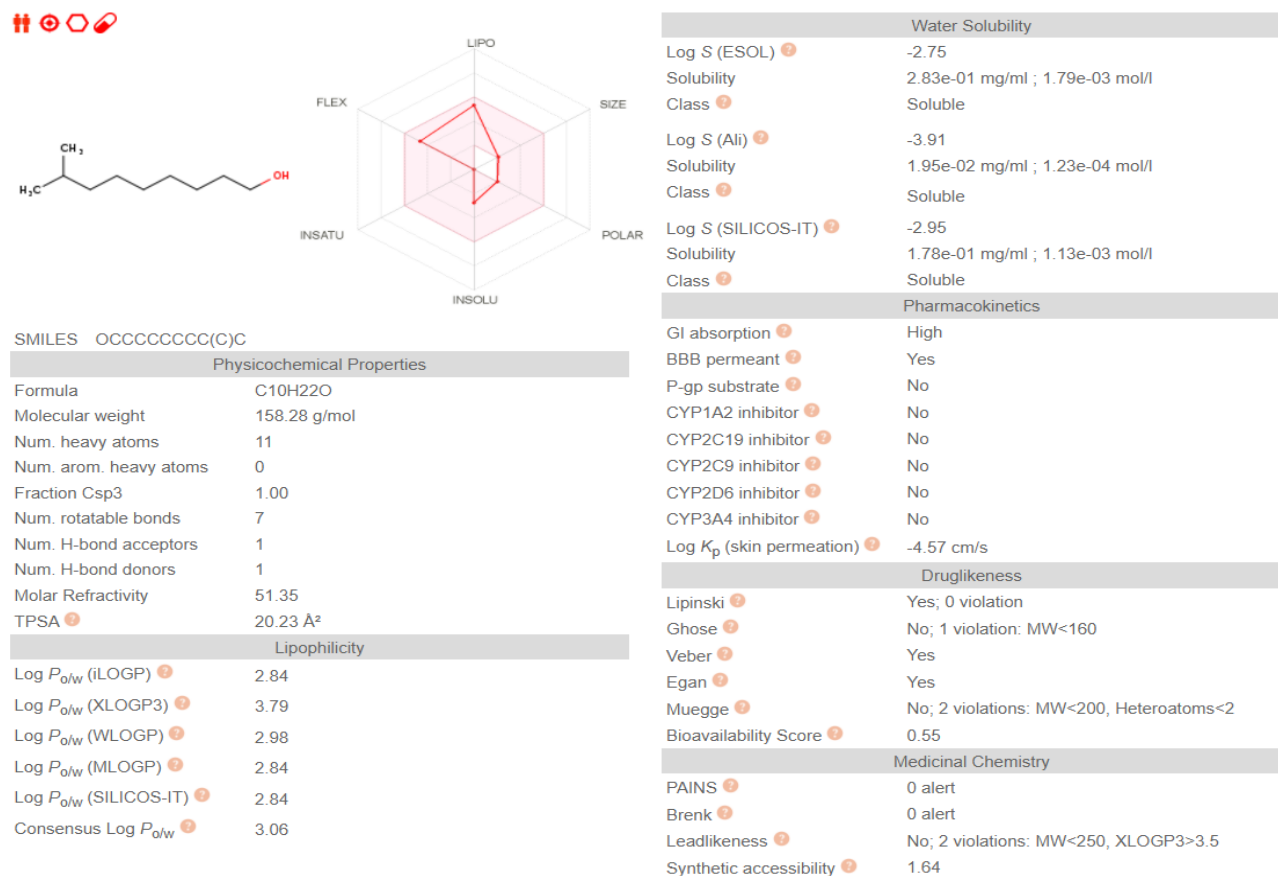


Figure S12 Chemico-physical and pharmacokinetic properties predicted for isodecyl alcohol.

butyric acid, 4-tridecyl ester

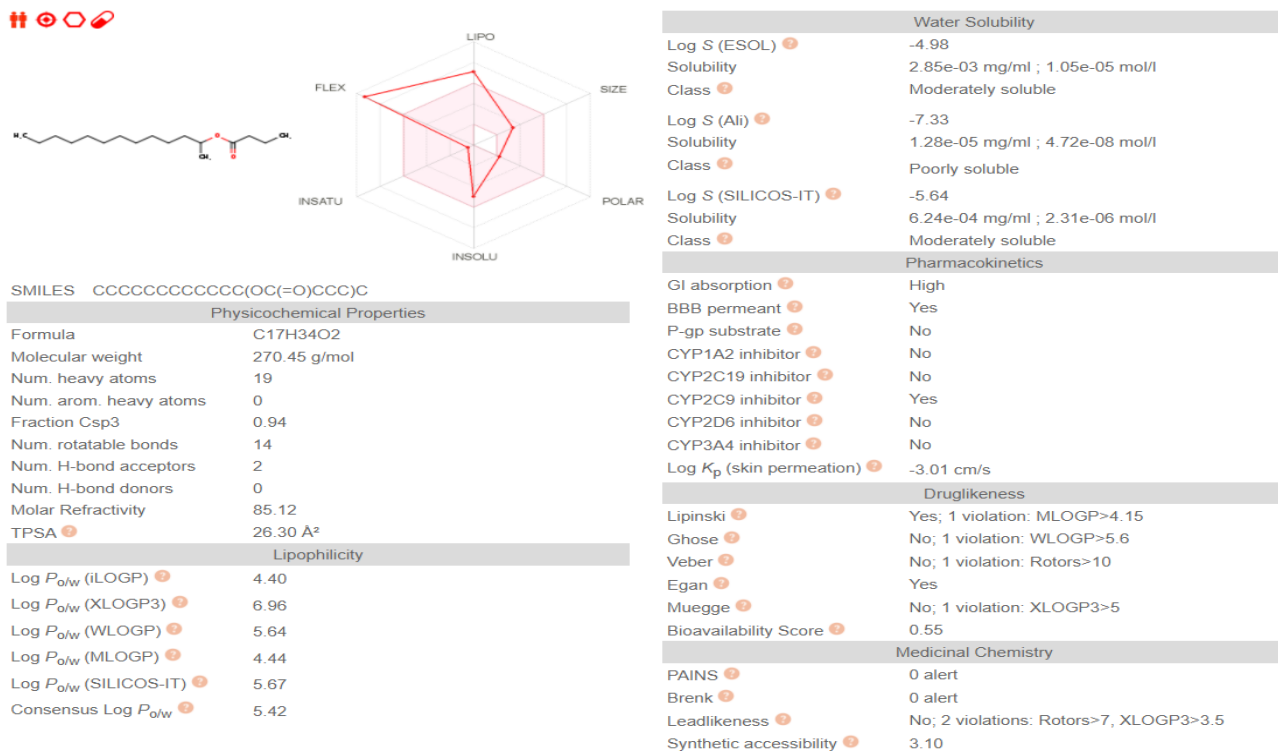
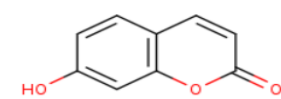


Figure S13 Chemico-physical and pharmacokinetic properties predicted for butyric acid, 4-tridecyl ester.



## umbelliferone



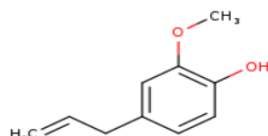
SMILES Oc1ccc2c(c1)oc(=O)cc2

Physicochemical Properties	
Formula	C <sub>9</sub> H <sub>6</sub> O <sub>3</sub>
Molecular weight	162.14 g/mol
Num. heavy atoms	12
Num. arom. heavy atoms	10
Fraction Csp <sup>3</sup>	0.00
Num. rotatable bonds	0
Num. H-bond acceptors	3
Num. H-bond donors	1
Molar Refractivity	44.51
TPSA	50.44 Å <sup>2</sup>
Lipophilicity	
Log <i>P</i> <sub>o/w</sub> (iLOGP)	1.44
Log <i>P</i> <sub>o/w</sub> (XLOGP3)	1.58
Log <i>P</i> <sub>o/w</sub> (WLOGP)	1.50
Log <i>P</i> <sub>o/w</sub> (MLOGP)	1.04
Log <i>P</i> <sub>o/w</sub> (SILICOS-IT)	1.97
Consensus Log <i>P</i> <sub>o/w</sub>	1.51

Water Solubility	
Log <i>S</i> (ESOL)	-2.46
Solubility	5.66e-01 mg/ml ; 3.49e-03 mol/l
Class	Soluble
Log <i>S</i> (Ali)	-2.25
Solubility	9.12e-01 mg/ml ; 5.62e-03 mol/l
Class	Soluble
Log <i>S</i> (SILICOS-IT)	-3.03
Solubility	1.53e-01 mg/ml ; 9.42e-04 mol/l
Class	Soluble
Pharmacokinetics	
GI absorption	High
BBB permeant	Yes
P-gp substrate	No
CYP1A2 inhibitor	Yes
CYP2C19 inhibitor	No
CYP2C9 inhibitor	No
CYP2D6 inhibitor	No
CYP3A4 inhibitor	No
Log <i>K</i> <sub>p</sub> (skin permeation)	-6.17 cm/s
Druglikeness	
Lipinski	Yes; 0 violation
Ghose	No; 1 violation: #atoms<20
Veber	Yes
Egan	Yes
Muegge	No; 1 violation: MW<200
Bioavailability Score	0.55
Medicinal Chemistry	
PAINS	0 alert
Brenk	1 alert: coumarin
Leadlikeness	No; 1 violation: MW<250
Synthetic accessibility	2.56

Figure S14 Chemico-physical and pharmacokinetic properties predicted for umbelliferone.

## eugenol



SMILES C=CCc1ccc(OC)c(O)c1

Physicochemical Properties	
Formula	C <sub>10</sub> H <sub>12</sub> O <sub>2</sub>
Molecular weight	164.20 g/mol
Num. heavy atoms	12
Num. arom. heavy atoms	6
Fraction Csp <sup>3</sup>	0.20
Num. rotatable bonds	3
Num. H-bond acceptors	2
Num. H-bond donors	1
Molar Refractivity	49.06
TPSA	29.46 Å <sup>2</sup>
Lipophilicity	
Log <i>P</i> <sub>o/w</sub> (iLOGP)	2.37
Log <i>P</i> <sub>o/w</sub> (XLOGP3)	2.27
Log <i>P</i> <sub>o/w</sub> (WLOGP)	2.13
Log <i>P</i> <sub>o/w</sub> (MLOGP)	2.01
Log <i>P</i> <sub>o/w</sub> (SILICOS-IT)	2.48
Consensus Log <i>P</i> <sub>o/w</sub>	2.25

Water Solubility	
Log <i>S</i> (ESOL)	-2.46
Solubility	5.69e-01 mg/ml ; 3.47e-03 mol/l
Class	Soluble
Log <i>S</i> (Ali)	-2.53
Solubility	4.90e-01 mg/ml ; 2.98e-03 mol/l
Class	Soluble
Log <i>S</i> (SILICOS-IT)	-2.79
Solubility	2.65e-01 mg/ml ; 1.61e-03 mol/l
Class	Soluble
Pharmacokinetics	
GI absorption	High
BBB permeant	Yes
P-gp substrate	No
CYP1A2 inhibitor	Yes
CYP2C19 inhibitor	No
CYP2C9 inhibitor	No
CYP2D6 inhibitor	No
CYP3A4 inhibitor	No
Log <i>K</i> <sub>p</sub> (skin permeation)	-5.69 cm/s
Druglikeness	
Lipinski	Yes; 0 violation
Ghose	Yes
Veber	Yes
Egan	Yes
Muegge	No; 1 violation: MW<200
Bioavailability Score	0.55
Medicinal Chemistry	
PAINS	0 alert
Brenk	1 alert: isolated_alkene
Leadlikeness	No; 1 violation: MW<250
Synthetic accessibility	1.58

Figure S15 Chemico-physical and pharmacokinetic properties predicted for eugenol.