

Herb / Compound	Summary of Proposed Mechanism	Number of Sources	Total Mentions
Kudzu	May alter alcohol metabolism	7	33
Naltrexone	Mu-opioid receptor antagonist	4	13
Ashwagandha	Adaptogen that may reduce stress	4	22
Passionflower	Modulates the GABAergic system	4	22
St. John's Wort	Primarily an antidepressant	4	17
Milk Thistle	Primarily hepatoprotective	4	13
Disulfiram	Aversive agent; inhibits alcohol dehydrogenase	3	7
Oxytocin	Neuropeptide involved in social bonding	3	7
Apremilast	PDE4 inhibitor with antidepressant effects	3	13
LY2444296	Kappa Opioid Receptor antagonist	3	12
Psilocybin	Serotonin 5-HT2A receptor agonist	2	11
Acamprosate	Glutamate modulator for alcohol dependence	2	12
Topiramate	Anticonvulsant (Carbonic dehydratase inhibitor)	2	8
Baclofen	GABAB receptor agonist	2	8
Ondansetron	Serotonin 5-HT3 receptor antagonist	2	8
Gabapentin	GABA analogue; anticonvulsant	2	7
Prickly Pear Cactus	Proposed to reduce alcohol consumption	2	3
PPL-138	Nociceptin Receptor antagonist	1	10