



Neuroactive nectar: compounds in nectar that interact with neurons

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Abstract

As well as sugars to entice pollinators, nectar contains many other chemicals including amino acids and plant secondary compounds such as phenolics, alkaloids, and glycosides. Rather than simply the byproducts of plant metabolism or contamination by compounds meant to deter herbivory, it is clear that these chemicals may have important roles in nectar. Proposed functions of non-sugar components of nectar include pollinator nutrition, reducing nectar robbing, and defense against microbes. Additionally, some of these compounds are able to interact directly with the nervous system via binding to receptor proteins found on the surface of neurons. Thus, these neuroactive components of nectar may be able to manipulate pollinator behavior. To increase our ability to analyze the many functions of nectar, it is important to understand how specific components may interact with neurons. This review examines the neurotransmitter receptors that are targets of some of the chemicals present in nectar. Although these compounds also affect the nervous systems of vertebrates, the focus of this review is on the interactions between nectar and insect pollinators.

Keywords Neurotransmitter · Nectar · Pollinator · Caffeine · Nicotine · Bee

Introduction

Nectar is a complex mixture that may contain sugars, amino acids, and secondary compounds such as alkaloids, phenolics, and glycosides (Stevenson et al. 2017). Some of the compounds found in nectar are bitter tasting or may be toxic, effects that appear to be at odds with the function of nectar as an attractive reward for pollinators (Adler 2001). This apparent paradox has led to multiple hypotheses about the functions of different compounds. Nectar components may influence pollinator behavior, affect the microbial community both in the plant and in the insect gut, and/or impact pollinator parasites (Nepi et al. 2018; Stevenson et al. 2017). In addition, some compounds may act to deter nectar robbers, select for specific pollinators, or enhance the movement of pollen between flowers (Irwin et al. 2010; Jacobsen and Raguso 2018; Kessler and Baldwin 2007). Given that nectar components belong to many different classes of chemicals,

it is not unexpected that there would be specific functions played by distinct compounds. Several recent reviews provide excellent discussions of the variety of compounds discovered so far and some of their proposed functions in nectar (Adler 2001; Irwin et al. 2010; Jacobsen and Raguso 2018; Nepi et al. 2018; Stevenson et al. 2017).

This review focuses on compounds found in nectar that can directly interact with the nervous system and discusses the underlying mechanisms via which they may affect the behavior of insect pollinators (Table 1). Three of these compounds, gamma-aminobutyric acid (GABA), glutamate, and glycine, act as neurotransmitters in both insects and vertebrates. The other compounds discussed are not neurotransmitters themselves, but are known to interact with receptor proteins found on neurons. The receptors used for intercellular signaling in the nervous system are of two different types (Fig. 1). The ionotropic receptors are ion channels that allow the flow of ions across the membrane down the ion's electrochemical gradient. Binding of a neurotransmitter to the channel increases the probability of channel opening. Movement of Na^+ or Ca^{2+} through a channel works to depolarize the membrane potential of the neuron making it more likely to generate an action potential, thereby producing an excitatory effect, whereas the flow of K^+ or Cl^- through a channel hyperpolarizes the neuron decreasing

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Table 1 The targets and concentration of neuroactive compounds found in nectar

Compound (Function)	Target	Concentration in nectar
GABA (Neurotransmitter)	GABA _A receptor (inhibitory ion channel) GABA _B receptor (GPCR)	0.57 to 750 μ M
Taurine (Agonist)	GABA _A receptor (inhibitory ion channel)	90 to 325 mM
β -Alanine (Agonist)	GABA _A receptor (inhibitory ion channel)	up to 200 mM
Glutamate (Neurotransmitter)	mGlu receptor (GPCR) GluR receptors (excitatory ion channels) GluCl receptors (inhibitory ion channels)	up to 0.5 mM
Glycine (Neurotransmitter)	GlyR (inhibitory ion channel)	up to 1 mM
Nicotine (Agonist)	nAChR (excitatory ion channel)	1 to 20 μ M
Scopolamine (Antagonist)	muscarinic acetylcholine receptor (GPCR)	9 μ M to 1.3 mM
Caffeine (Multiple actions)	AdoR (adenosine receptor antagonist) RyR (ryanodine receptor—increases cytosolic Ca ²⁺) Phosphodiesterase inhibitor (increases cytosolic cAMP)	1 to 100 μ M

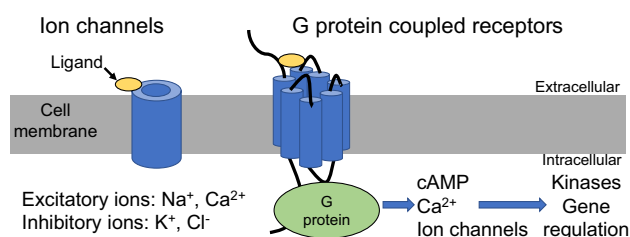


Fig. 1 The two main types of neurotransmitter receptors. A molecule (a ligand) can bind to a receptor and either activate it (an agonist) or block activation (an antagonist). Binding of an agonist to ion channels allows ions to flow across the membrane. The flow of Na⁺ or Ca²⁺ works to depolarize the membrane, whereas passage of K⁺ or Cl[−] hyperpolarizes the membrane. Ion channels only allow specific ions across. Binding of an agonist to a G protein-coupled receptor leads to the activation of the G protein which then disassociates from the receptor and goes on to regulate the activity of other proteins. There are several different kinds of G proteins, so the downstream events depend on the type of G protein that binds to the receptor

the probability of it firing, resulting in an inhibitory effect. The second main class of receptors are G protein-coupled receptors (GPCRs) also called metabotropic receptors. Binding of a ligand to the receptor leads to the activation of G protein which then disassociates from the receptor and interacts with other proteins. Activated G proteins have functions such as binding to ion channels affecting their likelihood of opening or regulating the activity of enzymes leading to changes in the levels of intracellular signaling molecules such as cAMP and Ca²⁺. These molecules then go on to regulate the activity of other proteins, which can lead to

changes in gene expression, modify ion channel activity, and affect protein function. Thus, compounds that can activate or inhibit GPCRs can have a profound effect on pollinator behavior in both the short and the long term.

Localizing neurotransmitters to specific neurons and circuits in the nervous system can provide insight into the neurotransmitters' functions. For example, the presence of specific transmitters or receptors in the antennal lobes suggest that the transmitter plays an important role in olfaction, while those located in the optic lobes are involved in vision. Two important brain regions believed to regulate higher-order functions in insects are the mushroom bodies and the central complex. The mushroom bodies are made up of Kenyon cells which receive and integrate sensory information and are important for learning and memory (Heisenberg 1998; Menzel 2001). The central complex is involved in locomotion, place learning, and sun compass orientation (Pfeiffer and Homberg 2014; Strauss 2002). Amongst insect pollinators, the honey bee, *Apis mellifera*, and the sphinx moth, *Manduca sexta*, have the most well-characterized neuroanatomy and will mainly be used as examples.

Targets of neuroactive compounds found in nectar

Actions at gamma-aminobutyric acid (GABA) receptors

GABA is an amino acid synthesized from the amino acid glutamate, although it is not incorporated into proteins.

GABA is the most abundant inhibitory neurotransmitter in both vertebrates and invertebrates. In the brain of the honey bee and the sphinx moth, neurons containing GABA (GABAergic neurons) are found in the antennal lobes, optic lobes, mushroom bodies, central complex, and the subesophageal ganglion (Bicker 1999; Homberg et al. 1987; Schäfer and Bicker 1986). In honey bees, GABA within the antennal lobes is important for olfactory processing (Choudhary et al. 2012; Dupuis et al. 2010; Sachse and Galizia 2002), and GABA signaling in the antennal lobes and mushroom bodies is important for olfactory learning (Raccuglia and Mueller 2013). In addition, GABA is found at the insect neuromuscular junction where it acts on leg and body wall muscles (Wolf 2014) and has been shown to be involved in motor function (Mustard et al. 2020). In both vertebrates and insects, GABA acts at two different types of receptors: inhibitory ion channels, known as GABA_A receptors, and GABA_B type receptors, which are GPCRs. There are two or three distinct GABA_A receptors, encoded by different genes, in the insects examined so far (Jones 2018). The GABA_A-type RDL receptor is the target of the pesticides dieldrin and fipronil, (see Ffrench-Constant et al. 2016 for a recent review). Thus, GABA-containing nectar may produce distinct effects on pollinators exposed to these pesticides. For example, analysis of the dieldrin resistant allele of the RDL receptor suggests that dieldrin and fipronil bind preferentially to the desensitized conformation of the receptor (Le Goff et al. 2005; Zhang et al. 1994). There are several different mechanisms that can lead to desensitization, but the outcome is the inactivation of a receptor even though it is bound to an agonist. Desensitization prevents the receptor from continuous signaling. Pollinators exposed to GABA or other GABA_A receptor agonists in nectar may have more of their receptors in the desensitized state and thus may be more sensitive to pesticides that bind to the desensitized conformation of the receptor. The possible interaction between neuroactive components of nectar and pesticides should be considered when evaluating the impact of pesticides on pollinators.

GABA appears to be a fairly common component of nectar and has been quantified in a number of plant species including *Nicotiana* and more than 60% of plant species tested in a Mediterranean scrubland plant community (Petanidou et al. 2006; Kaczorowski et al. 2005; Nepi 2014). When present, GABA nectar concentrations ranged from 0.57 to 750 μ M (Kaczorowski et al. 2005; Nepi 2014; Petanidou et al. 2006). In a preference test, freely foraging honey bees avoided consuming GABA, although this was at concentrations (22 mM or greater) higher than those found in nectar (Inouye and Waller 1984). Chronic consumption of GABA by caged bees did not affect the survival of honey bees, but increased the survival of the bumble bee *Bombus terrestris*, although the effect was not significant

at concentrations in the natural range (Bogo et al. 2019). Furthermore, the presence of GABA did not affect the amount of food consumed by either honey bees or bumble bees (Bogo et al. 2019). In behavioral assays examining time spent walking, feeding, flying, or still, GABA in its natural range reduced flying in bumble bees and time spent feeding in honey bees (Bogo et al. 2019). Given its prevalence in nectar and the potential for GABA to influence pollinator behavior, very little has been done to characterize its effects.

In addition to GABA itself, two other non-protein amino acids found in nectar, taurine and beta-alanine, activate GABA_A receptors. Taurine is relatively abundant in insect tissues, and is found in the mushroom bodies, and in regions associated with sensory processing, such as photoreceptors and other neurons in the visual system, the antennal lobes, and neurons in feeding structures (Schäfer et al. 1988; Bicker 1991). Taurine acts as an agonist at GABA_A receptors (Palmer and Harvey 2014; Whitton et al. 1994; Wafford and Sattelle 1986) and would be expected to increase inhibition in a similar way to GABA. Indeed, in *Drosophila*, taurine reduces locomotion and increases the amount of time the flies sleep (Lin et al. 2010); however, relatively little is known about its functions in insects. Taurine has been found in the nectar of a wide variety of plants including multiple members of the genus *Fritillaria* which contained concentrations up to 106 mM (Roguz et al. 2019). The Mediterranean herb *Cerinth major* had nectar concentrations of 325 mM (Nocentini et al. 2012), and approximately 50% of a sample of 30 different species growing wild in the United Kingdom contained up to 90 mM taurine in their nectar (Gardener and Gillman 2001). Addition of taurine in a range of 14 to 257 mM to sucrose solutions did not produce either preference or deter feeding of *Apis mellifera* (Inouye and Waller 1984).

Beta-Alanine is found at relatively high concentrations in the insect visual system where it may play an important role in the recycling of histamine, the neurotransmitter of the insect visual system (Borycz et al. 2012). More generally, the enzyme encoded by the *ebony* gene uses beta-alanine as a substrate for the inactivation of biogenic amine neurotransmitters including dopamine, tyramine, octopamine, serotonin, and histamine (Richardt et al. 2003). The biogenic amines are involved in many behaviors in the honey bee that may impact foraging such as learning and memory (Hammer and Menzel 1998), foraging behavior (Schulz and Robinson, 2001), sucrose responsiveness (Scheiner et al. 2002), olfactory processing (Rein et al. 2013), and conditioned taste aversion (Wright et al. 2010); therefore, any compound that affects their levels may have a significant impact on behavior. Additionally, beta-alanine activates GABA_A receptors (Wafford and Sattelle 1986; Lees et al. 2014) and would be expected to increase inhibition similarly to GABA and taurine. Beta-Alanine of up to 200 mM is found in *Fritillaria* nectar (Roguz et al. 2019) and occurred in 4 of 73 species in

a Mediterranean plant community (Petanidou et al. 2006). Bumble bees (*Bombus terrestris*) consumed more of solutions that contained 2.4 mM beta-alanine, even though it also significantly increased mortality, while honey bees increase consumption of solutions at a higher concentration, 46 mM (Bogo et al. 2019). In contrast to its expected role as a GABA_A receptor agonist, feeding on beta-alanine increased the amount of time the bumble bees spent walking (Bogo et al. 2019). Given the potential targets of beta-alanine, study of the impacts of its consumption warrant further investigation.

Signaling at glutamate receptors

Glutamate (glutamic acid) is an amino acid that also acts as a neurotransmitter. In insects, glutamate is the major excitatory neurotransmitter at the neuromuscular junction (Jan and Jan 1976), a function carried out by acetylcholine in vertebrates. Glutamate-releasing neurons are also found in the central nervous system of the honey bee, including the optic lobes, central complex, and the subesophageal ganglion (Bicker et al. 1988; see Lebouille 2013 for a comprehensive review on glutamate in honey bees). There are three distinct types of glutamate receptors: excitatory channels, inhibitory channels, and GPCRs. The excitatory channels fall into two main classes that have significant functional differences: the NMDA- and AMPA-type receptors. These two types of receptors are essential for the neural plasticity that underlies the formation of memories in mammals, and there is also substantial evidence that these receptors play important roles in learning and memory in insects (Mussig et al. 2010; Si et al. 2004). Inhibitory glutamate-gated channels, referred to as GluCl receptors because they are selectively permeable to chloride, are found in multiple insect species (Barbara et al. 2005; El Hassani et al. 2012; Jones 2018), although they do not appear to be present in mammals. This allows glutamate to either excite or inhibit neurons, depending on which receptor type is expressed. As with vertebrates, glutamate also activates GPCRs in insects. Experiments examining the release of glutamate and the activity of different glutamate receptors have shown important roles for glutamate signaling in learning and memory in the honey bee (El Hassani et al. 2012; Kucharski et al. 2007; Locatelli et al. 2005; Mussig et al. 2010).

A survey of numerous plant species shows that the concentration of amino acids varies widely amongst nectar samples, but glutamate values as high as 0.5 mM were observed (Gardener and Gillman 2001; Gottsberger et al. 1984; Nepi et al. 2012). In an assay where free-flying bees could choose to forage on solutions containing sucrose or solutions of sucrose plus an amino acid, glutamate at 7.3 mM acted as a deterrent (Hendriksma et al. 2014). Glutamate reduced foraging by the tropical stingless bee *Melipona fuliginosa*,

although it did not affect other Meliponini species (Roubik et al. 1995). Bumble bees (*Bombus terrestris*) appear to be able to perceive amino acids, including glutamate, in water, although a high concentration outside of the naturally occurring range (68 mM) was used (Ruedenauer et al. 2019). Interestingly, it is unclear if the bumble bees can distinguish between distinct amino acids or if they were detecting the presence of amino acids in general.

Impacts on glycine receptors

Glycine is another amino acid that also acts as a neurotransmitter. In both insects and mammals, glycine activates ionotropic chloride channels resulting in the inhibition of neuronal activity (Jones 2018; Lynch 2004). However, little is known about the possible functions of these receptors in insects. A recent study in *Drosophila* has revealed an important role for glycine signaling in circadian rhythms (Frenkel et al. 2017), which would be expected to impact foraging behavior (Bloch 2010).

Glycine levels of up to 1 mM in nectar have been reported (Gardener and Gillman 2001; Gottsberger et al. 1984; Nepi et al. 2012). As with glutamate, glycine reduced foraging by *Melipona fuliginosa* (Roubik et al. 1995). Experiments examining the effects of glycine on honey bees have yielded variable results. In one study, glycine appeared to act as a deterrent as free-flying honey bees preferred sucrose alone to sucrose containing 14 mM glycine (Hendriksma et al. 2014). However, in a study examining the effects of glycine over a wide range of concentrations, from 27 mM to 27 nM, a choice assay with confined bees did not show reduced feeding on glycine. Furthermore, the addition of glycine to the reward during olfactory conditioning increased learning in restrained honey bees (Kim and Smith 2000). Given the prevalence of glycine in nectar, more work should explore its possible functions influencing pollinator behavior.

Compounds that act on acetylcholine receptors

Acetylcholine (ACh) is present throughout the honey bee and sphinx moth brain (Homberg et al. 1995; Kreissl and Bicker 1989) and is most likely the neurotransmitter used in the mushroom body Kenyon cells (Barnstedt et al. 2016). In both mammals and insects, ACh acts at both excitatory ion channels, the nicotinic receptors (nAChR; Jones 2018), and GPCRs, the muscarinic receptors (mAChR; Collin et al. 2013; Xia et al. 2016). In honey bees, the nAChR is expressed in the antennal lobes and mushroom bodies (Barbara et al. 2008; Goldberg et al. 1999; Kreissl and Bicker 1989; Wüstenberg and Grünewald 2004). Honey bee nAChR receptors are involved in sensitivity to sucrose, learning, and memory (Dacher et al. 2005; Gauthier et al. 2006; Thany et al.

2005), while the mAChR receptors play an important role in memory (Lozano et al. 2001). Furthermore, signaling through mAChR receptors is important for the changes in mushroom body neurons associated with the transition from nursing to foraging behavior in honey bees (Dobrin et al. 2011; Ismail et al. 2006).

Nicotine acts as an agonist at the nAChR; indeed, the receptor is named after the fact that it is nicotine's target. The natural range of nicotine in *Nicotiana* nectar ranges from 1 to 20 μM (Detzel and Wink 1993; Haverkamp et al. 2018; Tadmor-Melamed et al. 2004). Both honey bees and bumble bees show a preference for consuming nicotine-containing solutions over sucrose alone within the naturally occurring range (Baracchi et al. 2017; Singaravelan et al. 2005). However, bees find the taste aversive at higher concentrations (Baracchi et al. 2017; Kohler et al. 2012; Singaravelan et al. 2005; Tiedeken et al. 2014). In a visual learning task, free-flying bumble bees learned to visit the artificial flowers of the color containing a reward more quickly when the reward contained nicotine plus sucrose than sucrose alone, suggesting that nicotine may enhance learning. Furthermore, the bumble bees persisted in choosing the flower color associated with the nicotine reward, even when that flower no longer contained any food, much longer than bees trained on flowers with sucrose alone (Baracchi et al. 2017). Persistent foraging on unrewarding flowers suggests that nicotine in nectar may have negative impacts on pollinators. The nAChR is also the target of the neonicotinoid pesticides which mimic nicotine in activating the receptor. Although the presence of nicotine in nectar is relatively restricted, pollinators foraging on nicotine-containing nectar may be differentially impacted by exposure to neonicotinoids. As with the GABA_A receptor, the nAChR undergoes desensitization (Palmer et al. 2013) and some neonicotinoids may bind preferentially to the desensitized receptor (Nauen et al. 2003), so the combination of nicotine and neonicotinoids may have synergistic effects.

Nectar components may also interact with the muscarinic acetylcholine receptor. The alkaloid scopolamine acts an antagonist at insect mAChR receptors (Collin et al. 2013; Terazima and Yoshino 2010; Xia et al. 2016). Scopolamine has been reported in nectar from several solanaceous species in the range of 9 μM to 0.5 mM (Kerchner et al. 2015) and in *Datura* at somewhat higher concentrations of 0.5 to 1.3 mM (Boros et al. 2010). Concentrations of 1 mM were shown to deter feeding by honey bees (Detzel and Wink 1993). Significantly, feeding of 1 mM scopolamine was shown to increase aggressive behavior of honey bees towards both nestmates and non-nestmates (Ismail et al. 2008). Given that feeding of scopolamine within the naturally occurring range also affected the growth of mushroom body neurons in the honey bee brain (Dobrin et al. 2011), the impact of scopolamine on pollinator behavior is worthy of investigation.

Possible actions of caffeine

Caffeine has multiple cellular targets which would be expected to affect the nervous system (Mustard 2014). In mammals, the main target is currently believed to be adenosine receptors which are GPCRs present on some neurons. Intercellular levels of adenosine are usually high enough to cause constitutive activation of these receptors. Caffeine acts as an antagonist, blocking signaling through these receptors. Electrophysiological experiments examining cells in the mushroom bodies of the honey bee brain showed that caffeine and another adenosine receptor antagonist had similar effects, suggesting caffeine also works through the adenosine receptors in insects (Wright et al. 2013). However, caffeine has been shown to affect sleep in the fruit fly, *Drosophila melanogaster*, and when the adenosine receptor was genetically knocked out, caffeine maintained its effects on sleep (Wu et al. 2009). Thus, whether or not the adenosine receptor underlies the actions of caffeine in insects remains to be addressed. Two other targets have been shown to be affected by caffeine in insects. Caffeine binds to ryanodine receptors leading to increases in intracellular Ca^{2+} levels, and it also acts as a phosphodiesterase inhibitor resulting in increases in cAMP (Mustard 2014). Both Ca^{2+} and cAMP act as second messengers in the intracellular signaling pathways activated by neurotransmitter G protein-coupled receptors and thus effecting their levels would be expected to impact behavior.

Caffeine has been found in the nectar of several plant species including coffee, citrus, and linden with a concentration range of 1 to 100 μM (Kretschmar and Baumann 1999; Naef et al. 2004; Wright et al. 2013). In free-flying honey bees, the addition of ecologically relevant concentrations of caffeine to a feeder increases the number of visits compared to sucrose alone (Couvillon et al. 2015; Singaravelan et al. 2005). However, both honey bees and bumble bees find higher concentrations aversive (Mustard et al. 2012; Singaravelan et al. 2005; Tiedeken et al. 2014; Wright et al. 2013). Using olfactory associative conditioning with restrained honey bees, caffeine in the nectar-relevant range increased the rate of learning and memory retention (Wright et al. 2013). The presence of caffeine in a feeder increased waggle dancing in honey bees, suggesting that the bees found caffeine to be more rewarding than sucrose alone. Additionally, the bees continue to visit the feeder even when the food is removed for much longer and even when another food source is available (Couvillon et al. 2015). In an assay using artificial flowers, bumble bees (*B. impatiens*) increased pollination at flowers with sucrose plus caffeine versus those without caffeine (Thomson et al. 2015). Taken together, these results suggest that caffeine in nectar may increase foraging by pollinators. In contrast, the stingless bee *Plebeia droryana* did not show a preference for feeding on caffeinated sucrose over sucrose alone, highlighting the

importance of examining the effects of neuroactive compounds on different species (Peng et al. 2019).

Conclusions

Understanding the roles of non-sugar components of nectar is a complex question, in part, because compounds may affect pollinators in multiple ways. For example, the amino acids glutamate and glycine are used in the construction of proteins, and glutamate is also a key intermediate in the synthesis of other amino acids. Therefore, glycine and glutamate might be important sources of nutrition for pollinators, as well as being neurotransmitters that can directly influence insect nervous systems (Paoli et al. 2014; Stabler et al. 2015). Nectar compounds may be detoxified via several routes, significantly reducing the concentration found in the hemolymph (Berenbaum and Johnson 2015). However, relatively little work has been done to investigate these mechanisms in pollinators compared to herbivores (Irwin et al. 2014). Reductionist studies in which particular compounds are studied in isolation, rather than in the mixture of chemicals present in nectar, will help to disentangle these different roles. Additionally, it is essential that nectar-relevant concentrations of the compound are examined. However, fully understanding the impacts of different components of nectar requires studying them together as well, as different compounds may interact and also influence the perception of nectar.

Honey bees and bumble bees are excellent model systems to study these questions as there are well-characterized assays for their behavior in both the controlled laboratory environment and in the field. However, it is clear that not all pollinators will be affected in the same way. For example, differences in the ability of different species to taste specific compounds would affect their willingness to consume nectar. Furthermore, some species may have evolved mechanisms to deal with particular plant compounds. Improvements in instrumentation and techniques have increased the ability to detect and identify compounds present in nectar. As the nectar of more plant species is analyzed, the number and diversity of compounds discovered will undoubtedly increase. Recognizing that some nectar components may bind to neurotransmitter receptors and thereby directly influence neural activity may suggest mechanisms through which nectar can influence pollinator behavior. Pharmacological and molecular tools can then be used to test the effects of nectar components on the proposed pathways, providing a better understanding of the relationship between plant and pollinator.

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