

CITATIONS for WSARE Farmer/Rancher Grant

Jianping Chen et al. *A Review of Edible Jujube, the Ziziphus Jujuba Fruit: A Healthy Food Supplement for Anemia Prevalence.* Front Pharmacol, 2020, 11:593655. Nov 26, 2020.

FROM ABSTRACT:

“The fruits of Ziziphus jujuba, commonly known as jujube, red date or Chinese date, are taken as fresh or dried food, and as traditional medicine worldwide due to high nutritional and health values.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7726020/>

Jianping Chen, Xiaogan Liu, et al. *A Review of Dietary Zizyphus Jujube Fruit Developing Health Food Supplements for Brain Protection.* 7 June, 2017.

FROM ABSTRACT:

“Worldwide, jujube fruits are consumed both food and herbal medicine. Traditionally, one of the main functions of jujube, as described in herbal medicine, is to benefit our brain by calming down the mind and improving quality of sleep.”

Other functions mentioned in this study are: antioxidant effects, anticancer effects and anti-inflammatory effects as well as nutritional components that can have beneficial effects on the cardiovascular system.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7726020/table/T1/>