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Research advances in bioactive components and health benefits of jujube (*Ziziphus* jujuba Mill.) fruit

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Key words: Jujube; Bioactive components; Biological activity; Functional foods; Health benefits

Research Summary

- **Review of the latest progress in research progress on major bioactive compounds obtained from jujube, as well as discussion of the potential biological functions of jujube fruit resources.**

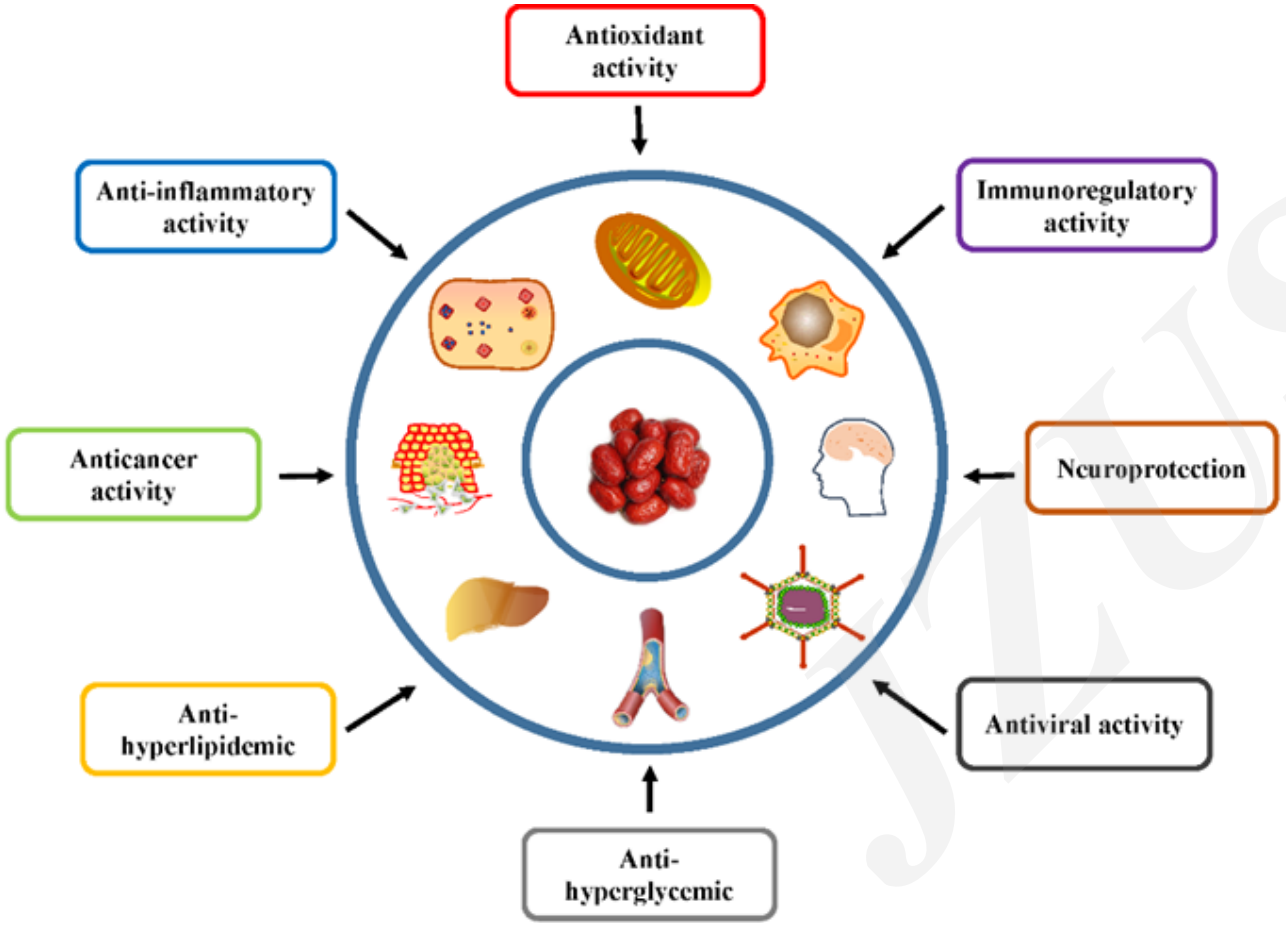
Content:



- **Major elements and nutrients**
- **Bioactive compounds**
- **Health functions**
- **Future perspectives and conclusions**

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The bioactive functions of jujube



A series of comprehensive tables were generated to summarize the latest knowledge about jujube fruit.

Table 1 | Identified polysaccharides in jujube (Ziziphus jujuba Mill.) fruit.

Table 2 | Identified polyphenols in jujube (*Ziziphus* jujuba Mill.) fruit.

Table 3 | Health benefits of jujube fruit.