



**International
Standard**

ISO 24063

**Traditional Chinese medicine —
Ziziphus jujuba fruit**

*Médecine traditionnelle chinoise — Fruit du jujubier (Ziziphus
jujuba)*

**First edition
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Foreword

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Introduction

Ziziphus jujuba fruit (the Chinese Pinyin name is Da Zao) is also called Jujubae Fructus, Jujube, Chinese date, or Red date. It is the dried ripe fruit of *Ziziphus jujuba* Mill., *Ziziphus jujuba* Miller var. *inermis* Rehder, or *Ziziphus jujuba* Miller var. *hoonensis* T. B. Lee (Fam. Rhamnaceae).

Ziziphus jujuba fruit has been commonly consumed as health food supplement and traditional Chinese medicine (TCM) for thousands of years due to its high nutritional and medicinal values. In Huangdi Neijing (475–221 BC),^[1] a classic medical text from ancient China, *Ziziphus jujuba* fruit was recorded as an extremely valuable fruit. According to Shennong Bencao Jing written between 300 BC and 200 AD,^[2] one of the earliest books specializing in Chinese medicine, *Ziziphus jujuba* fruit was regarded as one of the top-grade medicinal herbs that can extend one's life expectancy by nourishing blood, increasing sleep quality and improving the digestive system. A growing number of studies are proposing various beneficial nutrients of *Ziziphus jujuba* fruit, including flavonoid, polysaccharide, triterpenic acid, nucleoside, saponin, alkaloid, carbohydrate, dietary fibre, mineral, vitamin, amino acid, fatty acid, and protein. Thus, *Ziziphus jujuba* fruit is considered worldwide as a nutritious food.

As a special medicinal and edible material, *Ziziphus jujuba* fruit has attracted significant international attention and demand. Based on the PubMed database, over the last decade, 25 countries and regions have carried out relevant research on *Ziziphus jujuba* fruit. According to the statistics of the General Administration of Customs of the People's Republic of China, the import and export trade volume of *Ziziphus jujuba* fruit was 9 895 t, 11 175 t, 13 372 t, 17 179 t and 21 690 t in China from 2017 to 2021, respectively, worth a total of 1,5 billion CNY. There are approximately 90 trading countries and regions of *Ziziphus jujuba* fruit in the world, and the number is still increasing. In particular, the average annual import trade volume of Malaysia, Hong Kong, Taiwan (Province of China), Viet Nam, Singapore, the United States of America, Japan, the Republic of Korea, Thailand, Canada, Kyrgyzstan, Australia, Indonesia and Iran reached 100 tons per year.

Today, *Ziziphus jujuba* fruit is widely cultivated in more than 40 countries and regions, especially in China, the Republic of Korea, and Japan. However, the quality of *Ziziphus jujuba* fruit provided from different areas or by different cultivators is quite different. Although *Ziziphus jujuba* fruit has been recorded in the Chinese Pharmacopoeia, the Japanese Pharmacopoeia and the Korean Pharmacopoeia, these standards are not harmonized and can be unsuitable for the purpose of international trade of *Ziziphus jujuba* fruit. Thus, there is a clear and urgent need to develop an International Standard for harmonizing the existing standards, as well as ensuring the safety and quality of *Ziziphus jujuba* fruit.

Ziziphus jujuba fruit has rich nutritional and medicinal values. For example, of the 1 607 formulations in the Chinese Pharmacopoeia (2020 edition), 55 (3,42 % of the total) include ingredients of *Ziziphus jujuba* fruit; of the 294 formulations in the Approval Standards for OTC Kampo Products from the Ministry of Health, Labor, and Welfare (MHLW) of Japan, 89 (30,27 % of the total) include ingredients of *Ziziphus jujuba* fruit. In the United States of America, *Ziziphus jujuba* fruit is widely sold as a dietary supplement ingredient. In addition, in China, the Republic of Korea and Japan, *Ziziphus jujuba* fruit is often processed into candied jujube, black jujube, jujube cookies, jujube paste, jujube jam, jujube juices, jujube tea, jujube wine, jujube vinegar, and other foods and beverages.

As national implementation can differ, national standards bodies are invited to modify the values given in [5.7](#) in their national standards. Examples of national and regional values are given in [Annex C](#).