
Subject: Zizyphus Jujuba

Posted by [Sssnake](#) on Mon, 16 Aug 2010 19:20:47 GMT

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Ist da was dran? Weiß wer was drüber?

File Attachments

1) [Zizyphus-Jujuba.jpg](#), downloaded 295 times

Zizyphus Jujuba Oil Promotes Hair Growth

Zizyphus Jujuba sounds like one of those goofy supplements they sell on late-night infomercials, but this one might help grow hair. Zizyphus Jujuba is a date plant that grows in warm climates, ranging from southern Europe to China. It has been cultivated for at least 11,000 years. Herbalists have used it as an aphrodisiac and to reduce stress and treat sore throats.

Korean scientists, in a study on genetically balding mice, found that Zizyphus Jujuba oil promoted hair growth. They used different concentrations of the oil (0.1 percent, 1 percent and 10 percent), but the 1 percent concentration worked best. We do not know whether the oil causes hair growth in humans. (*Food Chemistry Toxicology*, 48: 1350-1354, 2010)