

标准引领创新 科技赋能康养 青年科学家学术交流会议——药食同源 及药膳配方食品标准研讨会在北京成功 举办

Standards Driving Innovation and Technology for Health—Series of Academic Exchanges for Young Scientists on Medicine-Food Homology Held in Beijing

文/郭思桥 (By Guo Siquao)

2026年1月31日, 青年科学家学术交流会议——药食同源及药膳配方食品标准研讨会在北京四季御园国际大酒店隆重召开。本次活动由引智科技服务平台、山西千岁格斗有限公司联合主办, 上海海企汇客企业管理服务(集团)有限公司、厦门国宇健康管理中心有限公司、河南海螺之家科技有限公司、山东顺海盐业有限公司等单位支持, 汇聚政产学研用各界精英, 围绕药食同源产业标准化建设、科技创新、成果转化等核心议题展开深度研讨, 为健康中国战略落地、产业规范前行与大众健康生活注入务实动力。

会议伊始, 全国工商联原副主

January 31, 2026, witnessed the grand opening of the Academic Exchanges for Series of Academic Exchanges for Young Scientists on the Standards of Homology of Medicine and Food and Medicinal Diet Formula Food at Beijing Four Seasons Royal Garden International Hotel. The event was organized and co-hosted by the Service Platform for International Professionals and Qiansui International Industry Group Limited.

The event received support from Shanghai Haiqi Huike Enterprise Management Service (Group) Co., Ltd., Xiamen Guoyu Health Management Center Co., Ltd, Henan Conch Home Technology Co., Ltd, Shandong Salt Group Co., Ltd., and other organizations. It brought together key stakeholders from the government, industry actors, academia, research institutions, and end-users to conduct in-depth discussions on core topics, including the standardization requirements, technological innovation, and the successes of the homology medicine and the food industries. The conference has injected practical impetus into the implementation of the Healthy China strategy, the standardized development of the industry, and the promotion of public health and wellness.

During his opening remarks at the conference, Huan Yushan, former Vice Chairman and Secretary-General of the All-China



“青年科学家学术交流会议”活动现场大合影

Group photo of the Series of Academic Exchanges for Young Scientists event site.

席、秘书长桓玉珊发表致辞。他指出，药食同源产业横跨农业、食品健康、生物技术等多个领域，其高质量发展离不开标准的规范与引领。他呼吁青年科学家勇担使命，深耕前沿技术研究，政产学研用协同发力构建符合中国特色与国际视野的标准体系，企业积极转化科研成果，让科技创新更好服务民生健康。国家外国专家局教科文卫专家司原司长杨长聚则从国际合作视角强调，开放学习是永恒使命，人工智能无法替代人的情感交互与跨学科碰撞，药食同源产业的创新发展需要持续的国际交流与人文关怀。

山西千岁格斗有限公司董事长、战觉城品牌创始人杨宇结合综

Federation of Industry and Commerce, delivered a wonderful speech. He pointed out that the industry of Homology of Medicine and Food spans multiple fields, including agriculture, food health, and biotechnology, and that its high-quality development cannot be separated from the regulation and guidance of standards. He called on young scientists to bravely execute their mission and shoulder the responsibilities of the industry by deepening research with cutting-edge technologies, for the government, industry, universities, research institutions, and end-users to work together to build a standard system that combines Chinese characteristics with international perspectives. He also urged enterprises to actively work in transforming scientific research achievements so that technological innovation can better serve people's health and well-being.

Yang Changju, former Director of the Department of Education, Science, Culture, Health, and Sports Experts of the State Administration of Foreign Experts Affairs, emphasized that the perspective of international cooperation, open learning is an eternal mission. He noted that artificial intelligence cannot replace human emotional interaction and interdisciplinary exchanges, and that the innovative development of the Homology of Medicine and Food industry requires sustained international exchanges and humanistic care.



“青年科学家学术交流会”活动现场照片

Photos from the Series of Academic Exchanges for Young Scientists event site.

合格斗运动特点, 提出药食同源产品在运动员微量元素补充、科学减重等场景的应用需求, 呼吁科研机构与企业携手攻克快速吸收、靶向补充等技术难题, 坚守反兴奋剂底线, 打造适配专业体育需求的优质产品。中国中医科学院医学实验中心杨研究员带来新资源食品虾青素的创新技术分享, 详细介绍了无水乳化制剂技术如何破解虾青素稳定性差、吸收率低等行业痛点, 其相关产品在抗衰老、改善睡眠等方面的显著成效引发广泛关注。中国中医科学院中医药科技合作中心张韬教授围绕“精准滋补与慢病干预药食产品创新”主题, 提出从机理清晰化、标准数字化、验证循

Yang Yu, Chairman of Qiansui International Industry Group Limited and Founder of the "JUE CHENG KING"(JCK), combining the characteristics of mixed martial arts (MMA), put forward the application demands for homology of medicine and food products in scenarios such as trace element supplementation and scientific weight loss for athletes. He urged research institutions and enterprises to join hands to tackle technical challenges, including rapid absorption and targeted supplementation, uphold the bottom line of anti-doping, and develop high-quality products tailored to the needs of professional sports.

Researcher Yang from the China Academy of Chinese Medical Sciences Medical Experiment Center (CACMS) shared innovative technologies for astaxanthin, a new resource food. He elaborated on how anhydrous emulsification preparation technology addresses the industry's core areas, such as poor stability and low bioavailability of astaxanthin, and the remarkable effects of its related products in anti-aging and sleep improvement have attracted widespread attention.

Professor Zhang Tao from the Science and Technology Collaborating Center for Chinese MMedicine China Academy of Chinese Medical Sciences, centering on the theme of Innovation of

证化三个维度构建产业创新框架。英国皇家医学会院士、西部生科首席专家王显荣分享了自体干细胞技术在健康干预中的应用经验，为药食同源产业跨界融合提供新思路。河南海螺之家科技有限公司、厦门国宇健康管理中心等企业代表分别介绍了在慢病管理、健康服务等领域的实践案例，展现了药食同源理念与民生健康的深度结合。

本次会议举行了《药食同源及药膳配方食品石斛》团体标准启动仪式，为石斛类产品研发、生产、销售提供明确指引。同时，药食同源及药膳配方食品两项团体标准正式发布，标志着我国药食同源产业标准化建设从理论探索迈向实践

Homology of Medicine and Food Products for Precision Nourishment and Chronic Disease Intervention, proposed constructing an industrial innovation framework from three dimensions: clarified mechanism, digitalized standards, and evidence-based verification. Professor Wang Xianrong, Fellow of the Royal Society of Medicine (RSM) and Chief Expert of Western Biotechnology, shared practical experience in the application of autologous stem cell technology in health intervention, providing new ideas for the cross-border integration of homology medicine and the food industries. Representatives from enterprises, including Henan Conch Home Technology Co., Ltd. and Xiamen Guoyu Health Management Center, respectively introduced their practical cases in the fields of chronic disease management and health services, demonstrating the in-depth integration of the homology of medicine and food concept with people's health and well-being.

The conference was the launch ceremony of the Group Standard for Dendrobium in Homology of Medicine and Food and Medicinal Diet Formula Foods, which provides clear guidance for the R&D, production, and sales of dendrobium-based products. Meanwhile, two group standards for Homology of Medicine and Food and Medicinal Diet Formula Foods were officially released, marking



“青年科学家学术交流会议”圆桌会议照片

Photos of the roundtable meeting of the Series of Academic Exchanges for Young Scientists event site.



药食同源及药膳配方食品“石斛”团体标准启动仪式

The launching ceremony of the "Dendrobium" group standard for food and medicine with the same origin and medicinal diet formula food.

落地，构建起“通用标准+专项标准+评价标准”的完整体系框架。现场，秀员上海大数据科技有限公司董事长付北方与山东顺海盐业有限公司总经理于政信签署了战略合作协议，为深化药食同源产业协作，推动企业协同发展形成合力。

圆桌对话环节以“新技术赋能科学康养”为主题，来自中国医学科学院药用植物研究所、中国医学科学院北京协和医学院药物研究所、北京食品科学研究院、中国科学院微生物研究所等单位的专家学者，围绕资源挖掘、有效成分提取、食品口感优化、微生态干预

a shift in the standardization development of China's Homology of Medicine and Food industry from theoretical exploration to practical implementation, and the establishment of a complete system framework featuring "general standards, specific standards, and evaluation standards." On-site, Fu Beifang, Chairman of Xiuyuan Shanghai Big Data Technology Co., Ltd, and Yu Zhengxin, General Manager of Shandong Salt Group Co., Ltd., signed a strategic cooperation agreement, which aims to deepen industrial collaboration in the Homology of Medicine and Food sectors and pool synergies for the coordinated development of enterprises.

The roundtable discussion session, themed "Empowering Scientific Health and Wellness with New Technologies," featured in-depth exchanges among experts and scholars from the Institute of Medicinal Plant Development of the Chinese Academy of Medical Sciences, the Institute of Drug Research, Peking Union Medical College & Chinese Academy of Medical Sciences, the Beijing Academy of Food Sciences, Institute of Microbiology, Chinese Academy of Sciences and other research institutions. They explored key technological directions such as resource exploration,

等技术方向展开深入探讨，一致认为多学科交叉、多技术集成、多主体协同是科学康养的未来发展趋势。

会议最后，中国国际科技促进会常务理事宋先良作总结发言。他表示，本次会议实现了学术交流、产业合作、标准建设三大突破，下一步将重点推进核心标准贯彻落实，强化产学研协同创新，推动药食同源产品出海，搭建青年科学家交流平台，助力产业高质量发展。

此次会议的成功举办，不仅凝聚了行业发展共识，更明确了药食同源产业标准化、规范化、国际化的发展方向，为传承中华养生智慧、服务全民健康福祉奠定了坚实基础。

active ingredient extraction, food palatability enhancement, and microecological intervention, and agreed that interdisciplinary integration, multi-technology approaches, and multi-stakeholder collaboration are the future trends in scientific health and wellness.

At the conclusion of the conference, Song Xianliang, Executive Director of the China International Association for Promotion of Science and Technology, delivered a concluding speech. He stated that the conference had achieved three breakthroughs in academic exchanges, industrial cooperation, and standardization construction. In the next step, efforts will be focused on advancing the implementation of core standards, strengthening industry-university-research collaborative innovation, facilitating the internationalization of Homology of Medicine and Food products, establishing an exchange platform for young scientists, and boosting the high-quality development of the industry.

The successful convening of this conference has not only forged a consensus on the development of the industry but also clarified the development orientation of the Homology of Medicine and Food industry toward standardization, regularization, and internationalization, laying a solid foundation for inheriting the wisdom of traditional Chinese health preservation and safeguarding the health and well-being of the whole nation.



战略合作签约仪式照片

Photos from the Series of Academic Exchanges for Young Scientists event site