

(19) World Intellectual Property Organization
International Bureau



(43) International Publication Date
9 February 2006 (09.02.2006)

PCT

(10) International Publication Number
WO 2006/014878 A1

(51) International Patent Classification:
A61K 35/78 (2006.01)

(21) International Application Number:
PCT/US2005/026342

(22) International Filing Date: 25 July 2005 (25.07.2005)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
60/591,656 28 July 2004 (28.07.2004) US

(71) Applicant (for all designated States except US): **ABBOTT LABORATORIES** [US/US]; Dept. 377/AP6A-1, 100 Abbott Park Road, Abbott Park, IL 60064 (US).

(72) Inventor; and

(75) Inventor/Applicant (for US only): **JOHNSON, Catherine, D.** [US/US]; 6080 Turkey Leg Court, Dublin, OH 43017 (US).

(74) Agents: **WINTER, William, J.** et al.; 108140 DS1, 625 Cleveland Avenue, Columbus, OH 43215 (US).

(81) Designated States (unless otherwise indicated, for every kind of national protection available): AE, AG, AL, AM,

AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KM, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NA, NG, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SM, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

(84) Designated States (unless otherwise indicated, for every kind of regional protection available): ARIPO (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IS, IT, LT, LU, LV, MC, NL, PL, PT, RO, SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

Published:

- with international search report
- before the expiration of the time limit for amending the claims and to be republished in the event of receipt of amendments

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

(54) Title: NUTRITIONAL COMPOSITIONS AND METHODS FOR TREATING OR PREVENTING OSTEOPOROSIS

(57) Abstract: Disclosed are nutritional compositions and methods of using the compositions for treating or preventing osteoporosis. The compositions comprise (A) those dried fruit solids that inherently comprise flavonoids, hydroxycinnamic acids, and a fiber component of which at least about 20% by weight is soluble fiber, and (B) a soluble, indigestible oligosaccharide in addition to any soluble fiber inherently in the dried fruit solids. The dried fruit solids may also be characterized as those selected from dried plum, dried grape, dried date, or dried fig. The combination of dried fruit solids (e.g., dried plum solids) and soluble indigestible oligosaccharides (e.g., fructooligosaccharides) have been found to be surprisingly more effective in affecting bone mineral density than either component when used alone, thus allowing for reduced concentrations of such ingredients in a nutritional product form such as a beverage or solid nutritional bar.

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