CLAIMS

1. A non-therapeutic method of improving, maintaining, enhancing, increasing, or promoting a mitochondrial function in a subject, comprising administering to the subject an effective amount of a urolithin or a composition comprising a urolithin,

wherein the method improves physical endurance, inhibits or retards physical fatigue, enhances blood oxygen levels, enhances energy in healthy individuals, enhances working capacity and endurance, reduces muscle fatigue, increases muscle ATP levels, or reduces lactic acid in blood.

2. The method as claimed in claim 1, wherein the mitochondrial function is mitochondrial activity, mitochondrial biogenesis, or muscle mitochondrial mass.

3. The method as claimed in claim 1, wherein the mitochondrial function is improved.

4. The method as claimed in claim 1, wherein the mitochondrial function is maintained.

5. The method as claimed in claim 1, wherein the mitochondrial function is enhanced.

6. The method as claimed in claim 1, wherein the mitochondrial function is increased.

7. The method as claimed in claim 1, wherein the mitochondrial function is promoted.

8. The method as claimed in claim 1, wherein the method enhances energy in healthy individuals.

9. The method as claimed in claim 1, wherein the method reduces muscle fatigue.

10. The method of claim 1, wherein the method improves, maintains, enhances, increases, or promotes energy production or energy level.

11. The method as claimed in any one of claims 1 to 10, wherein a composition is administered; and the composition is a food product, food additive, food ingredient, functional food, medical food, dietary supplement, nutraceutical, nutritional supplement or oral preparation.

12. Use of a urolithin for the manufacture of a medicament for treating, preventing, or managing a mitochondria-related disease or condition associated with altered mitochondria function or reduced mitochondrial density;

wherein the mitochondria-related disease or condition is selected from the group consisting of obesity, metabolic syndrome, diabetes mellitus, cardiovascular disease,

hyperlipidemia, neurodegenerative disease, cognitive disorder, mood disorder, and anxiety disorder.

13. The use of claim 12, wherein the mitochondria-related disease or condition is obesity.

14. The use of claim 12, wherein the mitochondria-related disease or condition is metabolic syndrome.

15. The use of claim 12, wherein the mitochondria-related disease or condition is diabetes mellitus.

16. The use of claim 12, wherein the mitochondria-related disease or condition is cardiovascular disease.

17. The use of claim 12, wherein the mitochondria-related disease or condition is hyperlipidemia.

18. The use of claim 12, wherein the mitochondria-related disease or condition is neurodegenerative disease.

19. The use of claim 12, wherein the mitochondria-related disease or condition is cognitive disorder.

20. The use of claim 12, wherein the mitochondria-related disease or condition is mood disorder.

21. The use of claim 12, wherein the mitochondria-related disease or condition is anxiety disorder.

22. A non-therapeutic method of managing stress in a subject, comprising administering to the subject an effective amount of a urolithin or a composition comprising a urolithin.

23. The method or the use as claimed in any one of claims 1 to 22, wherein the amount of the urolithin is 300-500 mg, 450-750 mg, or 600-1000 mg.

24. The method or the use as claimed in any one of claims 1 to 22, wherein the amount of the urolithin is 500 mg.

25. The method or the use as claimed in any one of claims 1 to 22, wherein the amount of the urolithin is 1000 mg.

26. The method or the use as claimed in any one of claims 1 to 25, wherein the urolithin is selected from the group consisting of urolithin A, urolithin B, and a combination of urolithin A and urolithin B.

27. The method or the use as claimed in any one of claims 1 to 25, wherein the urolithin is urolithin A.

28. The method or the use as claimed in any one of claims 1 to 25, wherein the urolithin or composition comprising the urolithin, or the medicament is to be administered orally.

29. The method or the use of claim 26, wherein the urolithin or composition comprising the urolithin, or the medicament is to be administered orally.

30. The method or the use of claim 27, wherein the urolithin or composition comprising the urolithin, or the medicament is to be administered orally.