

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau

(43) International Publication Date
06 February 2025 (06.02.2025)



(10) International Publication Number
WO 2025/030001 A3

(51) International Patent Classification:

A61K 31/19 (2006.01) A23L 33/105 (2016.01)
C12P 7/42 (2006.01) A23L 33/115 (2016.01)
C12P 7/52 (2006.01)

SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, RU, TJ, TM), European (AL, AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV, MC, ME, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK, SM, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, KM, ML, MR, NE, SN, TD, TG).

(21) International Application Number:

PCT/US2024/040516

(22) International Filing Date:

01 August 2024 (01.08.2024)

Published:

— with international search report (Art. 21(3))

(25) Filing Language:

English

(88) Date of publication of the international search report:

24 April 2025 (24.04.2025)

(26) Publication Language:

English

(30) Priority Data:

63/517,178 02 August 2023 (02.08.2023) US

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(81) Designated States (unless otherwise indicated, for every kind of national protection available): AE, AG, AL, AM, AO, AT, AU, AZ, BA, BB, BG, BH, BN, BR, BW, BY, BZ, CA, CH, CL, CN, CO, CR, CU, CV, CZ, DE, DJ, DK, DM, DO, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT, HN, HR, HU, ID, IL, IN, IQ, IR, IS, IT, JM, JO, JP, KE, KG, KH, KN, KP, KR, KW, KZ, LA, LC, LK, LR, LS, LU, LY, MA, MD, MG, MK, MN, MU, MW, MX, MY, MZ, NA, NG, NI, NO, NZ, OM, PA, PE, PG, PH, PL, PT, QA, RO, RS, RU, RW, SA, SC, SD, SE, SG, SK, SL, ST, SV, SY, TH, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, WS, ZA, ZM, ZW.

(84) Designated States (unless otherwise indicated, for every kind of regional protection available): ARIPO (BW, CV, GH, GM, KE, LR, LS, MW, MZ, NA, RW, SC, SD, SL, ST,

(54) Title: METHODS AND COMPOSITIONS FOR MAINTAINING SKELETAL MUSCLE MOBILITY AND/OR MASS, AND/OR FOR RECOVERY OF SKELETAL MUSCLE STRENGTH

(57) Abstract: A method for maintaining skeletal muscle mobility and/or mass, and/or for recovery of skeletal muscle strength in an individual in need thereof comprises administering β -hydroxy- β -methylbutyrate (HMB) and at least one olive polyphenol to the individual. A nutritional composition for maintaining skeletal muscle mobility and/or mass, and/or for recovery of skeletal muscle strength in an individual comprises HMB, at least one olive polyphenol, and at least one of: at least one source of protein, at least one source of fat, at least one source of carbohydrate.



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