THE CLAIMS

1. A method of increasing stem cell mobilization in a subject, comprising:

providing a mobilization agent capable of increasing stem cell mobilization; and

administering a quantity of the mobilization agent to the subject in an amount sufficient to increase stem cell mobilization in the subject.

2. The method of claim 1, wherein the mobilization agent is a composition comprising one or more of the following components selected from the group consisting of: *Aphanizomenon flos aquae* or extracts thereof, *Polygonum multiflorum* or extracts thereof, *Lycium barbarum* or extracts thereof, colostrum or extracts thereof, spirulina or extracts thereof, fucoidan, *Hericium erinaceus* or extracts thereof, *Ganoderma Lucidum* or extracts thereof, and/or *Cordyceps Sinensis* or extracts thereof.

3. The method of claim 1, wherein the mobilization agent is *Aphanizomenon flos aquae* or extracts thereof.

4. The method of claim 1, wherein the mobilization agent is *Polygonum multiflorum* or extracts thereof.

5. The method of claim 1, wherein the mobilization agent is fucoidan.

6. The method of claim 1, wherein the stem cell is a very small embryonic-like (VSEL) stem cell.

7. The method of claim 6, wherein the VSEL cell is an activated or quiescent VSEL.

8. The method of claim 1, wherein the stem cell is a blastomere-like stem cell (BLSC) or epiblast-like stem cell (ELSC).

9. The method of claim 1, wherein administering the quantity comprises oral administration.

10. The method of claim 9, wherein the oral administration comprises use of a capsule or a pill.

11. A pharmaceutical composition comprising:

one or more of the following components selected from the group consisting of: *Aphanizomenon flos aquae* or extracts thereof, *Polygonum multiflorum* or extracts thereof, *Lycium barbarum* or extracts thereof, colostrum or extracts thereof, spirulina or extracts thereof, fucoidan, *Hericium erinaceus* or extracts thereof, *Ganoderma Lucidum* or extracts thereof, and/or *Cordyceps Sinensis* or extracts thereof; and

a pharmaceutically acceptable carrier.

CLAIMS

1. A stem cell mobilization agent for use in reducing inflammation in a subject, comprising a mobilization agent comprising *Aphanizomenon flos aquae* or extracts thereof capable of increasing very small embryonic-like (VSEL) stem cell mobilization.

2. A stem cell mobilization agent according to Claim 1, comprising one or more of the following components selected from the group consisting of: *Polygonum multiflorum* or extracts thereof, *Lycium barbarum* or extracts thereof, colostrum or extracts thereof, spirulina or extracts thereof, fucoidan, *Hericium erinaceus* or extracts thereof, *Ganoderma Lucidum* or extracts thereof, and/or *Cordyceps Sinensis* or extracts thereof.

3. A stem cell mobilization agent according to Claim 1 or 2, in which the mobilization agent further comprises *Polygonum multiflorum* or extracts thereof.

4. A stem cell mobilization agent according to Claim 1, 2 or 3, in which the mobilization agent further comprises fucoidan.

5. A stem cell mobilization agent according to any preceding claim, in which the VSEL cell is an activated or quiescent VSEL.

6. A stem cell mobilization agent according to any preceding claim, in which the composition is orally administrable.

7. A stem cell mobilization agent according to Claim 6, in which the composition comprises a capsule or a pill.