

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

(19) World Intellectual Property
Organization

International Bureau

(43) International Publication Date
1 December 2016 (01.12.2016)



(10) International Publication Number
WO 2016/187643 A1

(51) International Patent Classification:
A61K 36/886 (2006.01) *A61K 38/48* (2006.01)
A61K 36/15 (2006.01)

(21) International Application Number:
PCT/AU2015/000406

(22) International Filing Date:
14 July 2015 (14.07.2015)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
2015901913 25 May 2015 (25.05.2015) AU

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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, CZ, DE, DK, DM,
DO, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT,
HN, HR, HU, ID, IL, IN, IR, IS, JP, KE, KG, KN, KP, KR,
KZ, LA, LC, LK, LR, LS, LU, LY, MA, MD, ME, MG,
MK, MN, 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, SM, ST, SV, SY, TH, TJ, TM, TN,
TR, TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM, ZW.

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

Published:

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

(54) Title: COMPOSITION AND USES THEREOF

(57) Abstract: The invention relates to compositions comprising *Pinus pinaster* stem bark extract, papain, and *Aloe vera* extract, and methods of manufacturing same. There are also described methods of treating or preventing a variety of conditions, including treating or preventing elevated blood glucose, pre-diabetes, type 2 diabetes, autoimmune diseases, reducing or decreasing inflammation, treating or preventing diseases characterised by elevated levels of inflammation, and lowering blood cholesterol, said methods comprising administering an effective amount of a composition according to the invention to a subject in need thereof. Uses of the composition of the invention for the manufacture of a medicament for treating or preventing a variety of conditions are also described.

WO 2016/187643 A1