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(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.