Preferably, the composition of the invention may be used in a method for treating or preventing sleep disorders comprising insomnia, hypersomnia, sleep rhythm problem and/or sleep-disruptive behaviors.

In a further particular embodiment of the invention, the composition of the invention is used in a method for preventing or treating fatigue in a subject. Fatigue, or low perceived energy levels, is associated with various conditions such as exertion, inanition, or lack of sleep; an imbalanced or inappropriate diet; acute or chronic stressful states; and can be a concomitant of aging. The degree of an individual's fatigue varies with the causative factors and the duration they have been present. There is also a variance in how each individual person deals with or tolerates fatigue. Intense fatigue can produce physical and/or mental symptoms, negatively affecting one's abilities both during wakefulness and sleep.

By the term "fatigue" is intended, for the purpose of this invention, a "lack of energy", a "lack of vitality" or "weakness", either short term or persistent, including symptoms of the chronic fatigue syndrome that involve unrefreshing sleep, after any exertion, weariness that lasts for more than a day, fatigue that is not the result of excessive work or exercise, fatigue substantially impairs a person's ability to function normally at home, at work, and in social occasions. By the term "vitality", the invention refers to a healthy capacity for vigorous activity. Mild exercise often makes the symptoms; especially fatigue, much worse, sleep or rest does not relieve fatigue. Fatigue leads to physical symptoms that include sore throat, swollen lymph nodes in the neck or armpits, muscle pain, pain without redness or swelling in a number of joints, intense or changing patterns of headaches, short-term memory loss or a severe inability to concentrate that affects work, school, or other normal activities.
In this ~~embodiemnt~~embodiment, the composition of the invention is preferably used in the prevention or the treatment of fatigue comprising the lack of energy, the lack of vitality or weakness.

According to the invention, “fatigue disorders” preferably comprises chronic fatigue ~~syndrom~~syndrome or ~~CSF~~CFS. In 1994 an updated case definition was developed by an international working group of CFS experts. Although the criteria were designed to be used for research purposes, physicians utilize them as diagnostic guidelines for

CFS. A ~~CSF~~ CFS ~~questionaire~~questionnaire is illustrated in example 4. The case definition criteria, calls for four of eight symptoms to be present along with fatigue that interferes with physical, mental, social and educational activities. Both the fatigue and symptoms must have occurred for [at least] a six month period. People with CFS may experience many more than the eight symptoms named in the case definition, so knowledgeable physicians will take this fact into consideration when making a diagnosis (after other possible reasons for symptoms have been ruled out).
In this particular embodiment the composition of the invention is used in the prevention or the treatment of fatigue comprising the enhancement of the prevention, the treatment or the alleviation of fatigue disorders consisting of Chronic Fatigue ~~Syndrom~~Syndrome (~~CSF~~CFS).

Everybody suffers from bad mood or mild depression sometimes but to get out of it is difficult. The composition of the invention is preferably used to improving or boosting mood and consequently presents direct or indirect effect on mood. By consuming the composition of the invention one can improve its mood as well as its energy levels. Without being bound by theory, the composition of the invention provides a feel-good brain chemical and thereby boosts mood.

In a particular embodiment of the invention, the composition of the invention is used to enhance the vigour and mood states of a mammal, preferably a Human.
As used herein the term "vigour" means active bodily or mental strength or force. Vigour is also intensity of action or effect and is evidenced by active, healthy, well balanced mental and physical states. Feelings of vigour or fatigue can be assessed through a Profile of Mood States questionnaire (POMS) (McNair DM, Lorr M, Droppleman LF "EdITS manual for the Profile of Mood States" San Diego: CA: EdITS Educational & Industrial Testing Service; 1992). The POMS questionnaire has been validated as a method to determine significant differences in subjective feelings subject while undergoing a clinical trial.

In this particular embodiment, the composition of the invention is preferably used in the improvement of mood comprising the enhancement of the vigour, the alleviation of negative mood and the stimulation or boosting of positive mood (as defined above). For example, "negative moods" have been connected with depression, anxiety,

Preferably, the composition of the invention may be used in a method for treating or preventing sleep disorders comprising insomnia, hypersomnia, sleep rhythm problem and/or sleep-disruptive behaviors.

In a further particular embodiment of the invention, the composition of the invention is used in a method for preventing or treating fatigue in a subject. Fatigue, or low perceived energy levels, is associated with various conditions such as exertion, inanition, or lack of sleep; an imbalanced or inappropriate diet; acute or chronic stressful states; and can be a concomitant of aging. The degree of an individual's fatigue varies with the causative factors and the duration they have been present. There is also a variance in how each individual person deals with or tolerates fatigue. Intense fatigue can produce physical and/or mental symptoms, negatively affecting one's abilities both during wakefulness and sleep.

By the term "fatigue" is intended, for the purpose of this invention, a "lack of energy", a "lack of vitality" or "weakness", either short term or persistent, including symptoms of the chronic fatigue syndrome that involve unrefreshing sleep, after any exertion, weariness that lasts for more than a day, fatigue that is not the result of excessive work or exercise, fatigue substantially impairs a person's ability to function normally at home, at work, and in social occasions. By the term "vitality", the invention refers to a healthy capacity for vigorous activity. Mild exercise often makes the symptoms; especially fatigue, much worse, sleep or rest does not relieve fatigue. Fatigue leads to physical symptoms that include sore throat, swollen lymph nodes in the neck or armpits, muscle pain, pain without redness or swelling in a number of joints, intense or changing patterns of headaches, short-term memory loss or a severe inability to concentrate that affects work, school, or other normal activities.
In this embodiment, the composition of the invention is preferably used in the prevention or the treatment of fatigue comprising the lack of energy, the lack of vitality or weakness.

According to the invention, “fatigue disorders” preferably comprises chronic fatigue syndrome or CFS. In 1994 an updated case definition was developed by an international working group of CFS experts. Although the criteria were designed to be used for research purposes, physicians utilize them as diagnostic guidelines for CFS.

A CFS questionnaire is illustrated in example 4. The case definition criteria, calls for four of eight symptoms to be present along with fatigue that interferes with physical, mental, social and educational activities. Both the fatigue and symptoms must have occurred for [at least] a six month period. People with CFS may experience many more than the eight symptoms named in the case definition, so knowledgeable physicians will take this fact into consideration when making a diagnosis (after other possible reasons for symptoms have been ruled out).
In this particular embodiment the composition of the invention is used in the prevention or the treatment of fatigue comprising the enhancement of the prevention, the treatment or the alleviation of fatigue disorders consisting of Chronic Fatigue Syndrome (CFS).

Everybody suffers from bad mood or mild depression sometimes but to get out of it is difficult. The composition of the invention is preferably used to improving or boosting mood and consequently presents direct or indirect effect on mood. By consuming the composition of the invention one can improve its mood as well as its energy levels. Without being bound by theory, the composition of the invention provides a feel-good brain chemical and thereby boosts mood.

In a particular embodiment of the invention, the composition of the invention is used to enhance the vigour and mood states of a mammal, preferably a Human.
As used herein the term "vigour" means active bodily or mental strength or force. Vigour is also intensity of action or effect and is evidenced by active, healthy, well balanced mental and physical states. Feelings of vigour or fatigue can be assessed through a Profile of Mood States questionnaire (POMS) (McNair DM, Lorr M, Droppleman LF "EdITS manual for the Profile of Mood States" San Diego: CA: EdITS Educational & Industrial Testing Service; 1992). The POMS questionnaire has been validated as a method to determine significant differences in subjective feelings subject while undergoing a clinical trial.

In this particular embodiment, the composition of the invention is preferably used in the improvement of mood comprising the enhancement of the vigour, the alleviation of negative mood and the stimulation or boosting of positive mood (as defined above). For example, "negative moods" have been connected with depression, anxiety,

CLAIMS

1. A use of a composition consisting of ellagitannins ~~rich extracts~~ originat<u>inged</u> from plant extracts of the Fagaceae family, in the manufacture of a medicament for preventing or treating sleep disorders, anxiety disorders, <u>chronic</u> fatigue <u>syndrome (CFS)</u> as well as for <u>mood disorders selected among depression and /or mania</u> ~~improving mood, reducing tensions and raising energy~~ in a subject.

2. The use according to claim 1, wherein said ellagitannins ~~rich extracts~~ originat<u>inged</u> from plant extracts of the Fagacaea family comprise Roburins or derivatives thereof.

3. The use of claim~~s~~ 1 or 2, wherein the plant extracts of the Fagacaea family are selected among genera *Quercus*, *Castanea*, and *Fagus* or mixtures thereof.

4. The use of claim 3, wherein the plant extracts of the Fagacaea family consists of oak woods extracts.

5. The use of claim 4, wherein the plant extracts of the Fagacaea family consists of *Quercus robur* extracts.

6. The use of any of claims 1 to 5, wherein the sleep disorders comprise insomnia, hypersomnia, sleep rhythm problem and/or sleep-disruptive behaviors.

~~7. The use of any of claims 1 to 5, wherein the improvement of mood comprises the enhancement of the vigour, the alleviation of negative mood and the stimulation of positive mood.~~

~~8. The use of claim 7, wherein the improvement of mood comprises the enhancement of the prevention, the treatment or the alleviation of mood disorders selected among depression and /or mania.~~

~~9. The use of any of claims 1 to 5, wherein the prevention or the treatment of fatigue comprises the lack of energy, the lack of vitality or weakness.~~

~~10. The use of claim 8, wherein the prevention or the treatment of fatigue comprises the enhancement of the prevention, the treatment or the alleviation of fatigue disorders consisting of Chronic Fatigue Syndrom (CSF).~~

7~~11~~. The use of any of claims 1 to 5, wherein the anxiety disorders comprise Post Traumatic Stress Disorder (PTSD), panic symptom, persistent worry, doubt, dread, fear, uneasiness, obsessive thoughts, repeated thoughts, flashbacks of traumatic experiences, mood instability, agitation, restlessness, dyspepsia, headaches, dyspnea, nightmares, ritualistic behaviors, insomnia, cold or sweaty hands and/or feet, shortness of breath, palpitations, hyper alertness, exaggerated startle response, avoidance of particular activities, avoidance of particular thoughts, diminished intensity of feelings, dry mouth, numbness or tingling in the hands or feet, nausea, muscle tension, or dizziness.

~~12. The use of any of claims 1 to 5, wherein the reduction of tensions comprise the reduction of adrenaline production, muscular tension, short term resistance as a coping mechanism, exhaustion, degrees of acute and persistent fatigue, irritability, inability to concentrate, aches/pains, fatigue or a "lack of energy", the lack of appetite, lightheadedness, chest discomfort, insomnia, the prevalence of colds, poor judgment, chronic worrying, the lack of reasoning ability, the lack of concentration.~~

8~~13~~. The use according to any of claims 1 to 7~~11~~, in the form of a food preparation, a dietary supplement, a nutraceutical, or a beverage.

9~~14~~. The use of claim~~s~~ 8~~12~~, wherein the beverage is an energy drink.

10~~15~~. The use according to any of claims 1 to 9~~13~~, wherein the composition is adapted for an oral administration.

11. A non-therapeutic method of using a composition consisting of ellagitannins originating from plant extracts of the Fagaceae family for improving mood, reducing tensions, preventing fatigue and raising energy in a subject comprising administering the said composition to the subject.

12. The non-therapeutic method according to claim 11, wherein the plant extracts of the Fagacaea family consists of *Quercus robur* extracts.

13. The non-therapeutic method according to any of claim 11 or 12, wherein the improvement of mood comprises the enhancement of the vigour, the alleviation of negative mood and the stimulation of positive mood.

14. The non-therapeutic method according to claim 11 or 12, wherein the prevention of fatigue comprises the lack of energy, the lack of vitality or weakness.

15. The non-therapeutic method according to any of claims 11 or 12, wherein the reduction of tensions comprises the reduction of adrenaline production, muscular tension, short term resistance as a coping mechanism, exhaustion, fatigue, irritability, lack of energy, the lack of appetite, light headedness, chest discomfort, poor judgment, worrying, the lack of reasoning ability, the lack of concentration.

CLAIMS

1. A use of a composition consisting of ellagitannins originating from plant extracts of the Fagaceae family, in the manufacture of a medicament for preventing or treating sleep disorders, anxiety disorders, chronic fatigue syndrome (CFS) as well as for mood disorders selected among depression and /or mania in a subject.

2. The use according to claim 1, wherein said ellagitannins originating from plant extracts of the Fagacaea family comprise Roburins or derivatives thereof.

3. The use of claim 1 or 2, wherein the plant extracts of the Fagacaea family are selected among genera *Quercus*, *Castanea*, and *Fagus* or mixtures thereof.

4. The use of claim 3, wherein the plant extracts of the Fagacaea family consists of oak woods extracts.

5. The use of claim 4, wherein the plant extracts of the Fagacaea family consists of *Quercus robur* extracts.

6. The use of any of claims 1 to 5, wherein the sleep disorders comprise insomnia, hypersomnia, sleep rhythm problem and/or sleep-disruptive behaviors.

7. The use of any of claims 1 to 5, wherein the anxiety disorders comprise Post Traumatic Stress Disorder (PTSD), panic symptom, persistent worry, doubt, dread, fear, uneasiness, obsessive thoughts, repeated thoughts, flashbacks of traumatic experiences, mood instability, agitation, restlessness, dyspepsia, headaches, dyspnea, nightmares, ritualistic behaviors, insomnia, cold or sweaty hands and/or feet, shortness of breath, palpitations, hyper alertness, exaggerated startle response, avoidance of particular activities, avoidance of particular thoughts, diminished intensity of feelings, dry mouth, numbness or tingling in the hands or feet, nausea, muscle tension, or dizziness.

8. The use according to any of claims 1 to 7, in the form of a food preparation, a dietary supplement, a nutraceutical, or a beverage.

9. The use of claim 8, wherein the beverage is an energy drink.

10. The use according to any of claims 1 to 9, wherein the composition is adapted for an oral administration.

11. A non-therapeutic method of using a composition consisting of ellagitannins originating from plant extracts of the Fagaceae family for improving mood, reducing tensions, preventing fatigue and raising energy in a subject comprising administering the said composition to the subject.

12. The non-therapeutic method according to claim 11, wherein the plant extracts of the Fagacaea family consists of *Quercus robur* extracts.

13. The non-therapeutic method according to any of claim 11 or 12, wherein the improvement of mood comprises the enhancement of the vigour, the alleviation of negative mood and the stimulation of positive mood.

14. The non-therapeutic method according to claim 11 or 12, wherein the prevention of fatigue comprises the lack of energy, the lack of vitality or weakness.

15. The non-therapeutic method according to any of claims 11 or 12, wherein the reduction of tensions comprises the reduction of adrenaline production, muscular tension, short term resistance as a coping mechanism, exhaustion, fatigue, irritability, lack of energy, the lack of appetite, light headedness, chest discomfort, poor judgment, worrying, the lack of reasoning ability, the lack of concentration.