【CLAIMS】

【Claim 1】

Use of a composition in the manufacture of a medicament for suppressing muscle loss or promoting myogenesis, which increases the level of microRNA-26a (miRNA-26a) in an extracellular vesicle secreted from fibroblasts, the composition comprising a material selected from the group consisting of betaine, a camellia japonica flower extract, camelliaside A, myricetin, naringenin, nobiletin, kojyl carboxy dipeptide-23, L-carnosine and copper tripeptide, or a combination thereof.

【Claim 2】

The use of claim 1, wherein the extracellular vesicle is an exosome.

【Claim 3】

The use of claim 1, wherein the composition reduces the expression of muscle loss-related genes selected from the group consisting of muscle ring-finger protein-1 (MURF1), atrogin-1 and myostatin.

【Claim 4】

The use of claim 1, wherein the composition increases the expression of a myoD gene that promotes myogenesis.

【Claim 5】

The use of claim 1, wherein the composition is a cream, lotion, ointment or gel formulation.

【Claim 6】

Use of a pharmaceutical composition in the manufacture of a medicament for preventing or treating a muscle reduction-related muscle disease, comprising the composition of claim 1 as an active ingredient.

【Claim 7】

The use of claim 6, wherein the muscle reduction-related muscle disease is selected from the group consisting of sarcopenia, muscular atrophy, muscular dystrophy and myasthenia.

【Claim 8】

The use of any one of claims 1 to 7, wherein the composition or pharmaceutical composition is formulated to be administered via skin application.