CLAIMS

1. A composition comprising:
    a) a medium-chain triglyceride;
        wherein the medium-chain triglyceride makes up 20-80% w/w of the composition;
    b) urolithin A; and
    c) lecithin wherein the lecithin makes up 1% to 40% w/w of the composition

2. The composition as claimed in claim 1 wherein the compound of Formula (I) has a D_{50} size in the range 0.5 to 50 μm and a D_{90} size in the range 5 to 100 μm.

3. The composition as claimed in any preceding claim wherein the medium-chain triglyceride makes up:
(b) 20-60% w/w of the composition; or
(c) 30-80% w/w of the composition.

4. The composition as claimed in any one of claims 1 to 34 wherein the weight ratio between the medium-chain triglyceride component and the urolithin is in the range 0.5:1 to 3:1.

5. The composition as claimed in any one of claims 1 to 4 wherein the medium-chain triglyceride comprises calprylic acid and/or capric acid, for example, wherein the medium-chain triglyceride is derived from a source selected from coconut oil, palm oil and dairy fat.

6. The composition as claimed in claim 7, wherein the lecithin makes up
(a) 30-40%w/w of the composition; or
(b) 30-35%w/w of the composition.

7. The composition as claimed in any one of claims 1 to 6, further comprising a stabiliser, for example, glycerol monostearate.

8. The composition as claimed in any one of claims 1 to 7 wherein the composition is in the form of a solid (for example a bar), a semi-solid (for example a softgel, capsule (for example a hard capsule) or dragee), or a liquid (including emulsions), for example, wherein the composition is in the form of a softgel.

9. The composition as claimed in any one of claims 1 to 8 for use as a medicament, dietary supplement, functional food or medical food.

10. The composition as claimed in any one of claims 1 to 8 for use as a medicament.

11. Use of the composition as claimed in any one of claims 1 to 8, in the manufacture of a medicament for the treatment and/or prophylaxis of a muscle-related pathological condition.

12. The use as claimed in claim 11 wherein the muscle-related pathological condition is selected from musculoskeletal diseases or disorders; muscle wasting; myopathies; neuromuscular diseases, such as Duchenne muscular dystrophy and other dystrophies; sarcopenia, for example, acute sarcopenia; muscle atrophy and/or cachexia.

13. The use as claimed in claim 12 wherein the muscle-related pathological condition is sarcopenia, for example acute sarcopenia.

14. A non-therapeutic method of enhancing muscle performance comprising administering to a subject an effective amount of a compositon as claimed in any one of claims 1 to 8, wherein the subject is a healthy individual or an elderly individual.

15. The non-therapeutic method of enhancing muscle performance as claimed in claim 14, wherein the subject suffers age-related decline in muscle function, physical fatigue, muscle fatigue, and/or is frail or pre-frail, for example, wherein the subject is frail or pre-frail.

16. A non-therapeutic method of improving physical performance, comprising administering to a subject an effective amount of a compositon as claimed in any one of claims 1 to 8, wherein the subject is a healthy individual or an elderly individual.

17. A non-therapeutic method of increasing muscle strength, increasing or maintaining muscle mass or improving muscle recovery, comprising administering to a subject an effective amount of a compositon as claimed in any one of claims 1 to 8, wherein the subject is a healthy individual or an elderly individual.

18. A non-therapeutic method of improving physical endurance, comprising administering to a subject an effective amount of a compositon as claimed in any one of claims 1 to 8, wherein the subject is a healthy individual or an elderly individual.

19. A non-therapeutic method of inhibiting or retarding physical fatigue, enhancing working capacity and endurance, reducing muscle fatigue, enhancing cardiac and cardiovascular function, comprising administering to a subject an effective amount of a compositon as claimed in any one of claims 1 to 8, wherein the subject is a healthy individual or an elderly individual.

20. A non-therapeutic method of enhancing sports performance, comprising administering to a subject an effective amount of a compositon as claimed in any one of claims 1 to 8, wherein the subject is a healthy individual or an elderly individual.

21. The use of a composition as claimed in any one of claims 1 to 8 for non-disease health conditions characterised by inadequate mitochondrial activity.

22. The composition as claimed in any one of claims 1 to 8 for use in the treatment of disease conditions characterised by inadequate mitochondrial activity.