CLAIMS

1. A method of preparing a salt of urolithin A, comprising: combining in an alkaline aqueous solution a copper-containing catalyst, 2-bromo-5-hydroxybenzoic acid, and resorcinol, thereby forming the salt of urolithin A; wherein the molar ratio of resorcinol to 2-bromo-5-hydroxybenzoic acid is about 3.8:1 to about 4.2:1; the alkaline aqueous solution comprises NaOH; the molar ratio of NaOH to 2-bromo-5-hydroxybenzoic acid is about 4.2:1 to about 4.6:1; and the copper-containing catalyst is $CuSO_4$ pentahydrate.

2. The method of claim 1, wherein the amount of the copper-containing catalyst is at least a trace amount but no more than 0.01 molar equivalents relative to the amount of 2-bromo-5-hydroxybenzoic acid.

3. The method of claim 1, wherein the molar ratio of resorcinol to 2-bromo-5-hydroxybenzoic acid is about 4.0:1.

4. The method of claim 1, wherein the molar ratio of NaOH to 2-bromo-5-hydroxybenzoic acid is about 4.4:1.

5. The method of claim 1, wherein the salt of urolithin A is urolithin A monosodium salt.

6. The method of claim 1, wherein the salt of urolithin A is urolithin A disodium salt.

7. The method of claim 1, further comprising isolating the salt of urolithin A, to give an isolated salt of urolithin A.

8. The method of claim 7, wherein the isolated salt of urolithin A is isolated by filtration.

9. The method of claim 7, wherein the isolated salt of urolithin A contains less than about 1 ppm copper.

10. The method of claim 7, further comprising combining a Bronsted acid and the isolated salt of urolithin A, to give a slurry; wherein the Bronsted acid is a carboxylic acid.

11. The method of claim 10, wherein the carboxylic acid is glacial acetic acid.

12. The method of claim 7, wherein the isolated salt of urolithin A is urolithin A monosodium salt.

13. The method of claim 7, wherein the isolated salt of urolithin A is urolithin A disodium salt.

14. The method of claim 10, further comprising heating the slurry at a temperature in the range of about 100° C. to about 130° C. for a period of time.

15. The method of claim 10, further comprising maintaining the slurry at a temperature in the range of about 15° C. to about 25° C. for a period of time.

16. The method of claim 10, further comprising isolating urolithin A from the slurry.

17. The method of claim 1, wherein the molar ratio of resorcinol to 2-bromo-5-hydroxybenzoic acid is about 4.0:1; and the molar ratio of NaOH to 2-bromo-5-hydroxybenzoic acid is about 4.4:1.