CLAIMS

1. Use of lactic acid or a lactate salt as an active ingredient in the preparation of a product for regulating and/or promoting growth, regeneration or healing of a tissue, wherein the tissue is at least one of muscle tissue, tendon, fascia, and cartilage, and wherein the lactate salt is one or more of sodium lactate, potassium lactate, lithium lactate, calcium lactate, magnesium lactate, ferrous lactate, zinc lactate, aluminum lactate, chitosan lactate, halofuginone lactate, trimethoprim lactate, 1-ethyl-3-methylimidazole L-(+)-lactate, 2-hydroxyethyl-trimethylammonium L-(+)-lactate, and L-lactic acid tetrabutylammonium salt.

2. The use according to claim 1, wherein the product is one or more of a medical drug, a kit, a health product, and a medical device.

3. The use according to claim 1, wherein the product is an aqueous solution of lactic acid or the lactate salt.

4. The use according to claim 3, wherein the lactic acid or the lactate salt has a concentration of 25 mmol/L-75 mmol/L.

5. Use of lactic acid or a lactate salt as an active ingredient in the preparation of a medical drug and/or a medical device for preventing and/or treating tissue injury, wherein the tissue injury is injury to one or more of muscle tissue, tendon, fascia, and cartilage, and wherein the lactate salt is one or more of sodium lactate, potassium lactate, lithium lactate, calcium lactate, magnesium lactate, ferrous lactate, zinc lactate, aluminum lactate, chitosan lactate, halofuginone lactate, trimethoprim lactate, 1-ethyl-3-methylimidazole L-(+)-lactate, 2-hydroxyethyl-trimethylammonium L-(+)-lactate, and L-lactic acid tetrabutylammonium salt.

6. The use according to claim 5, wherein the medical drug further comprises a pharmaceutically acceptable carrier.

7. The use according to any one of claims 1 to 6, wherein the lactic acid or lactate salt is the only active ingredient.

8. The use according to claim 5 or 6, wherein the lactic acid or lactate salt is formulated as an injection.

9. The use according to claim 5 or 6, wherein the lactic acid or lactate salt is formulated into an aqueous solution.

10. The use according to claim 9, wherein the lactic acid or the lactate salt has a concentration of 25 mmol/L-75 mmol/L.