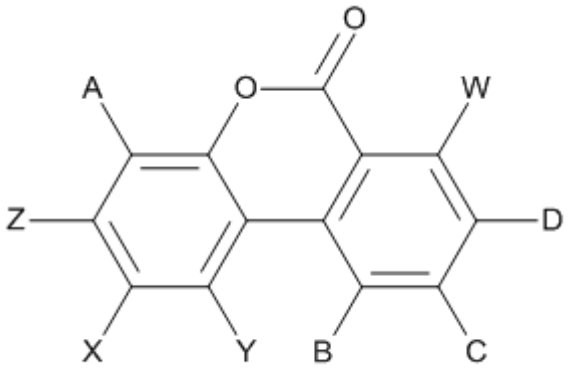
CLAIMS

1. A composition comprising:
   a) a medium-chain triglyceride; and
   b) a compound of formula (I) or a salt thereof:



(I)

wherein:

A, B, C and D are each independently selected from H and OH;

W, X and Y are each independently selected from H and OH; and

Z is selected from H and OH.

2. The composition as claimed in claim 1, wherein the compound of Formula (I) is Urolithin A.

3. The composition as claimed in claim 1 or claim 2 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.

4. The composition as claimed in any preceding claim wherein the medium-chain triglyceride makes up:
   (a) 20-99% w/w of the composition;
   (b) 20-60% w/w of the composition; or
   (c) 30-80% w/w of the composition.

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

6. The composition as claimed in any one of claims 1 to 5 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.

7. The composition as claimed in any one of claims 1 to 6, further comprising an emulsifier, for example, wherein the emulsifier is a source of phosphatidylcholine, such as lecithin.

8. The composition as claimed in claim 7, wherein the lecithin makes up

(a) 0.5-80%w/w of the composition; or

(b) 1-40%w/w of the composition.

9. The composition as claimed in any one of claims 1 to 8, further comprising a stabiliser, for example, glycerol monostearate.

10. The composition as claimed in any one of claims 1 to 9 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.

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

12. The composition as claimed in any one of claims 1 to 9 for use as a medicament.

13. Use of the composition as claimed in any one of claims 1 to 9, in the manufacture of a medicament for the treatment and/or prophylaxis of a muscle-related pathological condition.

14. The use as claimed in claim 13 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.

15. The use as claimed in claim 14 wherein the muscle-related pathological condition is sarcopenia, for example acute sarcopenia.

16. A 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 9.

17. The method of enhancing muscle performance as claimed in claim 16, wherein the subject suffers age-related decline in muscle function, age-related sarcopenia, age-related muscle wasting, physical fatigue, muscle fatigue, and/or is frail or pre-frail, for example, wherein the subject is frail or pre-frail.

18. The use of a composition as claimed in any one of claims 1 to 9 in a method of improving physical performance.

19. The use of a composition as claimed in Claim 18 wherein the improvement in physical performance is in a healthy individual or in the elderly.

20. The use of a composition as claimed in any one of claims 1 to 9 in a method of increasing muscle strength, increasing or maintaining muscle mass or improving muscle recovery.

21. The use of a composition as claimed in any one of claims 1 to 9 in a method of improving physical endurance.

22. The use of a composition as claimed in any one of claims 1 to 9 in a method of inhibiting or retarding physical fatigue, enhancing working capacity and endurance, reducing muscle fatigue, enhancing cardiac and cardiovascular function.

23. The use of a composition as claimed in any one of claims 1 to 9 in a method of enhancing sports performance.

24. The use of a composition as claimed in any one of claims 1 to 9 for non-disease health conditions characterised by inadequate mitochondrial activity.

25. The composition as claimed in any one of claims 1 to 9 for use in the treatment of disease conditions characterised by inadequate mitochondrial activity.