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(54) Title: METHODS FOR ENHANCING AGED MUSCLE REGENERATION

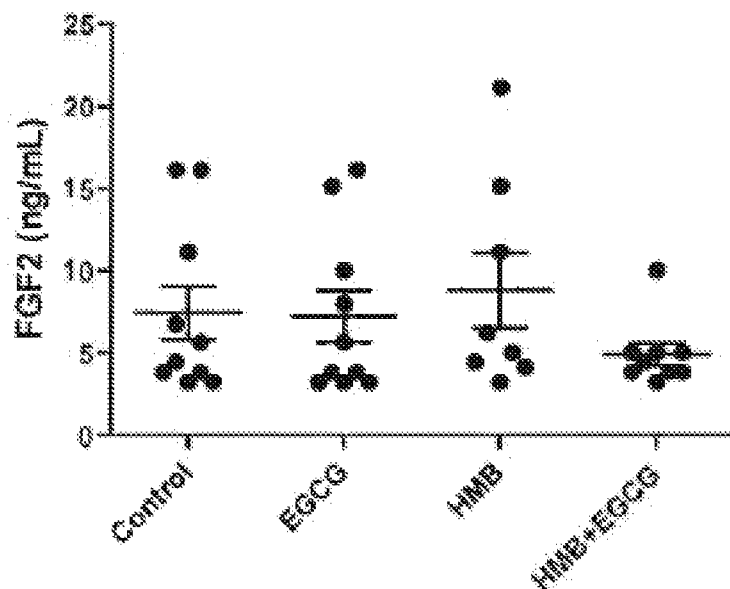


FIG. 1

(57) Abstract: Compositions and methods for enhancing the regenerative capacity of an individual are provided. The compositions include, and the methods provide, a combination of an effective amount of epigallocatechin-3-gallate (EGCg) and an effective amount of beta-hydroxy-beta-methylbutyrate (HMB) to decrease the level of intramuscular FGF2, to enhance the regenerative capacity of muscle, or both.

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