# CLAIMS

1. A composition for suppressing fatty degeneration of a muscle, the composition comprising quercetin or a glycoside thereof.

2. A composition for suppressing fatty degeneration of a muscle, the composition comprising quercetin or a glycoside thereof, and suppressing a differentiation process from myosatellite cells into adipocyte-like cells.

3. A composition for improving muscle quality, the composition comprising quercetin or a glycoside thereof, and suppressing differentiation process from myosatellite cells into adipocyte-like cells.

4. A composition for improving muscle mass, the composition comprising quercetin or a glycoside thereof, and suppresing a differentiation process from myosatellite cells into adipocyte-like cells.

5. A composition for improving muscle strength, the composition comprising quercetin or a glycoside thereof, and suppressing a differentiation process from myosatellite cells into adipocyte-like cells.

6. A composition for suppressing muscular atrophy, the composition comprising quercetin or a glycoside thereof, and suppressing a differentiation process from myosatellite cells into adipocyte-like cells.

7. A composition for improving motor function, the composition comprising quercetin or a glycoside thereof, and suppressing a differentiation process from myosatellite cells into

adipocyte-like cells.

8. The composition according to any one of claims 1 to 7, which has an effect on suppressing an increase of adipocyte-like cells in a muscle.

9. The composition according to any one of claims 1 to 8, which has an effect on suppressing an increase of oil droplets in a muscle.

10. The composition according to any one of claims 1 to 9, which has an effect on suppressing an increase in an amount of triglyceride in a muscle.

11. The composition according to any one of claims 1 to 10, wherein the composition is an agent.

12. Use of quercetin or a glycoside thereof for suppressing a differentiation process from myosatellite cells into adipocyte-like cells.

13. A method for suppressing a differentiation process from myosatellite cells into adipocyte-like cells, the method comprising administering quercetin or a glycoside thereof.

# CLAIMS

1. Use of quercetin or a glycoside thereof in the manufacture of a medicament for suppressing an increase of adipocyte-like cells in a muscle in a subject by suppressing a differentiation process from myosatellite cells into adipocyte-like cells in the subject.

2. Use of quercetin or a glycoside thereof in the manufacture of a medicament for suppressing an increase of oil droplets in the muscle in a subject by suppressing a differentiation process from myosatellite cells into adipocyte-like cells in the subject.

3. Use of quercetin or a glycoside thereof in the manufacture of a medicament for suppressing an increase in an amount of triglyceride in the muscle in a subject by suppressing a differentiation process from myosatellite cells into adipocyte-like cells in the subject.

4. The use according to any one of Claims 1 to 3, wherein the subject has a functional disorder of musculoskeletal organs or locomotive syndrome due to aging.