## CLAIMS

1. A use of a composition consisting of ellagitannins rich extracts originated from plant extracts of the Fagaceae family, in the manufacture of a medicament ~~for use in a method~~ for preventing or treating sleep disorders, anxiety disorders, fatigue as well as for improving mood, reducing tensions and raising energy in a subject.

2. The ~~composition for~~ use according to claim 1, wherein said ellagitannins rich extracts originated from plant extracts of the Fagacaea family comprise Roburins or derivatives thereof.

3. The ~~composition for~~ use of claims 1 or 2, wherein the plant extracts of the Fagacaea family are selected among genera *Quercus*, *Castanea*, and *Fagus* or mixtures thereof.

4. The ~~composition for~~ use of claim 3, wherein the plant extracts of the Fagacaea family consists of oak woods extracts.

5. The ~~composition for~~ use of claim 4, wherein the plant extracts of the Fagacaea family consists of *Quercus robur* extracts.

6. The ~~composition for~~ use of any of claims 1 to 5, wherein the sleep disorders comprise insomnia, hypersomnia, sleep rhythm problem and/or sleep-disruptive behaviors.

7. The ~~composition for~~ use of any of claims 1 to 5, wherein the improvement of mood comprises the enhancement of the vigour, the alleviation of negative mood and the stimulation of positive mood.

8. The ~~composition for~~ use of claim 7, wherein the improvement of mood comprises the enhancement of the prevention, the treatment or the alleviation of mood disorders selected among depression and /or mania.

~~8~~9. The ~~composition for~~ use of any of claims 1 to 5, wherein the prevention or the treatment of fatigue comprises the lack of energy, the lack of vitality or weakness.

~~9~~10. The ~~composition for~~ use of claim 8, wherein the prevention or the treatment of fatigue comprises the enhancement of the prevention, the treatment or the alleviation of fatigue disorders consisting of Chronic Fatigue Syndrom (CSF).

~~10~~11. The ~~composition for~~ use of any of claims 1 to 5, wherein the anxiety disorders comprise Post Traumatic Stress Disorder (PTSD), panic symptom, persistent worry, doubt, dread, fear, uneasiness, obsessive thoughts, repeated thoughts, flashbacks of traumatic experiences, mood instability, agitation, restlessness, dyspepsia, headaches, dyspnea, nightmares, ritualistic behaviors, insomnia, cold or sweaty hands and/or feet, shortness of breath, palpitations, hyper alertness, exaggerated startle response, avoidance of particular activities, avoidance of particular thoughts, diminished intensity of feelings, dry mouth, numbness or tingling in the hands or feet, nausea, muscle tension, or dizziness.

~~11~~12. The ~~composition for~~ use of any of claims 1 to 5, wherein the reduction of tensions comprise the reduction of adrenaline production, muscular tension, short term resistance as a coping mechanism, exhaustion, degrees of acute and persistent fatigue, irritability, inability to concentrate, aches/pains, fatigue or a "lack of energy", the lack of appetite, lightheadedness, chest discomfort, insomnia, the prevalence of colds, poor judgment, chronic worrying, the lack of reasoning ability, the lack of concentration.

~~12~~13. The ~~composition for~~ use according to any of claims 1 to 11, in the form of a food preparation, a dietary supplement, a nutraceutical, or a beverage.

~~13~~14. The ~~composition for~~ use of claims 12, wherein the beverage is an energy drink.

~~14~~15. The ~~composition for~~ use according to any of claims 1 to 13, wherein the composition is adapted for an oral administration.

~~15 A method for preventing, treating, ameliorating or alleviating symptoms of an anxiety disorder, sleep disorders, fatigue, mood disorder, tensions or stress disorder and/or lack of energy in a human subject suffering from or at risk for said symptoms comprising~~

~~administering to a human in need of such treatment a composition comprising ellagitannins rich extracts originated from plant extracts of the Fagacaea family containing Roburins or derivatives thereof, in an amount effective to prevent, ameliorate or alleviate one or more of said symptoms.~~

## CLAIMS

1. A use of a composition consisting of ellagitannins rich extracts originated from plant extracts of the Fagaceae family, in the manufacture of a medicament for preventing or treating sleep disorders, anxiety disorders, fatigue as well as for improving mood, reducing tensions and raising energy in a subject.

2. The use according to claim 1, wherein said ellagitannins rich extracts originated from plant extracts of the Fagacaea family comprise Roburins or derivatives thereof.

3. The use of claims 1 or 2, wherein the plant extracts of the Fagacaea family are selected among genera *Quercus*, *Castanea*, and *Fagus* or mixtures thereof.

4. The use of claim 3, wherein the plant extracts of the Fagacaea family consists of oak woods extracts.

5. The use of claim 4, wherein the plant extracts of the Fagacaea family consists of *Quercus robur* extracts.

6. The use of any of claims 1 to 5, wherein the sleep disorders comprise insomnia, hypersomnia, sleep rhythm problem and/or sleep-disruptive behaviors.

7. The use of any of claims 1 to 5, wherein the improvement of mood comprises the enhancement of the vigour, the alleviation of negative mood and the stimulation of positive mood.

8. The use of claim 7, wherein the improvement of mood comprises the enhancement of the prevention, the treatment or the alleviation of mood disorders selected among depression and /or mania.

9. The use of any of claims 1 to 5, wherein the prevention or the treatment of fatigue comprises the lack of energy, the lack of vitality or weakness.

10. The use of claim 8, wherein the prevention or the treatment of fatigue comprises the enhancement of the prevention, the treatment or the alleviation of fatigue disorders consisting of Chronic Fatigue Syndrom (CSF).

11. The use of any of claims 1 to 5, wherein the anxiety disorders comprise Post Traumatic Stress Disorder (PTSD), panic symptom, persistent worry, doubt, dread, fear, uneasiness, obsessive thoughts, repeated thoughts, flashbacks of traumatic experiences, mood instability, agitation, restlessness, dyspepsia, headaches, dyspnea, nightmares, ritualistic behaviors, insomnia, cold or sweaty hands and/or feet, shortness of breath, palpitations, hyper alertness, exaggerated startle response, avoidance of particular activities, avoidance of particular thoughts, diminished intensity of feelings, dry mouth, numbness or tingling in the hands or feet, nausea, muscle tension, or dizziness.

12. The use of any of claims 1 to 5, wherein the reduction of tensions comprise the reduction of adrenaline production, muscular tension, short term resistance as a coping mechanism, exhaustion, degrees of acute and persistent fatigue, irritability, inability to concentrate, aches/pains, fatigue or a "lack of energy", the lack of appetite, lightheadedness, chest discomfort, insomnia, the prevalence of colds, poor judgment, chronic worrying, the lack of reasoning ability, the lack of concentration.

13. The use according to any of claims 1 to 11, in the form of a food preparation, a dietary supplement, a nutraceutical, or a beverage.

14. The use of claims 12, wherein the beverage is an energy drink.

15. The use according to any of claims 1 to 13, wherein the composition is adapted for an oral administration.