



(51) International Patent Classification:

A61B 10/02 (2006.01) G01N 1/00 (2006.01)
A61B 5/00 (2006.01)

(21) International Application Number:

PCT/US2022/022200

(22) International Filing Date:

28 March 2022 (28.03.2022)

(25) Filing Language:

English

(26) Publication Language:

English

(30) Priority Data:

63/166,494 26 March 2021 (26.03.2021) US

(71) Applicant: **INGENIOUS INGREDIENTS, LP** [US/US];
2560 King Arthur BLVD, Suite 124-74, Lewisville, Texas
75056 (US).

(72) Inventors: **JÄGER, Ralf**; 730 E. Carlisle Ave., Whitefish
Bay, Wisconsin 53217 (US). **PURPURA, Martin**; 38 W.
Majestic Woods Pl., The Woodlands, Texas 77382 (US).
WELLS, Shawn; 20025 Fiddlers Green Road, Frisco,
Texas 75036 (US). **LIAO, Kylin**; 7700 Windrose Ave.,
Suite G300, Plano, Texas 75024 (US).

(74) Agent: **CORYELL, Matthew**; 215 10th Street, Suite 1300,
Des Moines, Iowa 50309 (US).

(81) Designated States (unless otherwise indicated, for every
kind of national protection available): AE, AG, AL, AM,
AO, AT, AU, AZ, BA, BB, BG, BH, BN, BR, BW, BY, BZ,
CA, CH, CL, CN, CO, CR, CU, CZ, DE, DJ, DK, DM, DO,
DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT, HN,
HR, HU, ID, IL, IN, IR, IS, IT, JM, JO, JP, KE, KG, KH,
KN, KP, KR, KW, KZ, LA, LC, LK, LR, LS, LU, LY, MA,
MD, ME, MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI,
NO, NZ, OM, PA, PE, PG, PH, PL, PT, QA, RO, RS, RU,
RW, SA, SC, SD, SE, SG, SK, SL, ST, SV, SY, TH, TJ, TM,
TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, WS, ZA, ZM,
ZW.

(84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, GH,
GM, KE, LR, LS, MW, MZ, NA, RW, SD, SL, ST, SZ, TZ,
UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, RU, TJ,
TM), European (AL, AT, BE, BG, CH, CY, CZ, DE, DK,
EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV,
MC, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK, SM,

(54) Title: THE USE OF PARAXANTHINE TO REDUCE EXERCISE-INDUCED MENTAL FATIGUE

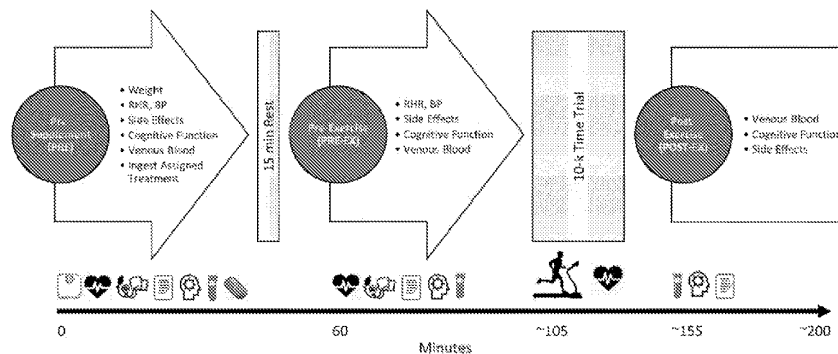


FIG. 1

(57) Abstract: Disclosed herein are compositions and methods for attenuating stress-induced mental fatigue in subject in need thereof by administering to the subject a composition comprising from about 2 mg to about 800 mg of paraxanthine. In certain embodiments, paraxanthine is present in the composition in amount from about 20 mg to about 600 mg. In further embodiments, paraxanthine is present in the composition in amount from about 50 mg to about 400 mg. According to certain embodiments, fatigue attenuated by the instantly disclosed method is a result of physical stress on the subject. Physical stresses that may result in mental fatigue include, but are not limited to, periods of intense exercise.

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TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW,
KM, ML, MR, NE, SN, TD, TG).

Published:

— *with international search report (Art. 21(3))*