Claims:

1. A biologically active extract of *Hibiscus tiliaceus* L., wherein the extract is prepared using and/or comprises *Cocos nucifera* oil~~a plant based oil.~~

2. An extract of claim 1, wherein the *Hibiscus tiliaceus* L.extract is derived from one or more of a bark, leaf, vine, bean, husk or nut.

3. An extract of ~~claim 1 or~~ claim 2, wherein the *Hibiscus tiliaceus* L. extract is derived from bark.

~~4. An extract of any one of claims 1 to 3, wherein the plant based oil is derived from plant seeds or fruit.~~

~~5. An extract of any one of claims 1 to 3, wherein the plant based oil is derived from *Cocos nucifera*.~~

~~6~~4. An extract of any one of claims ~~5~~1-3, wherein the *Cocos nucifera* oil is virgin *Cocos nucifera* oil, refined *Cocos nucifera* oil, hydrogenated *Cocos nucifera* oil or fractionated *Cocos nucifera* oil.

~~7~~5. A composition comprising an extract according to any one of claims 1 to ~~6~~4, and one or more pharmaceutically acceptable carriers, diluents and/or excipients.

~~8~~6. A composition of claim ~~7~~5 for the treatment of bone or cartilage injury and/or the promotion of bone or cartilage formation, repair or regeneration.

~~9~~7. A composition of claim ~~7~~5 or claim ~~8~~6, wherein the composition is administered topically or parenterally.

~~10~~8. A composition of claim ~~9~~7, wherein the parenteral administration is by intraosseous infusion or intrathecal injection.

~~11. A method for promoting the formation, repair or regeneration of bone or cartilage in a subject, the method comprising administering to the subject in need thereof an effective amount of an extract of any one of claims 1 to 6, or a composition of claim 7, or osteoblasts, osteoblastic progenitor cells, or bone segments or fragments cultured in the presence of said extract or composition.~~

~~12. A method of claim 11, further comprising administering to the subject an effective amount of an extract of one or more of *Vigna marina* (Burm.) Merr., *Cocos nucifera* L. or *Terminalia catappa* L.~~

~~13. A method of claim 12, wherein the extract of *Vigna marina* (Burm.) Merr., *Cocos nucifera* L., or *Terminalia catappa* L. is formulated in the same composition as the extract of *Hibiscus tiliaceus* L.~~

~~14. A method of any one of claims 11 to 13, wherein the subject is suffering from a bone or cartilage injury, defect or disease or may be susceptible or predisposed to a bone or cartilage injury, defect or disease.~~

~~15. A method of claim 14, wherein the injury is a bone fracture.~~

~~16. A method of claim 14, wherein the disease is a degenerative bone disease.~~

~~17. A method of claim 16, wherein the degenerative bone disease is osteoporosis.~~

~~18. A method of any one of claims 11 to 17, wherein the subject is undergoing or has undergone a bone or cartilage graft procedure.~~

~~19. A method of claim 18, wherein the graft is a skeletal fusion.~~

~~20. A method of claim 19, wherein the skeletal fusion is a spinal fusion.~~

~~21. A method of any one of claims 11 to 20, wherein the osteoblasts or osteoblastic progenitor cells are autogeneic.~~

~~22. A method of any one of claims 11 to 20, wherein the osteoblasts or osteoblastic progenitor cells are allogeneic.~~

~~23. A method for treating a bone or cartilage injury, defect or disease in a subject, the method comprising administering to the subject an effective amount of an extract, of any one of claims 1 to 6, or a composition of claim 7, or osteoblasts, osteoblastic progenitor cells, or bone segments or fragments cultured in the presence of said extract or composition.~~

~~24. A method of claim 23, further comprising administering to the subject an effective amount of an extract of one or more of Vigna marina (Burm.) Merr., Cocos nucifera L. or Terminalia catappa L.~~

~~25. A method of claim 24, wherein the extract of Vigna marina (Burm.) Merr., Cocos nucifera L., or Terminalia catappa L. is formulated in the same composition as the extract of Hibiscus tiliaceus L.~~

~~26. A method of any one of claims 23 to 25, wherein the injury is a bone fracture.~~

~~27. A method of any one of claims 23 to 25, wherein the disease is a degenerative bone disease.~~

~~28. A method of claim 27, wherein the degenerative bone disease is osteoporosis.~~

~~29. A method of any one of claim 23 to 28, wherein the extract or composition enhances the rate or extent of healing of the injury or disease.~~

~~30. A method of any one of claims 23 to 28, wherein the extract or composition promotes bone or cartilage formation, repair or regeneration.~~

~~31. A method for promoting bone or cartilage growth surrounding a bone or cartilage graft or implantable device, the method comprising administering to a subject prior to, during or after a graft or implantation procedure, an effective amount of extract of any one of claims 1 to 6, or a composition of claim 7, or osteoblasts, osteoblastic progenitor cells or bone segments or fragments cultured in the presence of said extract or composition.~~

~~32. A method of claim 31, further comprising administering to the subject an effective amount of an extract of one or more of Vigna marina (Burm.) Merr., Cocos nucifera L., or Terminalia catappa L.~~

~~33. A method of claim 32, wherein the extract of Vigna marina (Burm) Merr., Cocos nucifera L., or Terminalia catappa L. is formulated in the same composition as the extract of Hibiscus tiliaceus L.~~

~~34. A method of any one of claims 31 to 33, wherein the graft is an autograft or allograft.~~

~~35. A method of any one of claims 31 to 34, wherein the graft procedure is for the repair of a bone fracture or for the purposes of skeletal fusion.~~

~~36. A method of claim 35, wherein the skeletal fusion is a spinal fusion.~~

~~37. A method of claim 31, wherein the implantable device is a bone fixation device or a prosthesis.~~

~~38. A method of claim 31, wherein the extract, the composition, or the osteoblasts, osteoblastic progenitor cells or bone segments or are coated on to the prosthesis, used as an adjunct to the bone fixation device, or used as an adjunct to a bone cement used to anchor the prosthesis or bone fixation device.~~

~~39. A method of claim 38, further comprising administering to the subject an effective amount of an extract of one or more of Vigna marina (Burm). Merr , Cocos nucifera L., or Terminalia catappa L.~~

~~40. A method of claim 39, wherein the extract of Vigna marina (Burm.) Merr., Cocos nucifera L., or Terminalia catappa L. is formulated in the same composition as the extract of Hibiscus tiliaceus L.~~

~~41. A method of any one of claims 13 to 40, wherein the administration to the subject is during an arthroscopic or open surgical procedure.~~

~~42~~9. A method for the formation or growth of bone, the method comprising incubating osteoblasts, osteoblastic progenitor cells or bone segments or fragments in the presence of an effective amount of an extract of any one of claims 1 to ~~6~~4, or a composition of claim ~~7~~5, under conditions suitable to induce the formation or growth of bone.

~~43. A method of claim 42, further comprising administering to the subject an effective amount of an extract of one or more Vigna marina (Burm.) Merr., Cocos nucifera L., or Terminalia catappa L.~~

~~44. A method of claim 43, wherein the extract of Vigna marina (Burm.) Merr., Cocos nucifera L., or Terminalia catappa L. is formulated in the same composition as the extract of Hibiscus tiliaceus L.~~

~~45. A method of any one of claims 13 to 40, wherein Cocos nucifera oil is administered prior to or after the extract or composition is administered.~~

~~46~~10. Use of a biologically active extract of any one of claims 1 to ~~4~~6 or osteoblasts, osteoblastic progenitor cells, or bone segments or fragments cultured in the presence of said extract for the manufacture of a medicament or a pharmaceutical composition for promoting the formation, repair or regeneration of bone or cartilage in a subject.

~~47~~11. Use of a biologically active extract of any one of claims 1 to ~~4~~6 or osteoblasts, osteoblastic progenitor cells, or bone segments or fragments cultured in the presence of said extract for the manufacture of a medicament or a pharmaceutical composition for treating a bone or cartilage injury, defect or disease in a subject.

~~48~~12. Use of a biologically active extract of any one of claims 1 to ~~4~~6 or osteoblasts, osteoblastic progenitor cells, or bone segments or fragments cultured in the presence of said extract for the manufacture of a medicament or a pharmaceutical composition for promoting bone or cartilage growth surrounding a bone or cartilage graft or implantable device.

~~49~~13. Use of a biologically active extract of any one of claims 1 to~~4~~-6 or osteoblasts, osteoblastic progenitor cells, or bone segments or fragments cultured in the presence of said extract for the manufacture of a medicament or a pharmaceutical composition for the formation or growth of bone.

~~50~~14. Use of any one of claims 45 to 49, wherein the biologically active extract further comprises an extract of one or more of Vigna marina (Burm.) Merr., Cocos nucifera L. or Terminalia catappa L.