CLAIMS

1. Use of a quercetin glycoside in the preparation of a composition for inhibiting expression of Mstn.

2. Use of a quercetin glycoside in the preparation of a composition for inhibiting expression of at least one gene selected from Atrogin-1, MuRF-1, Foxo 1, or Redd 1.

3. The use according to claim 1 or 2, wherein the composition inhibits muscle atrophy.

4. The use according to claim 1 or 2, wherein the composition inhibits muscle degradation.

5. The use according to claim 1 or 2, wherein the composition stimulates muscle synthesis.

6. The use according to claim 1 or 2, wherein the composition prevents or treats impaired motor functions or motor disorders.

7. The use according to claim 1 or 2, wherein the composition prevents or treats drug-induced muscle atrophy.

8. The use according to any one of claims 1 to 7, wherein the quercetin glycoside is a mixture of quercetin glycosides having a sugar chain consisting of one to seven glucoses.