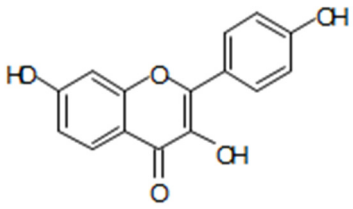
CLAIMS

1. Use of a composition in improvement in physical activity efficiency, the composition comprises a kaempferol analog selected from the group consisting of the following:



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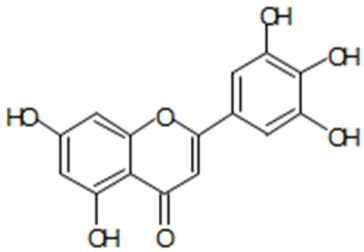

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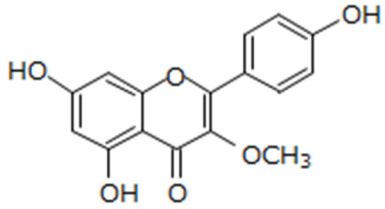

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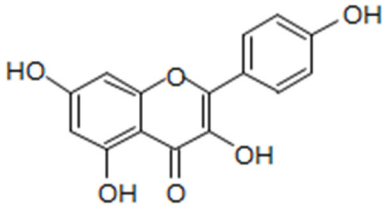

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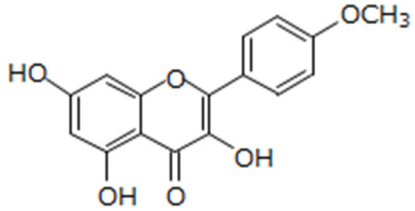

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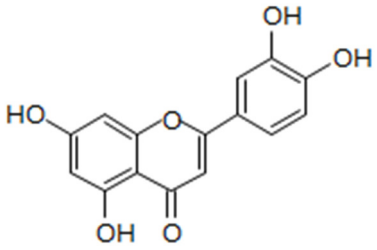
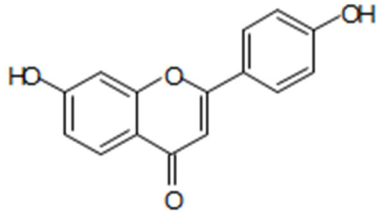
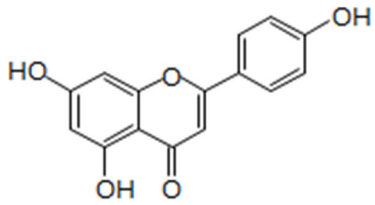

OH
OH
HO
O
OH
O

,


OH
HO
O
O

,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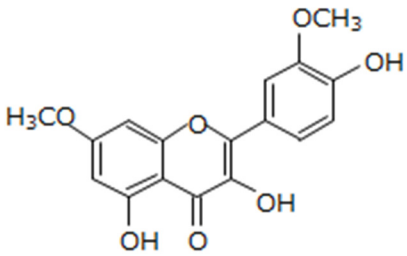
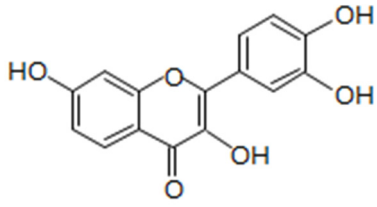
HO
O
OH
O

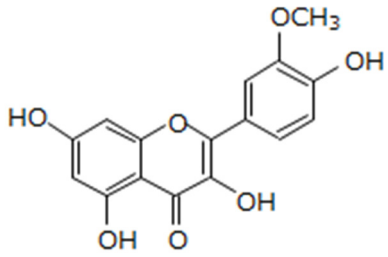
,


OCH3
OH
H3CO
O
OH
OH
O

,


OH
OH
HO
O
OH
O

, and



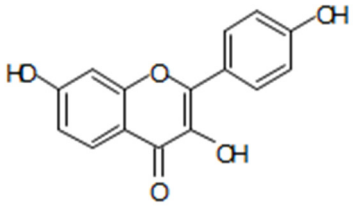
,

or a glycoside thereof.

2. The use according to claim 1, wherein the improvement in physical activity efficiency is improvement in endurance.

3. The use according to claim 1, wherein the improvement in physical activity efficiency is reduction of breathlessness.

4. Use of a composition in reducing fatigue, the composition comprises a kaempferol analog selected from the group consisting of the following:



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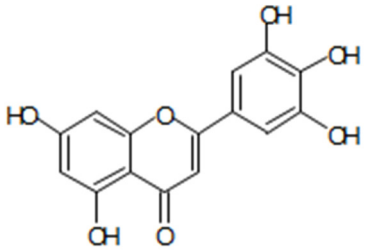

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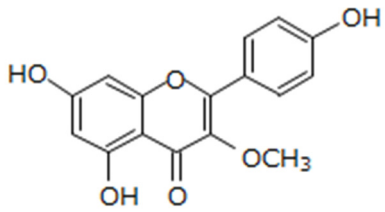
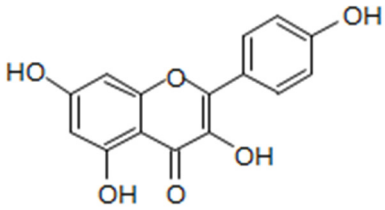
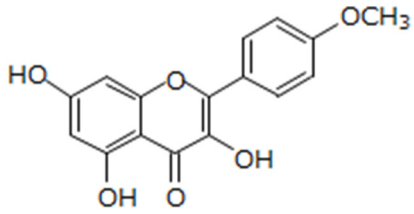

HO
O
OH
OCH3
OH
O

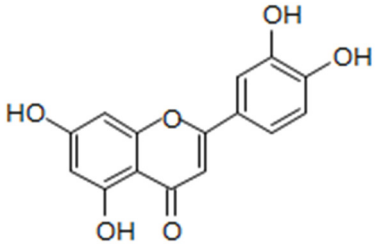
,


HO
O
OH
OH
OH
O

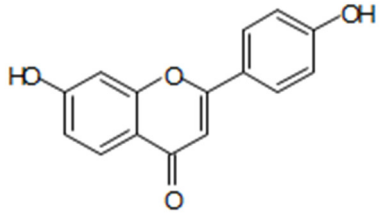
,


HO
O
OCH3
OH
OH
O

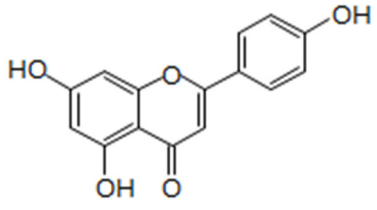
,


HO
O
OH
OH
OH
O

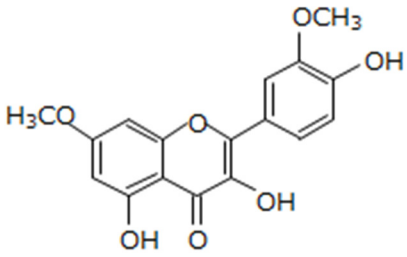
,


HO
O
OH
O

,


HO
O
OH
OH
O

,



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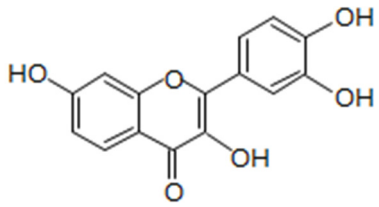

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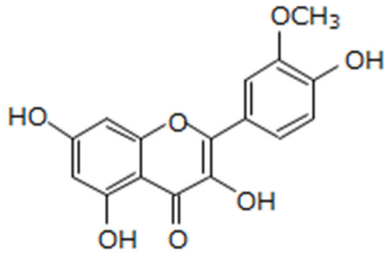

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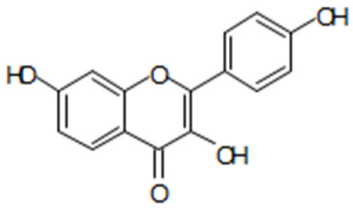
or a glycoside thereof.

5. Use of a composition in improving dynamic/kinetic visual acuity, the composition comprises a kaempferol analog selected from the group consisting of the following:



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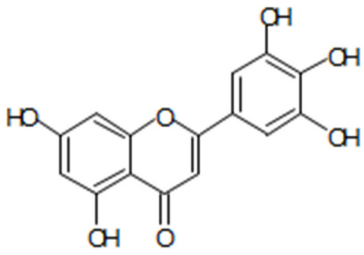
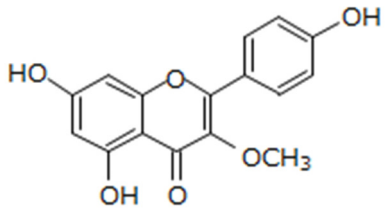
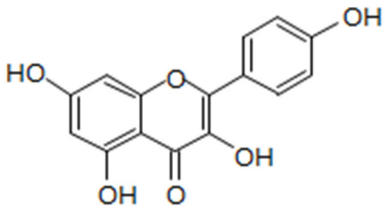

OH
OH
HO
O
OH
OH
O

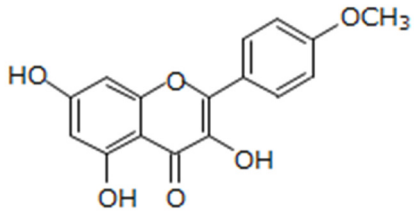
,


OH
HO
O
OCH3
OH
O

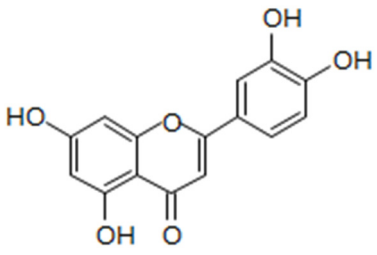
,


OH
HO
O
OH
OH
O

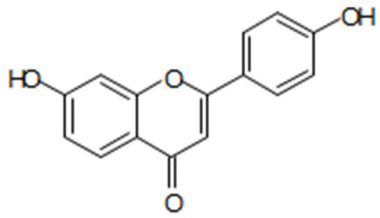
,


OCH3
HO
O
OH
OH
O

,


OH
OH
HO
O
OH
O

,



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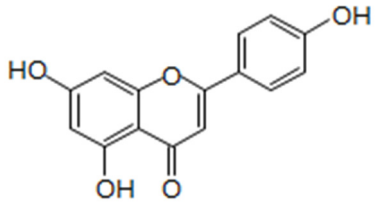

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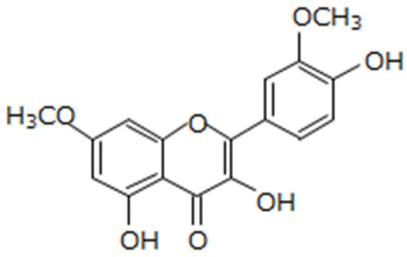

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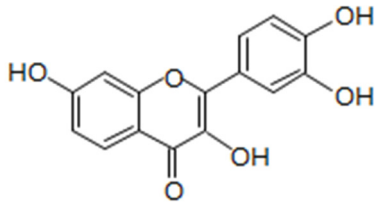

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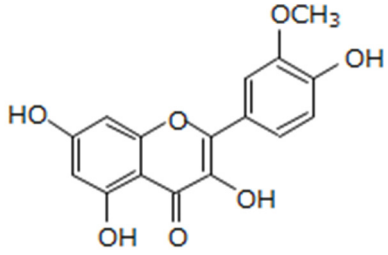

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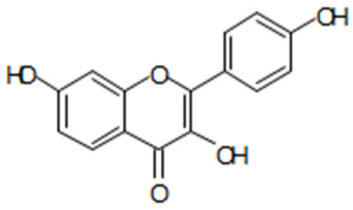
or a glycoside thereof.

6. Use of a composition in increasing oxygen consumption efficiency, the composition comprises a kaempferol analog

selected from the group consisting of the following:



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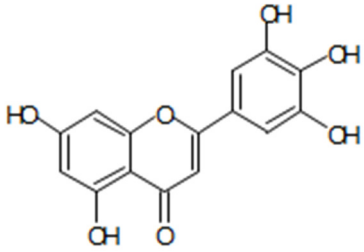

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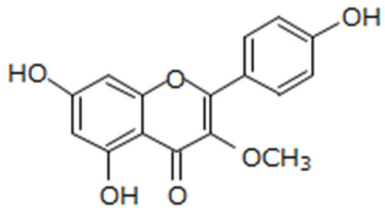

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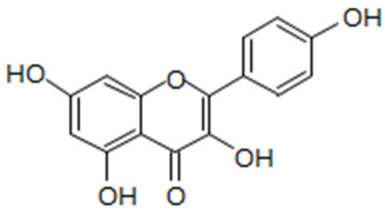

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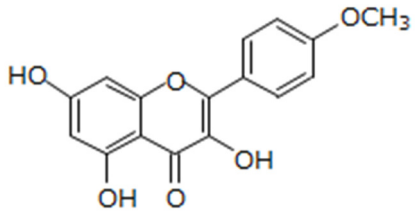

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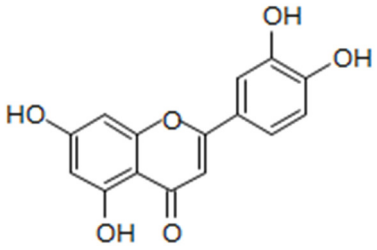
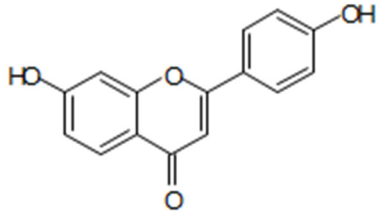
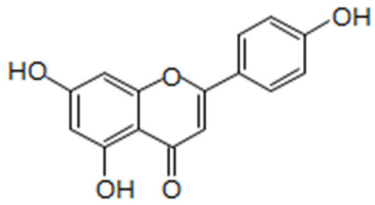

OH
OH
HO
O
OH
O

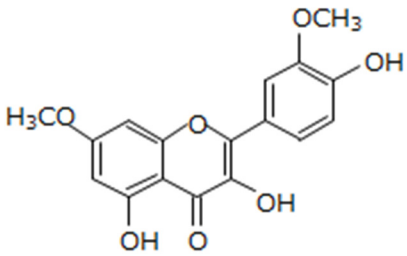
,


OH
HO
O
O

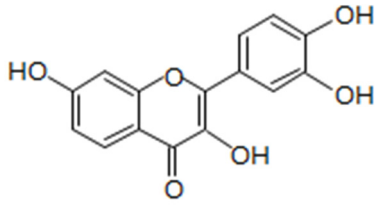
,


OH
HO
O
OH
O

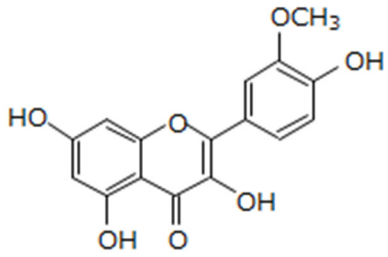
,


OCH3
OH
H3CO
O
OH
OH
O

,


OH
OH
HO
O
OH
O

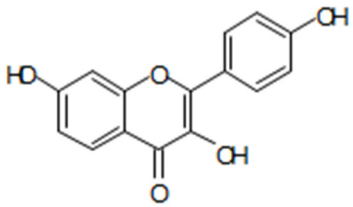
, and



,

or a glycoside thereof.

7. Use of a composition in producing ATP, the composition comprises a kaempferol analog selected from the group consisting of the following:



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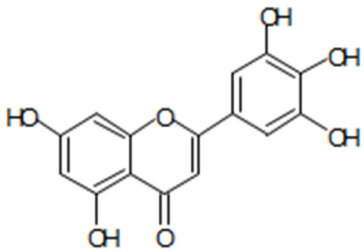

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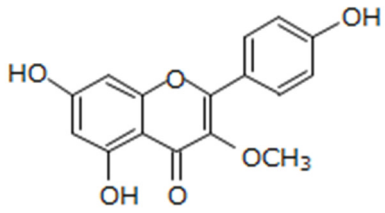

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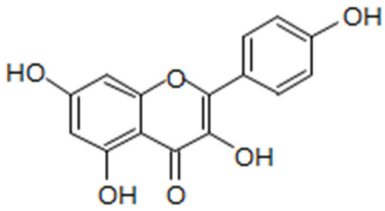

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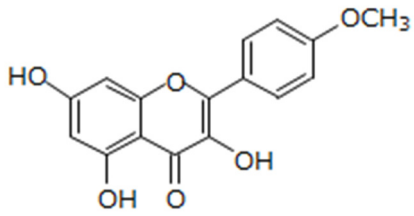
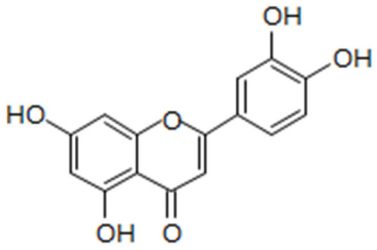
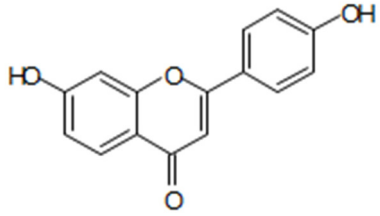

OCH3
HO
O
OH
OH
O

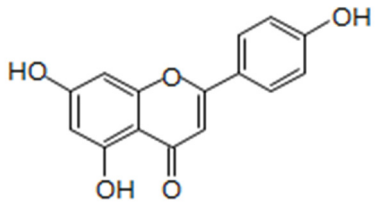
,


OH
OH
HO
O
OH
O

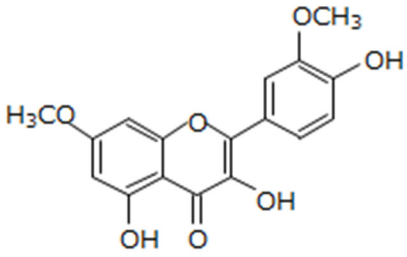
,


OH
HO
O
O

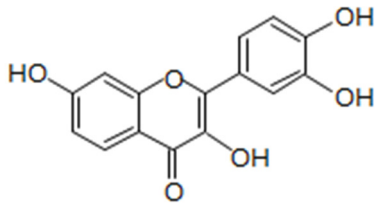
,


OH
HO
O
OH
O

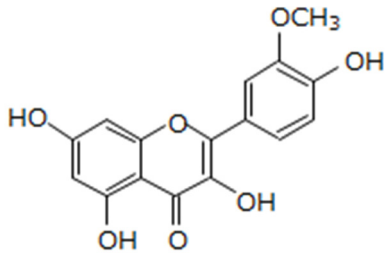
,


OCH3
OH
H3CO
O
OH
OH
O

,



, and



,

or a glycoside thereof.

8. The use according to any one of claims 1 to 7, wherein the kaempferol analog or a glycoside thereof used in the composition is kaempferol or kaempferol 3-O-glucoside.

9. The use according to any one of claims 1 to 8, wherein the composition comprises 0.1 to 200 mg (kaempferol analog equivalent value) of the kaempferol analog or a glycoside thereof.

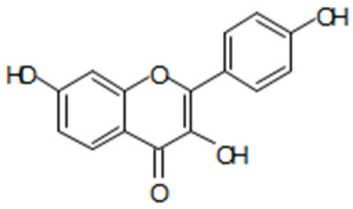
10. The use according to any one of claims 1 to 9, wherein the composition comprises 0.5 mg to 100 mg (kaempferol analog equivalent value) of the kaempferol analog or a glycoside thereof.

11. The use according to any one of claims 1 to 10, wherein said composition used per day is 0.1 mg to 600 mg (kaempferol analog equivalent value) of the kaempferol analog or a glycoside thereof.

12. The use according to any one of claims 1 to 11, wherein said composition used per day is 0.5 mg to 200 mg (kaempferol analog equivalent value) of the kaempferol analog or a glycoside thereof.

13. The use according to any one of claims 1 to 12, wherein said composition is a food and drink.

14. Use of a kaempferol analog selected from the group consisting of the following:



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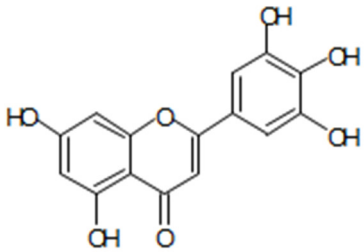

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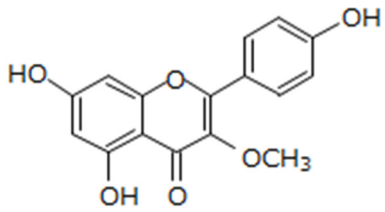

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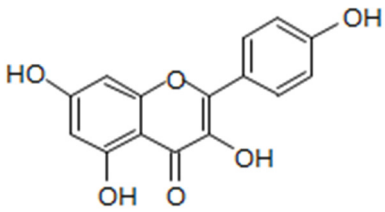

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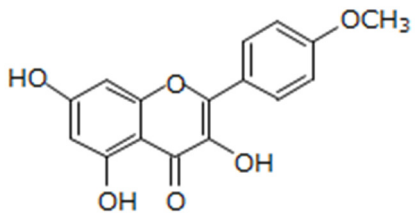

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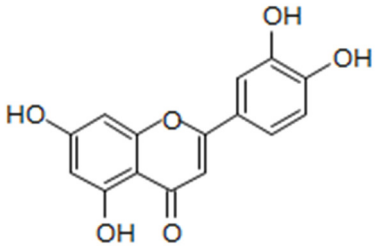
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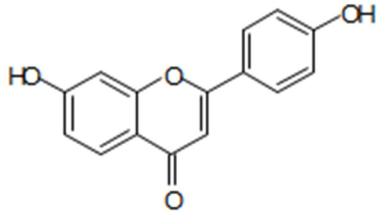
OH
HO
O
OH
O

,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HO
O
O

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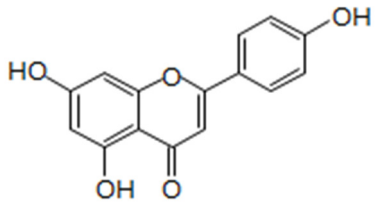
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HO
O
OH
O

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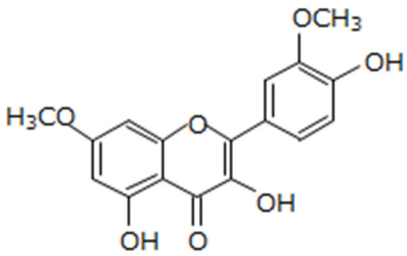
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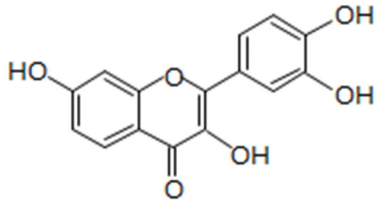
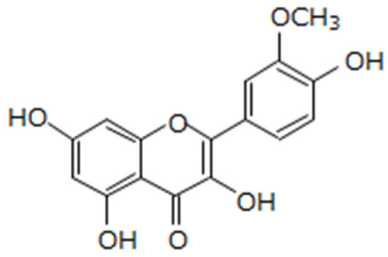
OH
H3CO
O
OH
OH
O

,


OH
OH
HO
O
OH
O

, and



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or a glycoside thereof, in the manufacture of a medicament for preventing or treating hypoxia.

15. The use of claim 14, wherein the medicament is to be administered at a dose of 0.1 mg to 200 mg (kaempferol analog equivalent value) of the kaempferol analog or a glycoside thereof per administration.

16. The use of claim 14, wherein the medicament is to be administered at a dose of 0.5 mg to 100 mg (kaempferol analog equivalent value) of the kaempferol analog or a glycoside thereof per administration.

17. The use of claim 14, wherein the medicament is to be administered at a dose of 0.1 mg to 600 mg (kaempferol analog equivalent value) of the kaempferol analog or a glycoside thereof per day.

18. The use of claim 14, wherein the medicament is to be administered at a dose of 0.5 mg to 200 mg (kaempferol analog equivalent value) of the kaempferol analog or a glycoside thereof per day.