# CLAIMS

Claim 1. Use of quercetin or a quercetin glycoside in the manufacture of a medicament for preventing or alleviating knee osteoarthritis, hip osteoarthritis, spinal stenosis, or osteoporosis by promoting chondroitin sulfate synthesis.

Claim 2. The use according to claim 1,
wherein the medicament promotes expression of a glycosyltransferase involved in chondroitin sulfate synthesis.

Claim 3. The use according to claim 2,
wherein the glycosyltransferase involved in chondroitin sulfate synthesis is at least one selected from the group consisting of chondroitin sulfate N-acetylgalactosaminyltransferase 1, chondroitin sulfate N-acetylgalactosaminyltransferase 2, xylosyltransferase 2, β-1,3-galactosyltransferase 1, chondroitin sulfate synthase 1, and chondroitin polymerizing factor 2.

Claim 4. The use according to claim 2 or 3,
wherein the glycosyltransferase involved in chondroitin sulfate synthesis comprises at least one of chondroitin sulfate N-acetylgalactosaminyltransferase 1 or chondroitin sulfate N-acetylgalactosaminyltransferase 2.

Claim 5. The use according to any one of claims 1 to 4,
wherein the medicament is a food or beverage, a cosmetic product, or a quasi-pharmaceutical product.

Claim 6. Non-therapeutic use of quercetin or a quercetin glycoside for promoting chondroitin sulfate synthesis.

Claim 7. The use according to claim 6 for promoting chondroitin sulfate synthesis by promoting expression of a glycosyltransferase involved in chondroitin sulfate synthesis.