CLAIMS

1. Use of a urolithin for the manufacture of a medicament for the treatment or prevention of a muscle disease, muscle-related pathological condition, a myopathy, a muscular dystrophy, a musculoskeletal disorder, or a neuromuscular disease.

2. The use of claim 1, wherein the medicament is for the treatment of the condition, myopathy, dystrophy, disorder or disease.

3. The use of claim 1, wherein the medicament is for the treatment of a condition selected from muscle atrophy and cachexia associated with burns, bed rest, limb immobilization, or major thoracic, abdominal and/or orthopedic surgery.

4. The use of claim 1, wherein the medicament is for the treatment or prevention of a disease or disorder selected from the group consisting of Duchenne muscular dystrophy; acute sarcopenia; and muscle atrophy and/or cachexia associated with burns, bed rest, limb immobilization, or major thoracic, abdominal and/or orthopedic surgery.

5. The use of claim 4, wherein the medicament is for the treatment or prevention of Duchenne muscular dystrophy.

6. A non-therapeutic method of improving or maintaining muscle performance, reducing muscle fatigue, and/or increasing or maintaining muscle mass, enhancing sports performance, enhancing working capacity, inhibiting or retarding physical fatigue, reducing muscle fatigue or improving muscular function, in a healthy subject, comprising administering an effective amount of a urolithin or a composition comprising a urolithin to the subject.

7. The method as claimed in claim 6 which is a method of improving or maintaining muscle performance.

8. The method as claimed in claim 6 or 7 wherein the improving or maintaining of muscle performance comprises increases in mitochondrial activity, mitochondrial biogenesis and/or increasing mitochondrial muscle mass.

9. The method as claimed in claim 6 or 7, wherein the muscle performance is selected from the group consisting of strength, speed and endurance.

10. The method as claimed in claim 6 which is a method of reducing muscle fatigue.

11. The method as claimed in claim 6 which is a method of increasing or maintaining muscle mass.

12. The method as claimed in claim 6 which is a method of enhancing sports performance.

13. The method as claimed in claim 6 which is a method of enhancing working capacity.

14. The method as claimed in claim 6 which is a method of inhibiting or retarding physical fatigue.

15. The method as claimed in claim 6 which is a method of improving muscular function.

16. The method as claimed in any one of claims 6 to 15 wherein the composition is a food product, food additive, food ingredient, functional food, medical food, dietary supplement, nutraceutical, nutritional supplement or oral preparation.

17. The use or the method as claimed in any of claims 1 to 16, wherein the urolithin is urolithin A.

18. The use or the method as claimed in any of claims 1 to 16 wherein the urolithin is urolithin B, urolithin C or urolithin D.

19. The use or the method as claimed in any of claims 1 to 16, wherein the urolithin or composition comprising the urolithin, or the medicament is to be administered orally.