

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau

(43) International Publication Date
07 July 2022 (07.07.2022)



(10) International Publication Number
WO 2022/146743 A1

(51) International Patent Classification:

A23C 21/00 (2006.01) A61P 21/00 (2006.01)
A23J 1/20 (2006.01) A61P 31/00 (2006.01)
A61P 11/00 (2006.01)

(21) International Application Number:

PCT/US2021/064354

(22) International Filing Date:

20 December 2021 (20.12.2021)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:

20383180.5 31 December 2020 (31.12.2020) EP

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(81) Designated States (unless otherwise indicated, for every
kind of national protection available): AE, AG, AL, AM,
AO, AT, AU, AZ, BA, BB, BG, BH, BN, BR, BW, BY, BZ,
CA, CH, CL, CN, CO, CR, CU, CZ, DE, DJ, DK, DM, DO,
DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT, HN,
HR, HU, ID, IL, IN, IR, IS, IT, JO, JP, KE, KG, KH, KN,
KP, KR, KW, KZ, LA, LC, LK, LR, LS, LU, LY, MA, MD,
ME, MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI, NO,
NZ, OM, PA, PE, PG, PH, PL, PT, QA, RO, RS, RU, RW,
SA, SC, SD, SE, SG, SK, SL, ST, SV, SY, TH, TJ, TM, TN,
TR, TT, TZ, UA, UG, US, UZ, VC, VN, WS, ZA, ZM, ZW.

(84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, GH,
GM, KE, LR, LS, MW, MZ, NA, RW, SD, SL, ST, SZ, TZ,
UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, RU, TJ,

(54) Title: METHODS FOR ENHANCING MUSCLE PERFORMANCE OR REDUCING CHRONIC FATIGUE BY ADMINISTERING BOVINE MILK-DERIVED EXOSOMES

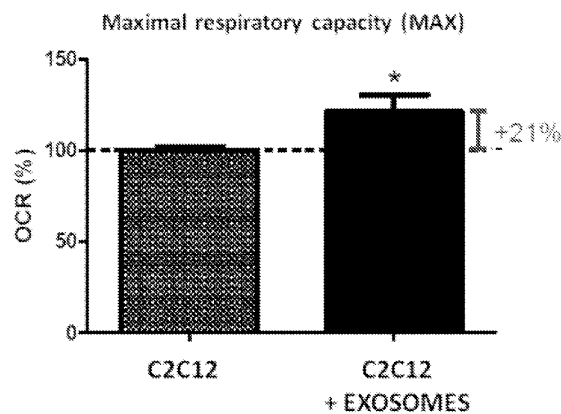


FIG. 1

(57) Abstract: A method of enhancing muscle performance in a subject in need of improved physical performance comprises administering an exosome-enriched product comprising intact bovine milk-derived exosomes to the subject in need thereof. A method of reducing chronic fatigue in a subject recovering or recovered from a viral infection comprises administering an exosome-enriched product comprising intact bovine milk-derived exosomes to the subject.

[Continued on next page]

TM), European (AL, AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV, MC, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK, SM, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, KM, ML, MR, NE, SN, TD, TG).

Published:

— *with international search report (Art. 21(3))*