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(54) **COMPOSITIONS AND PRODUCTS CONTAINING S-EQUOL, AND METHODS FOR THEIR MAKING**

(71) Applicants: **AUSTRALIAN HEALTH & NUTRITION ASSOCIATION LIMITED**, Berkeley Vale, NSW (AU); **CHILDREN'S HOSPITAL MEDICAL CENTER**, Cincinnati, OH (US)

(72) Inventors: **Kenneth David Reginald Setchell**, Cincinnati, OH (US); **Sidney John Cole**, Port Macquarie (AU)

(73) Assignees: **CHILDREN'S HOSPITAL MEDICAL CENTER**, Cincinnati, OH (US); **AUSTRALIAN HEALTH & NUTRITION ASSOCIATION LIMITED**, New South Wales (AU)

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(58) **Field of Classification Search**

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See application file for complete search history.

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Primary Examiner — James D Anderson

(74) *Attorney, Agent, or Firm* — Rothwell, Figg, Ernst & Manbeck PC

(57) **ABSTRACT**

A composition for use in making commercial food and skin products comprising 5-equol or mixtures, including both a non-racemic mixture and a racemic mixture, of S-equol and R-equol. The composition can be used to make articles of commerce such as food supplements, pharmaceuticals, and medicaments. The compositions are useful in a method of delivering S-equol to a mammal to prevent or treat a disease or associated condition, including hormone-dependent diseases or conditions such as cardiovascular disease, lipid disorder, osteopenia, osteoporosis, liver disease, and acute ovarian estrogen deficiency. The S-equol enantiomer can be produced in a biological synthesis from the metabolism of an isoflavone by an organism.