CLAIMS

Claim 1. Non-therapeutic use of a composition for promoting immune cell metabolism in a subject,

wherein the composition comprises L-ergothioneine or a salt thereof as an active ingredient, and

the immune cell is at least one type selected from B cells and natural killer cells.

Claim 2. The non-therapeutic use according to claim 1,

wherein the composition promotes immune cell metabolism by activating mitochondrial function.

Claim 3. The non-therapeutic use according to claim 1 or 2,

wherein the composition is an oral composition.

Claim 4. The non-therapeutic use according to any one of claims 1 to 3,

wherein the composition is a food or beverage.

Claim 5. The non-therapeutic use according to any one of claims 1 to 4,

wherein an amount of L-ergothioneine or a salt thereof in the composition per adult daily intake is 2 to 50 mg in terms of L-ergothioneine.

Claim 6. The non-therapeutic use according to any one of claims 1 to 5,

wherein the subject is a healthy person.

Claim 7. A non-therapeutic method of promoting immune cell metabolism, comprising

administering a composition comprising L-ergothioneine or a salt thereof to a subject,

wherein the immune cell is at least one type selected from B cells and natural killer cells.

Claim 8. The non-therapeutic method according to claim 7,

wherein the subject is a healthy person.