

FAT METABOLISM ACCELERATING COMPOSITION, AND FOOD OR BEVERAGE CONTAINING IT

ABSTRACT

A fat metabolism accelerating composition is obtained by incorporating Garcinia extract and caffeine as effective ingredients. Further, food or beverage which has an effect for accelerating consumption of fat, is obtained by incorporating the fat metabolism accelerating composition into food or beverage. In the above food or beverage, it is preferred to contain the Garcinia extract in an amount of 125 to 1,500 mg in terms of hydroxycitric acid and the caffeine in an amount of 50 to 200 mg, per meal.