CLAIMS

[Claim 1]

Use of a black ginseng extract in the manufacture of a food composition or pharmaceutical composition for increasing the bioavailability and promoting the absorption of ginsenosides in the black ginseng extract, wherein the black ginseng extract comprising ginsenosides Rk1 and Rg5, wherein the total content of ginsenosides Rk1 and Rg5 is 20 parts by weight to 90 parts by weight, based on 100 parts by weight of the total content of ginsenosides Rb1, Rb2, Rc, Rd, Re, Rg1, Rg3(s), Rk1, Rg5, and Rh1(s), wherein the black ginseng extract further comprises polyphenols, wherein the content of polyphenols in the black ginseng extract is 15 mg/g to 40 mg/g, and

wherein when 9 g of the black ginseng extract is orally administered, the sum of the AUC (Area under the plasma level-time curve) values of ginsenosides Rb1, Rb2, Rc, Rd, Rg3(s), Rk1, Rg5, CK, Rh2(s), PPD(s), Re, Rg1, Rh1(s), and PPT(s) is 500 to 1200 μg•hr/ml, and the Tmax value of ginsenosides Rb1, Rb2, Rc, Rd, Rg3(s), Rk1, Rg5, CK, Rh2(s), PPD(s), Re, Rg1, Rh1(s), and PPT(s) in the black ginseng extract is 5 to 10 hours.

[Claim 2]

The use according to claim 1, wherein when 9 g of the black ginseng extract is administered, the AUC (Area under the plasma level-time curve) value of ginsenoside Rk1 is 20 to 40 μg•hr/ml.

[Claim 3]

The use according to claim 1, wherein when 9 g of the black ginseng extract is administered, the AUC (Area under the plasma level-time curve) value of ginsenoside Rg3 is 40 to 80 μg•hr/ml.

[Claim 4]

The use according to claim 1, wherein when 9 g of the black ginseng extract is administered, the AUC (Area

under the plasma level-time curve) value of ginsenoside Rh2 is 250 to 400 μg•hr/ml.

[Claim 5]
The use according to claim 1, wherein the black ginseng extract further comprises acidic polysaccharides.

[Claim 6]
The use according to claim 1, wherein the black ginseng extract is prepared by a method for preparing a black ginseng extract enriched with ginsenosides Rk1 and Rg5, the method comprising: a step for steaming ginseng to prepare black ginseng; a step for extracting the prepared black ginseng with a solvent; and a step for maturing the obtained black ginseng extract.

[Claim 7]
The use according to claim 6, wherein the steaming is performed at 70°C to 120°C for 3 to 12 times.

[Claim 8]
The use according to claim 6, wherein the steaming is performed under the condition of 2 hours or more per steaming.

[Claim 9]
The use according to claim 6, wherein the step for maturing the black ginseng extract is performed at 80°C or higher.

[Claim 10]
The use according to claim 6, wherein the step for maturing the black ginseng extract is performed for 3 hours or more.