

## ABSTRACT

Provided are a plant-derived soft capsule shell having high shell sheet strength, good adhesive property, and good shell performance, and a soft capsule.

A soft capsule shell comprising: (A) iota carrageenan; and (B) waxy corn starch having undergone a heat-moisture treatment in the presence of a salt, the soft capsule shell having a content mass ratio [(A)/(B)] of the component (A) to the component (B) of 0.4 to 3, the soft capsule shell having a content mass ratio [carrageenan/starch] of carrageenan including the component (A) to starch including the component (B) of 0.29 to 1.