

ABSTRACT

Disclosed herein is a method for stabilizing DHNA or vitamins contained in food and beverage products in an environment with potential for exposure to natural light or artificial light, for example, in a transparent container, without having to use a container or a packaging material having a high light-shielding property. Particularly, the method stabilizes DHNA or vitamins by blocking only ultraviolet rays in an environment with potential for exposure to natural light and/or artificial light. The method stabilizes DHNA or vitamins by blocking only ultraviolet rays with a colorless transparent film having an ultraviolet blocking function. The method stabilizes DHNA or vitamins by blocking only ultraviolet rays with a light having an ultraviolet blocking function.