

ABSTRACT

The present invention aims to provide a separation-resistant and uniform oral composition containing
5 ergothioneine or its salt and a fat or oil. The present invention provides an oral composition containing:
ergothioneine or its salt; a fat or oil; and an emulsifier having an HLB of 10 or less, wherein the emulsifier contains a polyhydric alcohol fatty acid ester containing a
10 C12-C22 saturated fatty acid as a constituent fatty acid, and the fat or oil is contained at a content of 10 wt% or more.