ABSTRACT

COMPOSITIONS INCORPORATING SESAMIN-CLASS COMPOUNDS AND VITAMIN B_1 CLASS COMPOUNDS

A composition incorporating at least one sesamin-class compound is enhanced in the anti-fatigue action of sesamin class compounds by additionally incorporating at least one vitamin B_1 class compound. Also provided is an anti-fatigue agent containing at least one sesamin-class compound and at least one vitamin B_1 class compound as the active ingredients.

Figure 1