Claims

[Claim 1]

A food composition comprising equol, wherein the food composition is a liquid food composition having a pH adjusted to a range of 7 to 11 or a dried product thereof having a pH adjusted to a range of 7 to 11, wherein the pH of the dried product is the pH when 50 g of the dried product is dissolved or suspended in 1 L of water.

[Claim 2]

The food composition according to claim 1, wherein the pH is adjusted using one hydroxide selected from the group consisting of an alkali metal hydroxide and an alkaline earth metal hydroxide.

[Claim 3]

The food composition according to claim 1, wherein the pH is adjusted using one selected from the group consisting of sodium hydroxide, potassium hydroxide, calcium hydroxide, calcium oxide, and magnesium hydroxide.

[Claim 4]

A liquid food composition production method for producing a pH-adjusted liquid food composition containing equol, wherein the pH is adjusted to a range of 7 to 11, and, the method comprising:

(A) culturing at least one equol raw material selected from the group consisting of daidzein glycoside, daidzein, and dihydrodaidzein using a microorganism that anabolizes the at least one equol raw material to produce equol; and

(B) adjusting a pH to a range of 7 to 11 by adding a pH adjuster to an equol-containing culture solution produced in the culturing.

[Claim 5]

A powdered food composition production method for producing a pH-adjusted powdered food composition containing equol, wherein the pH is adjusted to a range of 7 to 11, and the pH of the powdered food composition is the pH when 50 g of the powdered food composition is dissolved or suspended in 1 L of water, the method comprising:

(A) culturing at least one equol raw material selected from the group consisting of daidzein glycoside, daidzein, and dihydrodaidzein using a microorganism that anabolizes the at least one equol raw material to produce equol;

(B) adjusting a pH to a range of 7 to 11 by adding a pH adjuster to an equol-containing culture solution produced in the culturing; and

(C) drying a liquid produced in the adjusting of the pH.

[Claim 6]

The method according to claim 4 or 5, wherein the pH adjuster includes one selected from the group consisting of an alkali metal hydroxide and an alkaline earth metal hydroxide.

[Claim 7]

The method according to claim 4 or 5, wherein the pH adjuster is one selected from the group consisting of sodium hydroxide, potassium hydroxide, calcium hydroxide, calcium oxide, and magnesium hydroxide.

[Claim 8]

A powdered food composition comprising equol obtained by a step of culturing, wherein a pH of the powdered food composition is adjusted to a range of 7 to 11, and the pH of the powdered food composition is the pH when 50 g of the powdered food composition is dissolved or suspended in 1 L of water.

[Claim 9]

The powdered food composition according to claim 8, wherein the powdered food composition comprises a salt of an alkaline earth metal.