

## Abstract

Provided is a method for extracting useful components from an alga, the method comprising the following step (1a) and step (2a) or the following step (2b) and step (1b), (1a) a step of extracting a first useful component from a dried alga by using a non-polar solvent, (2a) a step of extracting a second useful component from a residue after the extraction in the step (1a) by using a solvent containing a polar solvent, (2b) a step of extracting a second useful component from a dried alga by using a solvent containing a polar solvent, and (1b) a step of extracting a first useful component from a residue after the extraction in the step (2b) by using a non-polar solvent.