effective preventive or improving effect on a decline in cognitive function, is highly safe, and enables continuous ingestion or administration.

The present disclosure aims to provide a composition for improving anxiety-like symptoms mentioned above.

[Means of Solving the Problems]

[0010]

The present inventors have conducted intensive studies in an attempt to solve the above-mentioned problems and found that a composition containing one or more kinds selected from the group consisting of 25 mol% - 45 mol% of leucine, and 20 mol% - 40 mol% of phenylalanine relative to the total content of leucine, lysine, valine, isoleucine, phenylalanine, histidine and tryptophan has an improving effect of cognitive function and an improving effect of anxiety-like symptoms, and that the aforementioned composition has an effect of suppressing cerebral atrophy characteristically observed in neurodegenerative diseases such as Alzheimer-type dementia and the like, which resulted in the completion of the present disclosure.

[0011]

In one aspect, the present disclosure refers to the use of a a composition comprising the following amino acids at the following contents relative to the total content of leucine, lysine, valine, isoleucine, phenylalanine, histidine and tryptophan: leucine 25 mol% - 45 mol%, phenylalanine 20 mol% - 40 mol%, lysine 10 mol% - 30 mol%, valine 2 mol% - 7 mol%, isoleucine 5 mol% - 15 mol%, histidine 2 mol% - 10 mol%, and tryptophan 0.1 mol% - 2 mol%,in the manufacture of a medicament for improving cognitive function.

[0011a]

That is, the present disclosure relates to the following.

[1] A composition for improving cognitive function comprising one or more kinds selected from the group consisting of 25 mol% - 45 mol% of leucine, and 20 mol% - 40 mol% of phenylalanine relative to the total content of leucine, lysine, valine, isoleucine, phenylalanine, histidine and tryptophan.

[2] The composition of [1], further comprising 10 mol% - 30 mol% of lysine relative to the total content of leucine, lysine, valine, isoleucine, phenylalanine, histidine and tryptophan.

[3] The composition of [1] or [2], further comprising one or more kinds selected from the group consisting of valine, isoleucine, histidine and tryptophan.

[4] The composition of [3], comprising one or more kinds selected from the group consisting of 2 mol% - 7 mol% of valine,

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1. Use of a composition comprising the following amino acids at the following contents relative to the total content of leucine, lysine, valine, isoleucine, phenylalanine, histidine and tryptophan:

leucine 25 mol% - 45 mol%,
phenylalanine 20 mol% - 40 mol%,
lysine 10 mol% - 30 mol%,
valine 2 mol% - 7 mol%,
isoleucine 5 mol% - 15 mol%,
histidine 2 mol% - 10 mol%, and
tryptophan 0.1 mol% - 2 mol%,

in the manufacture of a medicament for improving cognitive function.