

ABSTRACT

The present invention aims to provide an oral composition that contains an arachidonic acid-class compound and at least one compound selected from the group consisting of lutein, zeaxanthin, and fatty acid esters thereof and that is less prone to component separation. The present invention relates to an oral composition containing: a component (A): an arachidonic acid-class compound; a component (B): at least one compound selected from the group consisting of lutein, zeaxanthin, and fatty acid esters thereof; and a component (C): a glycerol fatty acid ester (s), wherein the glycerol fatty acid ester (s) is a monoglyceride and/or a diglyceride containing a C12-C24 saturated fatty acid as a constituent fatty acid.