

ABSTRACT

The present invention aims to provide a composition that can effectively improve, promote, maintain, or reduce a decline in energy production. The present
5 invention relates to a composition containing: (A) a sesamin-class compound; and (B) ferulic acid or a salt thereof, wherein a ratio of a weight of the ferulic acid or a salt thereof (B) in terms of ferulic acid to a weight of the sesamin-class compound (A) in terms of sesamin is 5 to 100.