

## ABSTRACT

[Problem] To provide a natural substance-derived composition which has few or no side effects and exhibits activity that reduces dental plaque and inhibits dental plaque acidification.

5 [Solution] The present inventors found that Ginsenoside compound K derived from red ginseng etc. or a complex ginsenoside composition, in which Ginsenoside compound K, Ginsenoside Rg3 (R+S), Ginsenoside F2, Ginsenoside Rh2, and Ginsenoside Rb1 are mixed, has the remarkable effects of reducing dental plaque and inhibiting the production of organic acid on tooth surfaces. This composition can be used as an oral composition such as toothpaste or mouthwash, and can  
10 also be applied to food compositions such as gum, beverages, and confectionery.

Fig 1 for publication