ABSTRACT

This invention relates to a composition that stably contains hesperidin. The present invention provides a composition containing (A) hesperidin, (B) at least one dihydric alcohol selected from the group consisting of ethylene glycol, diethylene glycol, triethylene glycol, polyethylene glycol, propylene glycol, dipropylene glycol, 1,3-butylene glycol, and 3-methyl-1,3-butanediol, and (C) a sugar alcohol. In the composition, the decomposition of hesperidin is suppressed and hesperidin is stably contained.