CLAIMS

1. A food or beverage containing an olive extract comprising desrhamnosyl acteoside.

2. The food or beverage according to claim 1, which comprises desrhamnosyl acteoside in an amount of 0.1% by weight or greater.

3. The food or beverage according to claim 2, which comprises desrhamnosyl acteoside in an amount of 1% by weight or greater.

4. The food or beverage according to any one of claims 1-3, which is for blood antioxidant.

5. A method for preparing a desrhamnosyl acteoside-containing composition, the method comprising the step of treating an acteoside-containing composition with a glycosidase having rhamnosidase activity.

6. The method according to claim 5, wherein the acteoside-containing composition is an olive extract.

7. The method according to claim 5 or 6, wherein the glycosidase is naringinase.