

ABSTRACT

The present invention aims to provide a composition for reducing muscle mass decline, reducing muscle strength
5 decline, increasing muscle mass, or increasing muscle strength, and a method of reducing muscle mass decline, reducing muscle strength decline, increasing muscle mass, or increasing muscle strength. The present invention relates to, for example, a composition for reducing muscle
10 mass decline, reducing muscle strength decline, increasing muscle mass, or increasing muscle strength, the composition containing 1'-acetoxychavicol acetate.