CLAIMS

Claim 1. A liquid oral composition comprising:

collagen peptides containing Pro-Hyp,

wherein an amount of Pro-Hyp is 1.0 to 180 mg/100 mL.

Claim 2. The liquid oral composition according to claim 1,

wherein the amount of Pro-Hyp is 10 to 180 mg/100 mL.

Claim 3. The liquid oral composition according to claim 1 or 2,

wherein the liquid oral composition is a packaged beverage.

Claim 4. A method of suppressing foaming of a liquid oral composition containing collagen peptides, the method comprising:

adjusting an amount of Pro-Hyp in the liquid oral composition to 1.0 to 180 mg/100 mL.