CLAIMS

Claim 1. A non-therapeutic method of increasing basophils, comprising

administering a composition comprising L-ergothioneine or a salt thereof,

wherein the composition is a food or beverage.

Claim 2. A non-therapeutic method of inhibiting epidermal growth factor receptor (EGFR) tyrosine kinase, comprising

administering a composition comprising L-ergothioneine or a salt thereof,

wherein the composition is a food or beverage.

Claim 3. The non-therapeutic method according to claim 1 or 2,

which comprises administering the composition to a healthy person.

Claim 4. Non-therapeutic use of a composition comprising L-ergothioneine or a salt thereof for increasing basophils,

wherein the composition is a food or beverage.

Claim 5. Non-therapeutic use of a composition comprising L-ergothioneine or a salt thereof for inhibiting epidermal growth factor receptor (EGFR) tyrosine kinase,

wherein the composition is a food or beverage.

Claim 6. The non-therapeutic use according to claim 4 or 5,

wherein the composition is used on a healthy person.