

ABSTRACT

Novel compositions are provided that exhibit immunomodulatory actions such as an immunostimulating action and an anti-allergic action. Compositions are provided in which Kombu fermented with lactic acid bacteria is contained either alone or in combination with sesame and soybean(s) that have been fermented with lactic acid bacteria. The compositions enable nutrients to be absorbed in a balanced way, feature high safety, and have superior immunomodulatory actions.