

ABSTRACT

The present invention aims to provide an oral composition which contains a mulberry leaf extract but is
5 easy to ingest because an unpleasant flavor derived from the mulberry leaf extract is reduced. The present invention relates to an oral composition containing: a mulberry leaf extract; and at least one of non-polymer catechins, wherein a weight ratio of a non-polymer catechin
10 content to a mulberry leaf extract content in terms of solid matter is 0.04 to 0.5.