

ABSTRACT

Provided is an oral composition comprising (a) a high-intensity sweetener in an amount corresponding to a sweetness intensity X1, (b) an intrinsic phospholipid, (c) 60 mg/100 mL or less of sodium, and (d) a foreign phospholipid in an amount less than a taste recognition threshold, wherein the oral composition has a sweetness of a sweetness intensity X2 exhibited by the components (a) and (b), and a sweetness of a sweetness intensity X3 exhibited by the components (a) to (d), respectively, and $0.1 < X2 < X3$ is satisfied.

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