

CLAIMS

1. A composition incorporating at least one sesamin-class compound and at least one vitamin B₁ class compound, wherein the total amount of the sesamin class compound incorporated is at least 1% of the total weight of the composition.
2. The composition according to claim 1, wherein the sesamin-class compound is sesamin, episesamin, or a mixture thereof.
3. The composition according to claim 1 or 2, wherein the vitamin B₁ class compound is at least one member selected from the group consisting of thiamin, thiamine disulfide, benfotiamin, fursultiamin, bisbentiamin, dicetiamin, thiamine ethyl disulfide, thiamine propyl disulfide, and salts thereof.
4. The composition according to any one of claims 1 to 3, wherein the total amount of the vitamin B₁ class compound incorporated is between 0.001 and 20% of the total weight of the composition.
5. The composition according to any one of claims 1 to 4, which is for oral use.
6. The composition according to any one of claims 1 to 5, which is a food or a beverage.
7. A beverage containing at least one sesamin-class compound and at least one vitamin B₁ class compound, wherein the total content of the sesamin-class compound in 100 mL of the beverage is 1 to 100 mg and the total content of the vitamin B₁ class compound in 100 mL of the beverage is 1 to 100 mg.
8. An anti-fatigue agent containing at least one

sesamin-class compound and at least one vitamin B₁ class compound as the active ingredients.

9. The anti-fatigue agent according to claim 8, which is for treating or preventing chronic fatigue syndrome.

10. Use of a composition containing at least one sesamin-class compound and at least one vitamin B₁ class compound for producing an anti-fatigue agent.

11. A method of preventing a fatigue condition, which comprises administering a composition containing at least one sesamin-class compound and at least one vitamin of B₁ class compound to a subject in need.

CLAIMS

[Claim 1]

A composition incorporating at least one sesamin-class compound and at least one vitamin B₁ class compound, wherein the total amount of the sesamin class compound incorporated is at least 1% of the total weight of the composition,

the sesamin-class compound is selected from the group consisting of sesamin, episesamin, and a mixture thereof,

the Vitamin B₁ class compound is at least one or two member selected from the group consisting of thiamin, thiamine disulfide, benfotiamin, fursultiamin, bisbentiamin, dicetiamin, thiamine ethyl disulfide, thiamine propyl disulfide, and salts thereof,

the total amount of the vitamin B₁ class compound incorporated is between 0.001 and 10 wt% of the total weight of the composition, and

the ratio of total amount of the sesamin class compound and vitamin B₁ class compound incorporated is between 1:1 and 2:1.

[Claim 2]

The composition according to claim 1, wherein the total amount of the vitamin B₁ class compound incorporated is between 0.01 and 10 wt% of the total weight of the composition.

[Claim 3]

The composition according to claim 1 or 2, wherein the total amount of the vitamin B₁ class compound incorporated is between 0.1 and 5 wt% of the total weight of the composition.

[Claim 4]

The composition according to any one of claims 1 to 3, which is for oral use.

[Claim 5]

The composition according to any one of claims 1 to 4, which is a food or a beverage.