

ABSTRACT

ANTI-FATIGUE AGENTS AND ORAL COMPOSITIONS CONTAINING
ANDROGRAPHOLIDE AS ACTIVE INGREDIENT

Disclosed is a composition which is safe for a human body and an animal, can be ingested continuously on a daily basis, has an anti-fatigue activity, and is effective for the prevention or treatment of a disease or condition associated with fatigue. Specifically disclosed is an anti-fatigue agent comprising andrographolide optionally together with an α -lipoic acid as an active ingredient(s). Also disclosed is a novel oral composition comprising andrographolide and an α -lipoic acid. The anti-fatigue agent and the oral composition are useful for the prevention or treatment of chronic fatigue syndrome, overfatigue, physical fatigue, mental fatigue and organ fatigue.

No suitable figure