

Abstract

An object is to provide at least a method for producing a composition containing equol and/or an equol derivative, which does not brown even when heated as it is or in the presence of an additional amino acid or the like. The
5 problem is solved by a method for producing a composition, the method including the following step (a); step (b1) and/or step (b2); and step (c): (a) producing glucose and an isoflavone aglycone from an isoflavone glycoside; (b1) allowing a microorganism having an equol-producing ability to produce equol from the isoflavone aglycone; (b2) allowing a microorganism having an
10 equol derivative-producing ability to produce an equol derivative from the isoflavone aglycone; and (c) decomposing the glucose to achieve a content of the glucose of 0 g/L or more and less than 2.0 g/L in the composition, or 30 g/kg or less based on a solid content of the composition.