

[ABSTRACT]

Provided is a composition for alleviating fatigue or enhancing exercise capability including extracts or fractions of *Angelica gigas*, *Cnidium officinale*, and *Paeonia lactiflora* as active ingredients. The composition including the extracts or fractions of *Angelica gigas*, *Cnidium officinale*, and *Paeonia lactiflora* as active ingredients may effectively alleviate fatigue accumulated in the body and enhance exercise capability by multilaterally controlling various factors involved in physical fatigue and/or enhancement of exercise capability. Specifically, the composition may effectively control the factors related to fatigue by increasing the expression level of HO-1 by activating the Nrf-2 pathway. Also, since extracts of natural plants or fractions thereof are used as active ingredients, the composition is completely harmless to the human body and may be used safely.