CLAIMS

Claim 1. A non-therapeutic method of preventing or reducing an anxiety symptom, comprising

administering a composition to a human,

wherein the composition comprises L-ergothioneine or a salt thereof,

the administration amount of L-ergothioneine or a salt thereof in terms of L-ergothioneine per day is 5 to 20 mg, and

the anxiety symptom is at least one selected from the group consisting of feelings of anxiety, fear, tension, worries, heartache, and loneliness.

Claim 2. The non-therapeutic method according to claim 1,

wherein the composition is a food or beverage.

Claim 3. The non-therapeutic method according to claim 1 or 2,

wherein the human is a healthy person.

Claim 4. The non-therapeutic method according to any one of claims 1 to 3,

wherein the anxiety symptom is at least one selected from the group consisting of fear, tension, worries, heartache, and loneliness.

Claim 5. Non-therapeutic use of a composition for preventing or reducing a human anxiety symptom in a human,

wherein the composition comprises L-ergothioneine or a salt thereof,

an amount of L-ergothioneine or a salt thereof in the composition per adult daily intake is 5 to 20 mg in terms of L-ergothioneine, and

the human anxiety symptom is at least one selected from the group consisting of feelings of anxiety, fear, tension, worries, heartache, and loneliness.

Claim 6. The non-therapeutic use according to claim 5,

wherein the composition is a food or beverage.

Claim 7. The non-therapeutic use according to claim 5 or 6,

wherein the human is a healthy person.

Claim 8. The non-therapeutic use according to any one of claims 5 to 7,

wherein the anxiety symptom is at least one selected from the group consisting of fear, tension, worries, heartache, and loneliness.