CLAIMS

Claim 1. A non-therapeutic method of reducing, alleviating, or preventing mental fatigue or recovering from mental fatigue, comprising

administering a composition to a subject,

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

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

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

wherein the subject is a healthy person.

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

wherein the composition is a food or beverage.

Claim 4. Non-therapeutic use of a composition for reducing, alleviating, or preventing mental fatigue or recovering from mental fatigue in a subject,

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

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.

Claim 5. The non-therapeutic use according to claim 4,

wherein the subject is a healthy person.

Claim 6. The non-therapeutic use according to claim 4 or 5,

wherein the composition is a food or beverage.