CLAIMS

[Claim 1]

Use of bifidobacteria and water-soluble dietary fiber for the manufacture of a composition for improving at least one selected from the group consisting of complex attention, cognitive flexibility, and executive function.

[Claim 2]

The use according to claim 1, wherein the water-soluble dietary fiber comprises inulin.

[Claim 3]

The use according to claim 1 or 2, wherein the composition is for improving a neurocognitive index.

[Claim 4]

The use according to claim 1 or 2, wherein the bifidobacteria have an ability to proliferate in the gut.

[Claim 5]

The use according to claim 1 or 2, wherein the bifidobacteria have an anti-metabolic syndrome effect.

[Claim 6]

The use according to claim 1 or 2, wherein the composition is a food product.

[Claim 7]

The use according to claim 1 or 2, wherein the composition is a food product for suppressing cognitive decline, maintaining cognitive function, or improving cognitive function.

[Claim 8]

Use of bifidobacteria for the manufacture of a composition for improving at least one selected from the group consisting of complex attention, cognitive flexibility, and executive function, wherein the composition is for use in combination with water-soluble dietary fiber.

[Claim 9]

The use according to claim 8, wherein the water-soluble dietary fiber comprises inulin.

[Claim 10]

The use according to claim 8 or 9, wherein the composition is for improving a neurocognitive index.

[Claim 11]

The use according to claim 8 or 9, wherein the bifidobacteria have an ability to proliferate in the gut.

[Claim 12]

The use according to claim 8 or 9, wherein the bifidobacteria have an anti-metabolic syndrome effect.

[Claim 13]

The use according to claim 8 or 9, wherein the composition is a food product.

[Claim 14]

The use according to claim 8 or 9, wherein the composition is a food product for suppressing cognitive decline, maintaining cognitive function, or improving cognitive function.