Claims

1. A composition for reducing dental plaque and inhibiting dental plaque acidification, the composition comprising, as an active ingredient,

a complex ginsenoside composition containing, relative to 100 parts by weight of the ginsenoside compound K, ginsenoside Rg3 (R+S), ginsenoside F2, ginsenoside Rh2, and ginsenoside Rb1 at least 7 parts or more by weight each.

2. The composition of claim 1, wherein the complex ginsenoside composition is obtained by steps:

1) subjecting red ginseng to extraction and concentration to obtain a red ginseng concentrate;

2) dissolving a part of the red ginseng concentrate, followed by adsorption through a synthetic adsorption resin column and then desorption with ethanol, thereby obtaining a complex ginsenoside containing ginsenosides Rb1, Rb2, Rc, and Rd;

3) treating the complex ginsenoside with alpha-galactosidase to obtain a fermented complex ginsenoside; and

4) adding the fermented complex ginsenoside obtained in step 3) to the rest of the red ginseng concentrate obtained in step 1) to obtain a complex ginsenoside composition.

3. The composition of claim 1, wherein the complex ginsenoside composition contains ginsenoside compound K at least 100 mg/g or more, and ginsenoside Rg3(R+S), ginsenoside F2, ginsenoside Rh2, and ginsenoside Rb1 at least 8 mg/g or more each.

4. The composition of claim 2, wherein the red ginseng concentrates in steps 1), 2), and 4) are in a powder form or a liquid phase.

5. The composition of claim 1 or 2, wherein the complex ginsenoside composition is in a liquid phase, a cream phase, a paste phase, or a solid phase.

6. A toothpaste composition comprising the composition for reducing dental plaque and inhibiting dental plaque acidification containing the complex ginsenoside composition of any one of claims 1 to 4.

7. A mouthwash composition comprising the composition for reducing dental plaque and inhibiting dental plaque acidification containing the complex ginsenoside composition of any one of claims 1 to 4.

8. A food composition comprising the composition for reducing dental plaque and inhibiting dental plaque acidification containing the complex ginsenoside composition of any one of claims 1 to 4.

9. A pharmaceutical composition comprising the composition for reducing dental plaque and inhibiting dental plaque acidification of any one of claims 1 to 4.