

ABSTRACT

The present invention aims to provide a composition capable of improving or maintaining energy production or
5 reducing a decline in energy production and effective in
improving or maintaining energy production or reducing a
decline in energy production, which is highly safe and can
be ingested continuously. The present invention relates
to a composition for improving or maintaining energy
10 production or reducing a decline in energy production, the
composition containing, as active ingredients: a component
(A); and a component (B), the component (A) being a
sesamin-class compound, the component (B) being an
astaxanthin-class compound, wherein a weight ratio
15 ((A)/(B)) of the component (A) in terms of sesamin to the
component (B) in terms of astaxanthin is 0.05 to 15.