

## ABSTRACT

The present invention aims to provide a composition for maintaining or improving the daily living activity level or preventing or suppressing a decrease in daily living activity level, a method of maintaining or improving the daily living activity level or preventing or suppressing a decrease in daily living activity level, and use of at least one sesamin-class compound for maintaining or improving the daily living activity level or preventing or suppressing a decrease in daily living activity level. The present invention relates to a composition for maintaining or improving the daily living activity level or preventing or suppressing a decrease in daily living activity level, the composition containing at least one sesamin-class compound.