

ABSTRACT

The present invention provides functional food and beverage that produce a skin moisturizing effect through oral intake, that is excellently safe, and that may be taken
5 regularly. The invention also provides a skin moisturizer for oral intake to be used in the functional food and beverage, as well as use thereof. The present skin moisturizer for oral intake contains as an active component fermented milk whey obtained by fermentation of milk with *Lactobacillus*
10 *helveticus*, and the present functional food and beverage contains the skin moisturizer and has a skin moisturizing effect.