The invention claimed is:

1. A composition consisting of:

a) sesamin and/or episesamin;

b) an oil or fat that contains a triglyceride of a middle-chain fatty acid having 8-12 carbon atoms, wherein a weight ratio of a total amount of sesamin and episesamin to a total amount of the triglyceride is about 1:40 to about 1:14.3; and

c) a vitamin, wherein the vitamin is selected from the group consisting of Vitamin E and Vitamin C,

wherein the composition has sesamin and/or episesamin dissolved therein.

2. The composition of claim **1**, wherein the vitamin is Vitamin E.

3. The composition of claim **1**, wherein the triglyceride of a middle-chain fatty acid comprises at least one middle-chain fatty acid selected from the group consisting of caprylic acid, capric acid, and lauric acid.

4. The composition of claim **1**, wherein the triglyceride of a middle-chain fatty acid comprises at least one triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT).

5. The composition of claim **1**, wherein the triglyceride of a middle-chain fatty acid consists of a triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT).

6. The composition of claim **5**, wherein all of the fatty acids constituting the MCT are selected from the group consisting of caprylic acid, capric acid, and lauric acid.

7. A composition consisting of:

a) at least 1.0 wt % episesamin;

b) an oil or fat that contains a triglyceride of a middle-chain fatty acid having 8-12 carbon atoms, wherein a weight ratio of an amount of episesamin to a total amount of the triglyceride is about 1:50 to about 1:40; and

c) a vitamin, wherein the vitamin is selected from the group consisting of Vitamin E and Vitamin C,

wherein the composition has episesamin dissolved therein.

8. The composition of claim **7**, wherein the vitamin is Vitamin E.

9. The composition of claim **7**, wherein the triglyceride of a middle-chain fatty acid comprises at least one middle-chain fatty acid selected from the group consisting of caprylic acid, capric acid, and lauric acid.

10. The composition of claim **7**, wherein the triglyceride of a middle-chain fatty acid comprises at least one triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT).

11. The composition of claim **7**, wherein the triglyceride of a middle-chain fatty acid consists of a triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT).

12. The composition of claim **11**, wherein ail of the fatty acids constituting the MCT are selected from the group consisting of caprylic acid, capric acid, and lauric acid.

13. A composition consisting of:

sesamin and/or episesamin;

b) an oil or fat that contains a triglyceride of a middle-chain fatty acid having 8-12 carbon atoms, wherein the triglyceride of a middle-chain fatty acid comprises at least one triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT), and wherein a total amount of the MCT(s) is 25-100% by weight of a total amount of the oil or fat; and

c) a vitamin, wherein the vitamin is selected from the group consisting of Vitamin E and Vitamin C,

wherein the composition has sesamin and/or episesamin dissolved therein.

14. The composition of claim **13**, wherein the vitamin is Vitamin E.

15. The composition of claim **13**, wherein the triglyceride of a middle-chain fatty acid consists of a triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT).

16. The composition of claim **15**, wherein all of the fatty acids constituting the MCT are selected from the group consisting of caprylic acid, capric acid, and lauric acid.

17. A composition consisting of:

a) sesamin and/or episesamin;

b) an oil or fat that contains a triglyceride of a middle-chain fatty acid having 8-12 carbon atoms, wherein a weight ratio of a total amount of sesamin and episesamin to a total amount of the triglyceride is about 1:40 to about 1:14.3;

c) a vitamin, wherein the vitamin is selected from the group consisting of Vitamin E and Vitamin C; and

d) an additive selected from the group consisting of a sugar, a vehicle, a disintegrant, a binder, a lubricant, an emulsifier, an isotonization agent, a buffer, a solvent promoter, a preservative, a stabilizer, an antioxidant, a coloring agent, a flavoring agent, a scent, a coagulant, a pH adjuster, a thickening agent, an extract powder, a galenical, and an inorganic salt,

wherein the composition has sesamin and/or episesamin dissolved therein.

18. The composition of claim **17**, wherein the vitamin is Vitamin E.

19. The composition of claim **17**, wherein the triglyceride of a middle-chain fatty acid comprises at least one middle-chain fatty acid selected from the group consisting of caprylic acid, capric acid, and lauric acid.

20. The composition of claim **17**, wherein the triglyceride of a middle-chain fatty acid comprises at least one triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT).

21. The composition of claim **17**, wherein the triglyceride of a middle-chain fatty acid consists of a triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT).

22. The composition of claim **21**, wherein all of the fatty acids constituting the MCT are selected from the group consisting of caprylic acid, capric acid, and lauric acid.

23. A composition consisting of:

a) at least 1.0 wt % episesamin;

b) an oil or fat that contains a triglyceride of a middle-chain fatty acid having 8-12 carbon atoms, wherein a weight ratio of an amount of episesamin to a total amount of the triglyceride is about 1:50 to about 1:40;

c) a vitamin, wherein the vitamin is selected from the group consisting of Vitamin E and Vitamin C; and

d) an additive selected from the group consisting of a sugar, a vehicle, a disintegrant, a binder, a lubricant, an emulsifier, an isotonization agent, a buffer, a solvent promoter, a preservative, a stabilizer, an antioxidant, a coloring agent, a flavoring agent, a scent, a coagulant, a pH adjuster, a thickening agent, an extract powder, a galenical, and an inorganic salt,

wherein the composition has episesamin dissolved therein.

24. The composition of claim **23**, wherein the vitamin is Vitamin E.

25. The composition of claim **23**, wherein the triglyceride of a middle chain fatty acid comprises at least one middle-chain fatty acid selected from the group consisting of caprylic acid, capric acid, and lauric acid.

26. The composition of claim **23**, wherein the triglyceride of a middle-chain fatty acid comprises at least one triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT).

27. The composition of claim **23**, wherein the triglyceride of a middle-chain fatty acid consists of a triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT).

28. The composition of claim **27**, wherein all of the fatty acids constituting the MCT are selected from the group consisting of caprylic acid, capric acid, and lauric acid.

29. A composition consisting of;

a) sesamin and/or episesamin;

b) an oil or fat that contains a triglyceride of a middle-chain fatty acid having 8-12 carbon atoms, wherein the triglyceride of a middle-chain fatty acid comprises at least one triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT), and wherein a total amount of the MCT(s) is 25100% by weight of a total amount of the oil or fat;

c) a vitamin, wherein the vitamin is selected from the group consisting of Vitamin E and Vitamin C; and

d) an additive selected from the group consisting of a sugar, a vehicle, a disintegrant, a binder, a lubricant, an emulsifier, an isotonization agent, a buffer, a solvent promoter, a preservative, a stabilizer, an antioxidant, a coloring agent, a flavoring agent, a scent, a coagulant, a pH adjuster, a thickening agent, an extract powder, a galenical, and an inorganic salt,

wherein the composition has sesamin and/or episesamin dissolved therein.

30. The composition of claim **29**, wherein the vitamin is Vitamin E.

31. The composition of claim **29**, wherein the triglyceride of a middle-chain fatty acid consists of a triglyceride in which all constituent fatty acids are middle-chain fatty acids (MCT).

32. The composition of claim **31**, wherein all of the fatty acids constituting the MCT are selected from the group consisting of caprylic acid, capric acid, and lauric acid.