

ABSTRACT

Provided is an oral composition comprising (a) a high-intensity sweetener in an amount corresponding to a sweetness intensity X_1 , (b) 60 mg/100 mL or less of sodium, and (c) a phospholipid
5 in an amount less than a taste recognition threshold, wherein the oral composition has a sweetness of a sweetness intensity X_2 exhibited by the components (a) to (c), respectively, and $0.1 < X_1 < X_2$ is satisfied.