CLAIMS

1. A composition comprising hydroxytyrosol and a compound having a galloyl group for promoting absorption in the body, and/or for prolonging residence time in the body, of hydroxytyrosol,

wherein the compound having a galloyl group is an oligomeric proanthocyanidin derived from a grape seed extract, and

wherein the hydroxytyrosol and the oligomeric proanthocyanidin derived from a grape seed extract are present at a weight ratio of from 1:6.38 to 1:100,

wherein the composition is a food or beverage composition or a pharmaceutical composition.

2. The composition according to claim 1, wherein the hydroxytyrosol is present in a relative amount of 0.01 to 10% by weight, and wherein the compound having a galloyl group is present in a relative amount of 0.1 to 30% by weight.

3. An agent comprising compound having a galloyl group as an active ingredient for promoting absorption in the body, and/or for prolonging residence time in the body, of hydroxytyrosol,

wherein the compound having a galloyl group is an oligomeric proanthocyanidin derived from a grape seed extract, and

wherein the hydroxytyrosol and the oligomeric proanthocyanidin derived from a grape seed extract are present at a weight ratio of from 1:6.38 to 1:100.

4. The agent for promoting absorption in the body, and/or for prolonging residence time in the body as defined in claim 3, wherein the compound having a galloyl group is present in a relative amount of 0.1 to 30% by weight.

5. A food or beverage comprising the agent for promoting absorption in the body, and/or for prolonging residence time in the body, as defined in claim 3 or 4.

6. A pharmaceutical composition comprising the agent for promoting absorption in the body, and/or for prolonging residence time in the body, as defined in claim 3 or 4.