CLAIMS

1. Use of a plant-derived extract selected from a horseradish extract, a saffron extract, a tea leaf extract, a kale extract, a propolis extract, a Takana extract, an arugula extract, and a mixture thereof, and/or a plant-derived processed product selected from a horseradish processed product, a saffron processed product, a tea leaf processed product, a kale processed product, a propolis processed product, a Takana processed product, an arugula processed product, and a mixture thereof, in the manufacture of a composition for improvement in physical activity efficiency,

wherein:

the extract is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and an extraction; and

the processed product is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and the method not including an extraction.

2. The use according to claim 1, wherein the improvement in physical activity efficiency is improvement in endurance.

3. The use according to claim 1, wherein the improvement in physical activity efficiency is reduction of breathlessness.

4. Use of a plant-derived extract selected from a horseradish extract, a saffron extract, a tea leaf extract, a kale extract, a propolis extract, a Takana extract, an arugula extract, and a mixture thereof, and/or a plant-derived processed product selected from a horseradish processed product, a saffron processed product, a tea leaf processed product, a kale processed product, a propolis processed product, a Takana processed product, an arugula processed product, and a mixture thereof, in the manufacture of a composition for reducing fatigue,

wherein:

the extract is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and an extraction; and

the processed product is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and the method not including an extraction.

5. Use of a plant-derived extract selected from a

horseradish extract, a saffron extract, a tea leaf extract, a kale extract, a propolis extract, a Takana extract, an arugula extract, and a mixture thereof, and/or a plant-derived processed product selected from a horseradish processed product, a saffron processed product, a tea leaf processed product, a kale processed product, a propolis processed product, a Takana processed product, an arugula processed product, and a mixture thereof, in the manufacture of a composition for improving dynamic/kinetic visual acuity, wherein:

the extract is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and an extraction; and

the processed product is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and the method not including an extraction.

6. The use according to any one of claims 1 to 5, wherein the composition comprises a horseradish extract.

7. The use according to any one of claims 1 to 6, wherein the composition comprises a horseradish processed product.

8. The use according to any one of claims 1 to 7, wherein the plant-derived extract and/or the plant-derived processed product comprises kaempferol.

9. The use according to any one of claims 1 to 8, wherein the amount of kaempferol comprised in the composition is 0.1 mg to 200 mg.

10. The use according to any one of claims 1 to 9, wherein the composition is to be administered at a dose of 0.1 mg to 200 mg of kaempferol per administration.

11. The use according to any one of claims 1 to 10, wherein the composition is to be administered at a dose of 0.5 mg to 100 mg of kaempferol per administration.

12. The use of any one of claims 1 to 11, wherein the composition is to be administered to a subject who is hypoxic.

13. The use according to any one of claims 1 to 12, wherein the composition is a food and drink.

14. The use according to any one of claims 1 to 12, wherein the composition is a pharmaceutical composition.