in [Table 1] were used as Preparation Examples 4 to 9. Meanwhile, vitamin C was used as Comparative Example 1.

[0074] [Table 1]

Classification	Components and mixing ratio
Comparative Example 1	Vitamin C
Preparation Example 1	Nypa fruticans hot water extract
Preparation Example 2	Nypa fruticans ethanol extract
Preparation Example 3	Fucoidan hot water extract
Preparation Example 4	Nypa fruticans hot water extract + Fucoidan hot water extract, 2:1 mixture
Preparation Example 5	Nypa fruticans hot water extract + Fucoidan hot water extract, 1:1 mixture
Preparation Example 6	Nypa fruticans hot water extract + Fucoidan hot water extract, 1:2 mixture
Preparation Example 7	Nypa fruticans ethanol extract + Fucoidan hot water extract, 2:1 mixture
Preparation Example 8	Nypa fruticans ethanol extract + Fucoidan hot water extract, 1:1 mixture
Preparation Example 9	Nypa fruticans ethanol extract + Fucoidan hot water extract, 1:2 mixture

[0075]

[0076] To measure the antioxidant activity of the preparation examples and the comparative example, a DPPH radical scavenging assay was performed. DPPH powder was dissolved in ethanol to prepare a 0.5 mM DPPH solution. 100 μL of each of the preparation examples and the comparative example was added to a 96-well plate. 100 μL of 99% ethanol was added to the non-DPPH reaction group, and 100 μL of 0.5 mM DPPH was