

Abstract

The object of the present invention is to provide: a method for producing a citrulline-containing fermented milk; and a citrulline-containing fermented milk produced by the method. The method can prevent milk quality from deteriorating, even when citrulline is added, and the citrulline-containing fermented milk has the effect of improving blood flow. The present invention pertains to: a method for producing a citrulline-containing fermented milk, the method comprising heat-treating a raw material mix that contains citrulline, and fermenting the heat-treated raw material mix, wherein the content of citrulline in the raw material mix that is heat-treated is 0.1-4%; and a fermented milk produced by the method.

No Figure