CLAIMS

1. A plant extract comprising at least one of cyclo-alanyl-glutamine, cyclo-alanyl-alanine, cyclo-seryl-tyrosine, cyclo-glycyl-leucine, cyclo-glycyl-tryptophan, cyclo-valyl-valine, cyclo-tryptophanyl-tyrosine, cyclo-leucyl-tryptophan, cyclo-phenylalanyl-proline, and cyclo-phenylalanyl-phenylalanine at a concentration of 10 μg/100 g/Bx or more, wherein the plant extract is a tea extract, a soybean extract, a barley extract, or a sesame extract.

2. The plant extract according to claim 1, wherein the total amount of diketopiperazine(s) per Bx is 900 μg/100 g/Bx or more.

3. The plant extract according to claim 1 or 2, being a tea extract, a soybean extract, or a barley extract.

4. A method for producing a plant extract containing a high concentration of diketopiperazines including cyclo-leucyl-leucine and cyclo-leucyl-phenylalanine, the method comprising a step of subjecting a plant peptide to high-temperature and high-pressure treatment in a liquid wherein the plant peptide is a tea peptide, a soybean peptide, a barley peptide, or a sesame peptide.

5. The method according to claim 4, wherein the high-temperature and high-pressure treatment is performed in a liquid of 100°C to 170°C for from 30 minutes to several hours as heating conditions.

6. The method according to claim 4 or 5, wherein the plant peptide is an oligopeptide.

7. The method according to any one of claims 4 to 6, wherein the plant peptide is prepared by subjecting a plant-derived protein or a protein-containing plant to decomposition treatment, wherein the plant is a tea, a soybean, a barley, or a sesame.

8. The method according to claim 7, wherein the decomposition treatment is heat treatment or enzyme treatment.

9. The method according to claim 8, wherein the decomposition treatment is enzyme treatment, and the enzyme is endo-type protease.