

ABSTRACT

The present invention aims to provide an oral composition containing ergothioneine or its salt and a vitamin E compound in which ergothioneine- or its salt-derived bitterness and vitamin E compound-derived odor are reduced; and a method of reducing ergothioneine- or its salt-derived bitterness and vitamin E compound-derived odor. The present invention relates to an oral composition containing a component (A), i.e., ergothioneine or its salt; and a component (B), i.e., at least one vitamin E compound, wherein a weight ratio (B)/(A) of the component (B) in terms of vitamin E to the component (A) in terms of ergothioneine is 1 to 27.