Claims

1. A peptide consisting of the amino acid sequence of SEQ ID NO: 1.

2. A peptide consisting of the amino acid sequence of SEQ ID NO: 1 and exhibiting anti-obesity or anti-diabetes activity.

3. The peptide of claim 2, wherein the peptide suppresses adipogenesis.

4. The peptide of claim 2, wherein the peptide reduces expression of PPARγ (peroxisome proliferator-activated receptor gamma), ACC (acetyl-CoA carboxylase), or aP2 (adipose-specific fatty acid-binding protein 2).

5. The peptide of claim 2, wherein the peptide promotes lipolysis.

6. The peptide of claim 2, wherein the peptide increases expression of pHSL (phospho-hormone-sensitive lipase), AMPK-α1 (AMP-activated protein kinase α1), CGI-58 (comparative gene identification-58), or ATGL (adipose triglyceride lipase).

7. The peptide of claim 2, wherein the peptide reduces a blood sugar level.

8. A peptide complex, exhibiting anti-obesity or anti-diabetes activity and including the following peptide combination:

(a) a peptide of SEQ ID NO: 1;

(b) a peptide of SEQ ID NO: 3; and

(c) a peptide of SEQ ID NO: 6 or 7.

9. The peptide complex of claim 8, wherein the peptide complex reduces sizes of adipocytes.

10. The peptide complex of claim 8, wherein the peptide complex reduces a blood cholesterol level.

11. A pharmaceutical composition, comprising the peptide of any one of claims 2 to 7 as an effective ingredient for preventing or treating obesity.

12. A pharmaceutical composition, comprising the peptide complex of any one of claims 8 to 10 as an effective ingredient for preventing or treating obesity.

13. A pharmaceutical composition, comprising the peptide of any one of claims 2 to 7 as an effective ingredient for preventing or treating diabetes.

14. A pharmaceutical composition, comprising the peptide complex of any one of claims 8 to 10 as an effective ingredient for preventing or treating diabetes.

15. Use of the peptide of any one of claims 2 to 7 in the manufacture of a medicament for preventing or treating obesity or diabetes.

16. Use of the peptide complex of any one of claims 8 to 10 in the manufacture of a medicament for preventing or treating obesity or diabetes.