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Abstract

A composition for potentiating glutathione, which contains at least one member selected from the group consisting of 2-(3,4-dihydroxyphenyl)ethanol or a glycoside thereof, a plant containing 2-(3,4-dihydroxyphenyl)ethanol or a glycoside thereof, an extract of said plant, a hydrolysate of said plant, and a hydrolysate of the extract of said plant (excluding *Olea europaea* and an extract thereof), and which further contains at least one member selected from among an S-containing compound that is a supply source of cysteine, a protein that contains cysteine and/or cystine, a yeast that contains cysteine and/or cystine, and a vitamin.



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