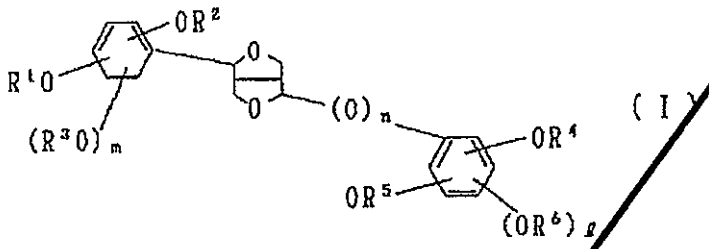
CLAIMS

1. An anti-fatigue agent containing as the active ingredient a dioxabicyclo[3.3.0]octane derivative that is represented by the following general formula (I)

[Chemical Formula 1]



(I)

(where R^1, R^2, R^3, R^4, R^5 and R^6 each independently represent a hydrogen atom, an alkyl group having 1-3 carbon atoms, or R^1 and R^2 and/or R^4 and R^5, when taken together, represent a methylene group or an ethylene group, and n, m, and *l* represent 0 or 1).

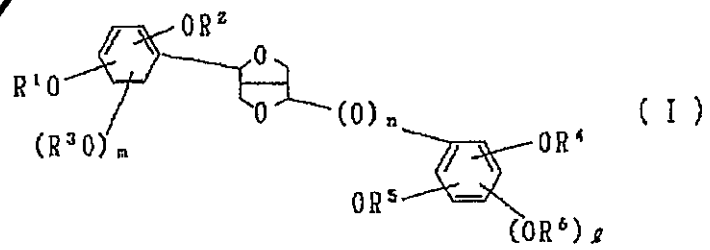
2. The anti-fatigue agent according to claim 1, wherein the dioxabicyclo[3.3.0]octane derivative is sesamin.

3. A pharmaceutical composition containing the anti-fatigue agent according to claim 1 or 2, for treating or preventing a disorder that involves fatigue.

4. The pharmaceutical composition according to claim 3, wherein the disorder that involves fatigue is chronic fatigue syndrome.

5. Use of a dioxabicyclo[3.3.0]octane derivative such as sesamin that is represented by the following general formula (I)

[Chemical Formula 1]



(I)

(where R^1, R^2, R^3, R^4, R^5 and R^6 each independently represent a hydrogen atom, an alkyl group having 1-3 carbon atoms, or R^1 and R^2 and/or R^4 and R^5, when taken together, represent a methylene group or an ethylene group, and n, m, and *l* represent 0 or 1), for recovery from fatigue or prevention of fatigue.

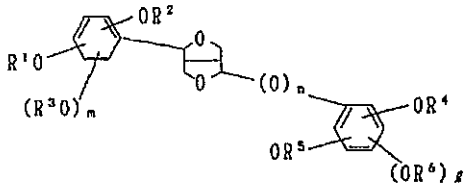
6. The use according to claim 5, wherein the dioxabicyclo[3.3.0]octane derivative is sesamin.

7. The use according to claim 5 or 6, for treating or preventing a disorder that involves fatigue.

8. The use according to claim 7, wherein the disorder that involves fatigue is chronic fatigue syndrome.

Claims

1. An anti-fatigue agent containing as the active ingredient a dioxabicyclo[3.3.0]octane derivative that is represented by the following general formula (I)



(I)

(wherein R^1, R^2, R^3, R^4, R^5 and R^6 each independently represent a hydrogen atom, an alkyl group having 1-3 carbon atoms, or R^1 and R^2, R^4 and R^5, or R^1, R^2, R^4, R^5, when taken together, represent a methylene group or an ethylene group, and n, m, and *l* represent 0 or 1), wherein the dioxabicyclo[3.3.0]octane derivative is sesamin, episesamin, or a combination of sesamin and episesamin.

2. A pharmaceutical composition containing the anti-fatigue agent according to claim 1, for use in the treatment or prevention of a disorder that involves fatigue.

3. The pharmaceutical composition according to claim 2, wherein the disorder that involves fatigue is chronic fatigue syndrome.