CLAIMS

Claim 1. An anti-fatigue composition, comprising:
at least one sesamin-class compound; and
at least one of lutein or a fatty acid ester thereof,
wherein a mole ratio of the at least one of lutein or a fatty acid ester thereof to the sesamin-class compound is 0.3 to 10.

Claim 2. The composition according to claim 1,
wherein the composition suppresses, alleviates, or reduces fatigue by improving or maintaining energy production capacity or reducing a decline in energy production capacity.

Claim 3. The composition according to claim 2,
wherein the improving or maintaining energy production capacity or reducing a decline in energy production capacity is mediated by improving or maintaining mitochondrial function or reducing a decline in mitochondrial function.

Claim 4. A composition for improving or maintaining energy production capacity or reducing a decline in energy production capacity, the composition comprising:
at least one sesamin-class compound; and
at least one of lutein or a fatty acid ester thereof,
wherein a mole ratio of the at least one of lutein or a fatty acid ester thereof to the sesamin-class compound is 0.3 to 10.

Claim 5. The composition according to claim 4,
Wherein the improving or maintaining energy production capacity or reducing a decline in energy production capacity is mediated by improving or maintaining mitochondrial function or reducing a decline in mitochondrial function.

Claim 6. The composition according to any one of claims 1 to 5,
wherein the at least one sesamin-class compound is at

least one of sesamin or episesamin.

Claim 7. The composition according to any one of claims 1 to 6,
wherein the composition is an oral composition.

Claim 8. The composition according to any one of claims 1 to 7,
wherein the composition is a food or beverage.

Claim 9. The composition according to any one of claims 1 to 8,
wherein the composition is labeled with at least one function claim selected from the group consisting of "alleviating fatigue", "alleviating feelings of fatigue", "alleviating discomfort", "reducing a decline in motivation", "facilitating energy production", and "maintaining and improving vitality".

Claim 10. Non-therapeutic use of at least one sesamin-class compound and at least one of lutein or a fatty acid ester thereof for suppressing, alleviating, or reducing fatigue,
wherein a mole ratio of the at least one of lutein or a fatty acid ester thereof to the sesamin-class compound is 0.3 to 10.

Claim 11. Non-therapeutic use of at least one sesamin-class compound and at least one of lutein or a fatty acid ester thereof for improving or maintaining energy production capacity or reducing a decline in energy production capacity,
wherein a mole ratio of the at least one of lutein or a fatty acid ester thereof to the sesamin-class compound is 0.3 to 10.