# CLAIMS

Claim 1. A non-therapeutic method of promoting lipolysis, comprising

administering a composition comprising L-ergothioneine or a salt thereof,

wherein an adult daily intake of L-ergothioneine or a salt thereof is 2 to 50 mg in terms of L-ergothioneine.

Claim 2. The method according to claim 1 which is for preventing obesity.

Claim 3. The method according to claim 1 or 2, wherein the composition is an oral composition.

Claim 4. The method according to any one of claims 1 to 3, wherein the composition is a food or beverage.

Claim 5. Non-therapeutic use of a composition comprising L-ergothioneine or a salt thereof for promoting lipolysis,

wherein an amount of L-ergothioneine or a salt thereof in the composition per adult daily intake is 2 to 50 mg in terms of L-ergothioneine.

Claim 6. The use according to claim 5 which is for preventing obesity.

Claim 7. The use according to claim 5 or 6, wherein the composition is an oral composition.

Claim 8. The use according to any one of claims 5 to 7, wherein the composition is a food or beverage.