8. The method according to claim 7, wherein hydrolyzing the lipid composition is an enzymatic hydrolysis, preferably with making use of a lipase enzyme.

9. The method according to one of the claims 1-8, wherein the rhizoma polygonati is the rhizome of a plant selected from the group consisting of polygonatum kinganum, polygonatum sibiricum and polygonatum cyrtonema.

10. The method according to claim 9, wherein the rhizoma polygonati is a powdered form of the dried rhizome of the plant polygonatum sibiricum.