CLAIMS

1. A composition suitable for anti-aging, comprising

one or multiple compounds selected from the group consisting of a lophenol compound, and a cyclolanostane compound, as active ingredients.

2. The composition suitable for anti-aging according to claim 1, wherein

the cyclolanostane compound is selected from the group consisting of 9,19-cyclolanostan-3-ol, and 24-methylene-9,19-cyclolanostan-3-ol.

3. The composition suitable for anti-aging according to claim 1 or 2, wherein

the lophenol compound is selected from the group consisting of 4-methylcholest-7-en-3-ol, 4-methylergost-7-en-3-ol, and 4-methylstigmast-7-en-3-ol.

4. The composition suitable for anti-aging according to any one of claims 1 to 3, wherein

the compounds are contained in a total amount of 0.00001% by mass or more.

5. The composition suitable for anti-aging according to any one of claims 1 to 4, which is for activating autophagy.

6. The composition suitable for anti-aging according to any one of claims 1 to 5, which is for whitening or for moisturizing.

7. The composition suitable for anti-aging according to any one of claims 1 to 6, which is a food and drink composition, or a cosmetic composition.

8. The composition suitable for anti-aging according to any one of claims 1 to 6, which is a pharmaceutical composition.

9. Use of a compound selected from the group consisting of a lophenol compound, and a cyclolanostane compound, in the preparation of a medicament for the treatment or prevention of an anti-aging condition.

10. The use according to claim 9, wherein the anti-aging condition is psoriasis, an infection, sarcopenia, atrophoderma, glomerulosclerosis, or renal failure.

11. A compound selected from the group consisting of a lophenol compound, and a cyclolanostane compound, for use in anti-aging.

12. The compound according to claim 11, for use in the prevention or improvement of psoriasis, an infection, sarcopenia, atrophoderma, glomerulosclerosis, or renal failure.

13. A cosmetic treatment, comprising

administering a compound selected from the group consisting of a lophenol compound, and a cyclolanostane compound to a subject.