CLAIMS

Claim 1. Non-therapeutic method of improving a blood cholesterol level, the method comprising:

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

wherein an administration amount of L-ergothioneine or a salt thereof in terms of L-ergothioneine per day is 2 to 50 mg.

Claim 2. The non-therapeutic method according to claim 1,

wherein the method is a method for reducing a ratio of LDL cholesterol level to HDL cholesterol level, i.e., LDL/HDL ratio, in blood.

Claim 3. The non-therapeutic method according to claim 1 or 2,

wherein the administration amount of L-ergothioneine or a salt thereof in terms of L-ergothioneine per day is 5 to 25 mg.

Claim 4. The non-therapeutic method according to any one of claims 1 to 3,

wherein the composition is a food or beverage.

Claim 5. The non-therapeutic method according to any one of claims 1 to 4,

wherein the human is a healthy person.

Claim 6. Non-therapeutic use of a composition for improving a blood cholesterol level in a human,

wherein the composition comprises L-ergothioneine or a salt thereof, and

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 7. The non-therapeutic use according to claim 6,

wherein the composition is used for reducing a ratio of LDL cholesterol level to HDL cholesterol level, i.e., LDL/HDL ratio, in blood.

Claim 8. The non-therapeutic use according to claim 6 or 7,

wherein the amount of L-ergothioneine or a salt thereof in the composition per adult daily intake is 5 to 25 mg in terms of L-ergothioneine.

Claim 9. The non-therapeutic use according to any one of claims 6 to 8,

wherein the composition is a food or beverage.

Claim 10. The non-therapeutic use according to any one of claims 6 to 9,

wherein the human is a healthy person.