Abstract

This invention aims to provide a composition that promotes the production of type I collagen and/or elastin in the human skin fibroblast cells, wherein the composition improves the suppleness and elasticity of the skin, is amply effective in preventing and improving wrinkles and sagging, and is also very safe to the skin.

The present invention relates to a composition that contains silymarin, which is a general term for flavonolignans such as silybin, silydianin, silychristin and isosilybin, wherein the aforementioned composition has a property to promote the production of type I collagen and/or property to promote the production of elastin. It also relates to a composition containing silymarin derived from a silymarin-containing plant and/or extract of such plant, wherein the aforementioned composition also has a property to promote the production of type I collagen and/or property to promote the production of elastin.

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