

ABSTRACT

The present invention aims to provide an oral composition containing ergothioneine or a salt thereof and
5 a glucosamine-class compound, in which the bitterness derived from the ergothioneine or a salt thereof and the off-taste derived from the glucosamine-class compound are suppressed. The present invention relates to an oral composition containing a component (A) and a component (B)
10 defined as follows: (A) ergothioneine or a salt thereof; and (B) glucosamine-class compound, wherein a (B)/(A) weight ratio of the component (B) in terms of glucosamine to the component (A) in terms of ergothioneine is 0.2 to 150.