CLAIMS

Claim 1. A non-therapeutic method of suppressing an increase in blood uric acid level or reducing blood uric acid level, the method comprising

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

wherein the composition is a food or beverage.

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

which comprises administering the composition to a healthy person.

Claim 3. Non-therapeutic use of a composition comprising L-ergothioneine or a salt thereof for suppressing an increase in blood uric acid level or reducing blood uric acid level,

wherein the composition is a food or beverage.

Claim 4. The non-therapeutic use according to claim 3,

wherein the composition is used on a healthy person.