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Abstract

The present invention forms a mixture basically consisting of threonine, proline, glycine, valine, isoleucine, leucine, tyrosine, phenylalanine, lysine, aspartic acid, serine, glutamic acid, alanine, methionine, histidine and arginine as a unit, by which a body temperature raising effect was observed. The similar body temperature raising effect was observed when carnitine and/or tryptophan is added to the unit. These groups were found to be amino acid mixture-containing agents capable of raising body temperature for food or drink use or medical use. The agents have excellent body temperature raising effect, thereby having the functions of reduction of accumulated body fat, alleviation of excess sensitivity to cold, warming of a cold body, and the like.