[CLAIMS]

[Claim 1]

Use of a composition for alleviating exercise-associated fatigue or enhancing exercise capability, the composition consisting of water extracts and ethanol polysaccharide fractions of *Angelica gigas*, *Cnidium officinale*, and *Paeonia lactiflora* as active ingredients, wherein a weight ratio of the extracts or fractions of *Angelica gigas*, *Paeonia lactiflora*, and *Cnidium officinale* is 1:1:1, and wherein a weight ratio of water extract and ethanol polysaccharide fraction is 65:35.

[Claim 2]

The use of claim 1, wherein the exercise-associated fatigue comprises muscle fatigue.

[Claim 3]

The use of claim 1, wherein the composition activates a nuclear factor erythroid 2-related factor-2 (Nrf-2) pathway.

[Claim 4]

The use of claim 1, wherein the composition increases an expression level of heme oxygenase-1 (HO-1).

[Claim 5]

The use of claim 1, wherein the polysaccharide fraction is produced by extracting an aqueous extract with 95% ethanol.

[Claim 6]

The use of any one of claims 1 to 5, wherein the composition is a food composition.