Problems to be solved by the invention

[0007] An object of the present invention is to provide a novel composition that can contribute to athletic ability enhancement.

Means for solution of the problems

[0008] The present inventors found that the intake of *Bacteroides uniformis* continuously exhibits a physical strength enhancing effect and/or anti-fatigue effect (see International Publication No. 2019/069735 (PCT/JP2018/035295) (which is an international publication that had not been published at the time of the application of the basic application (Japanese Patent Application No. 2019-067, 505) of the present International Application)). The present inventors then considered based on this finding

What is claimed is:

1. A composition for athletic ability enhancement, comprising α-cyclodextrin as an active ingredient, wherein α-cyclodextrin is to be administered in an amount from 0.01 mg/kg body weight to 200 mg/kg body weight per day.

2. The composition according to claim 1, wherein the athletic ability enhancement includes at least one effect selected from physical strength enhancement, anti-fatigue, and fatigue feeling mitigation.

3. The composition according to claim 1, wherein the athletic ability enhancement includes suppression of increase in heart rate during exercise.

4. A composition for proliferation of *Bacteroides uniformis* in the intestinal tract, comprising α-cyclodextrin as an active ingredient, wherein α-cyclodextrin is to be administered in an amount from 0.01 mg/kg body weight to 200 mg/kg body weight per day.

5. The composition according to any one of claims 1 to 4, for oral intake.

6. The composition according to any one of claims 1 to 4, that is an additive for foods and beverages, a pharmaceutical composition, a feed composition, or a feed additive.

7. The composition according to any one of claims 1 to 6, wherein the composition is to be administered for at least 7 days.