

COMPOSITIONS CONTAINING RIBOFLAVIN AND SESAMIN-CLASS COMPOUNDS

ABSTRACT

The present invention relates to a composition containing riboflavin and a sesamin-class compound(s). This composition may incorporate a sesamin-class compound(s) in such an amount that the proportion (weight ratio) of its total quantity to the total quantity of riboflavin taken as unity is no more than 4.5, and it has the advantage that the analgesic and anti-fatigue actions of riboflavin are synergistically improved by ingestion of riboflavin in combination with a sesamin-class compound(s).

The composition of the present invention provides compositions, in particular, pharmaceuticals as well as foods and beverages that are safe to humans, animals, etc. and can therefore be ingested for a continued period, and which have far superior effects to those of conventional foods having an analgesic or anti-fatigue action.

NO SUITABLE FIGURE