

ABSTRACT

The present invention aims to provide a composition for improving vascular endothelial function, the
5 composition having an excellent vascular endothelial function improving action. The present invention relates to a composition for improving vascular endothelial function, the composition containing: a sesamin-class compound; and a docosahexaenoic acid-class compound,
10 wherein the docosahexaenoic acid-class compound is at least one compound selected from the group consisting of docosahexaenoic acid, a compound containing docosahexaenoic acid as a constituent fatty acid, and salts thereof, and a sesamin equivalent weight of the sesamin-class compound is
15 2 to 150 relative to a docosahexaenoic acid equivalent weight of the docosahexaenoic acid-class compound taken as 100.