

ABSTRACT

The present invention aims to provide an oral composition containing ergothioneine or its salt and grain oil or γ -oryzanol in which ergothioneine- or its salt-derived bitterness and grain oil- or γ -oryzanol-derived odor are reduced. The present invention relates to an oral composition containing a component (A), i.e., ergothioneine or its salt; and a component (B), i.e., grain oil, wherein the grain oil contains γ -oryzanol as a component (B'), and a weight ratio (B')/(A) of the component (B') (in terms of cycloartenyl ferulate) to the component (A) (in terms of ergothioneine) is 0.3 to 10.