

ABSTRACT

An O/W/O emulsion composition having at least one of lignan-class compounds dissolved in an internal oil phase is disclosed. This composition can be produced by a process comprising the steps of 1) dissolving at least one of lignan-class compounds in oil or fat to prepare a lignan-class compound dissolving liquid; 2) emulsifying the lignan-class compound dissolving liquid in a water phase to form an O/W emulsion; and 3) further emulsifying the O/W emulsion in an oil phase to prepare an O/W/O emulsion.

This is a lignan-class compound containing composition that is enhanced in the amount of bodily absorption of lignan-class compounds.