CLAIMS

1. A composition comprising L-ergothioneine and N,N-dimethyl-L-2-thiohistidine, wherein a content of the N,N-dimethyl-L-2-thiohistidine is 50 parts by mass or less with respect to 100 parts by mass of the L-ergothioneine~~reduced~~.

~~2. The composition according to claim 1, wherein the content of the N,N-dimethyl-L-2-thiohistidine is reduced so that coloring of the composition is suppressed.~~

~~3. The composition according to claim 1 or 2, wherein the content of the N,N-dimethyl-L-2-thiohistidine is 50 parts by mass or less with respect to 100 parts by mass of the L-ergothioneine.~~

~~4~~2. The composition according to ~~any one of~~ claim~~s~~ 1 ~~to 3~~, wherein the content of the N,N-dimethyl-L-2-thiohistidine is 0.0001 parts by mass or more with respect to 100 parts by mass of the L-ergothioneine.

~~5~~3. The composition according to any one of claims 1 ~~to 4~~or 2, wherein the content of the N,N-dimethyl-L-2-

thiohistidine is 0.05 parts by mass or more with respect to 100 parts by mass of the L-ergothioneine.

~~6. A composition comprising L-ergothioneine and N,N-dimethyl-L-2-thiohistidine, wherein a content of the N,N-dimethyl-L-2-thiohistidine is 50 parts by mass or less with respect to 100 parts by mass of the L-ergothioneine for suppressing coloring of the composition.~~

~~7~~4. A method for producing a composition comprising L-ergothioneine and N,N-dimethyl-L-2-thiohistidine and having suppressed coloring, the method comprising a step of setting ~~reducing~~ a content of the N,N-dimethyl-L-2-thiohistidine to 50 parts by mass or less with respect to 100 parts by mass of the L-ergothioneine.

~~8~~5. A method for imparting a coloring-suppressing effect to a composition comprising L-ergothioneine and N,N-dimethyl-L-2-thiohistidine, the method comprising a step of setting ~~wherein~~ a content of the N,N-dimethyl-L-2-thiohistidine ~~is~~ to 50 parts by mass or less with respect to 100 parts by mass of the L-ergothioneine.