ATHLETIC ABILITY ENHANCING COMPOSITION

Abstract

The present invention addresses the problem of providing a novel composition which can make a contribution to athletic ability enhancement. The present invention provides an athletic ability enhancing composition including α-cyclodextrin as an active ingredient. The athletic ability enhancement includes at least one effect selected from among physical strength improvement, anti-fatigue, and fatigue feeling mitigation. In addition, the athletic ability enhancement also includes suppressing an increase in heart rate during exercise. Furthermore, provided is a composition which is for proliferating Bacteroides uniformis in the intestinal tract and includes α-cyclodextrin as an active ingredient. In the present invention, α-cyclodextrin is preferably administered in an amount of 0.01 mg/kg body weight to 200 mg/kg body weight per day, and preferably administered for at least seven days.

[Figure 2]