ABSTRACT

The present invention provides a composition for improving cognitive function, a composition for improving anxiety-like symptoms, and a composition for suppressing cerebral atrophy containing one or more kinds selected from the group consisting of 25 mol% - 45 mol% of leucine, and 20 mol% - 40 mol% of phenylalanine relative to the total content of leucine, lysine, valine, isoleucine, phenylalanine, histidine and tryptophan, which are highly safe and can be ingested or administered continuously.