

ABSTRACT

The present invention aims to provide an oral composition containing ergothioneine or its salt and at least one eicosapentaenoic acid-class compound in which ergothioneine- or its salt-derived bitterness and eicosapentaenoic acid-class compound-derived odor are reduced. The present invention relates to an oral composition containing: a component (A); and a component (B), the component (A) being ergothioneine or its salt, the component (B) being at least one eicosapentaenoic acid-class compound, wherein a weight ratio (B)/(A) of the component (B) in terms of eicosapentaenoic acid to the component (A) in terms of ergothioneine is within a range of 0.5 to 15.