

ABSTRACT

Problem

To provide an antioxidant, an antioxidant composition, and a method for producing the antioxidant composition, which feature a high content rate and degree of extraction of substances. These substances are taurine, glycogen, protein, so-called blood platelet anticoagulant with zinc, fat-soluble vitamin with a high activation such as vitamin D, and other useful substances. The antioxidant and the antioxidant composition also feature a so-called antioxidative property, which has recently attracted attention.

Solution

The present invention, for example, includes 3,5-dihydroxy-4-methoxybenzyl alcohol.