

COMPOSITION FOR IMPROVING COMPLEX ATTENTION, COGNITIVE
FLEXIBILITY, AND/OR EXECUTION FUNCTION

ABSTRACT

A problem to be solved by the present invention is to provide a novel means for improving complex attention, cognitive flexibility, and/or executive function. Provided is a composition for improving at least one selected from the group consisting of complex attention, cognitive flexibility, and executive function, the composition comprising bifidobacteria and water-soluble dietary fiber.

[No suitable figure]