

Abstract

**EXTRACTS AND BEVERAGES CONTAINING
2, 5-PIPERAZINEDIONE, 3, 6-BIS (PHENYLMETHYL) -, (3S, 6S) -**

The present invention aims to provide extracts or beverages containing 2,5-piperazinedione,3,6-bis(phenylmethyl)-,(3S,6S)-, which is a useful substance with an improving effect on learning motivation,in an easy-to-ingest form and at a high concentration. Extracts or beverages whose ratio between the content of 2,5-piperazinedione,3,6-bis(phenylmethyl)-,(3S,6S)-(unit:μg/100g)and Brix(Bx)is 6(μg/100g)/Bx or more can be ingested continuously over a long period of time as foods and beverages useful for improvement of learning motivation.