ABSTRACT

To provide an oral care composition capable of completely preventing dental caries by inducing the secretion of saliva in large quantities and thereby maintaining and improving the health of an oral cavity, an oral care composition is held in an oral cavity to improve the health of the oral cavity, and said oral care composition contains, in terms of % by mass relative to the total mass of the composition, phosphoryl oligosaccharides of calcium: 1 to 30%, lactoferrin: 0.01 to 10%, and also magnesium carbonate: 1 to 5% or sucralose: 1 to 5%, is provided.