FIG.1

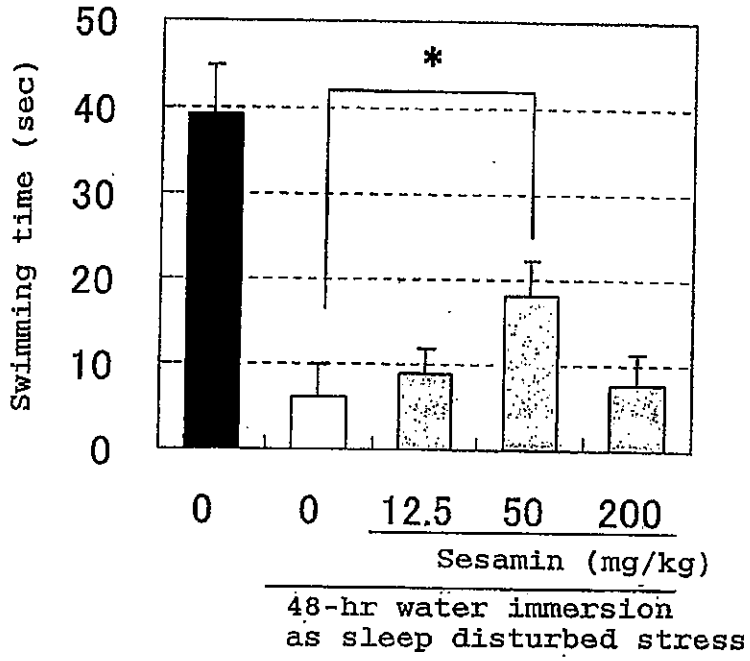

50
40
30
20
10
0
Swimming time (sec)
*
0
0
12.5
50
200
Sesamin (mg/kg)
48-hr water immersion
as sleep disturbed stress

FIG.2

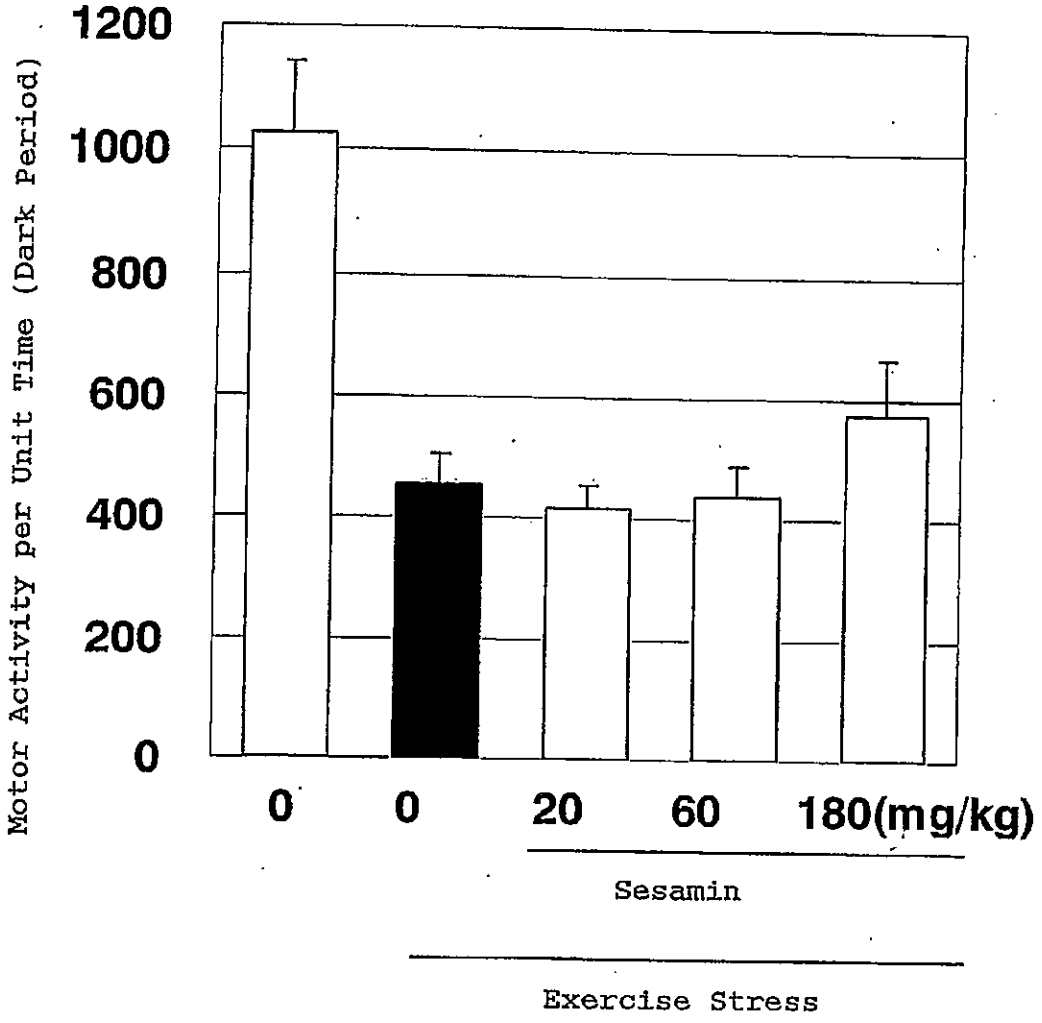

Motor Activity per Unit Time (Dark Period)
1200
1000
800
600
400
200
0
0
0
20
60
180(mg/kg)
Sesamin
Exercise Stress

FIG.3

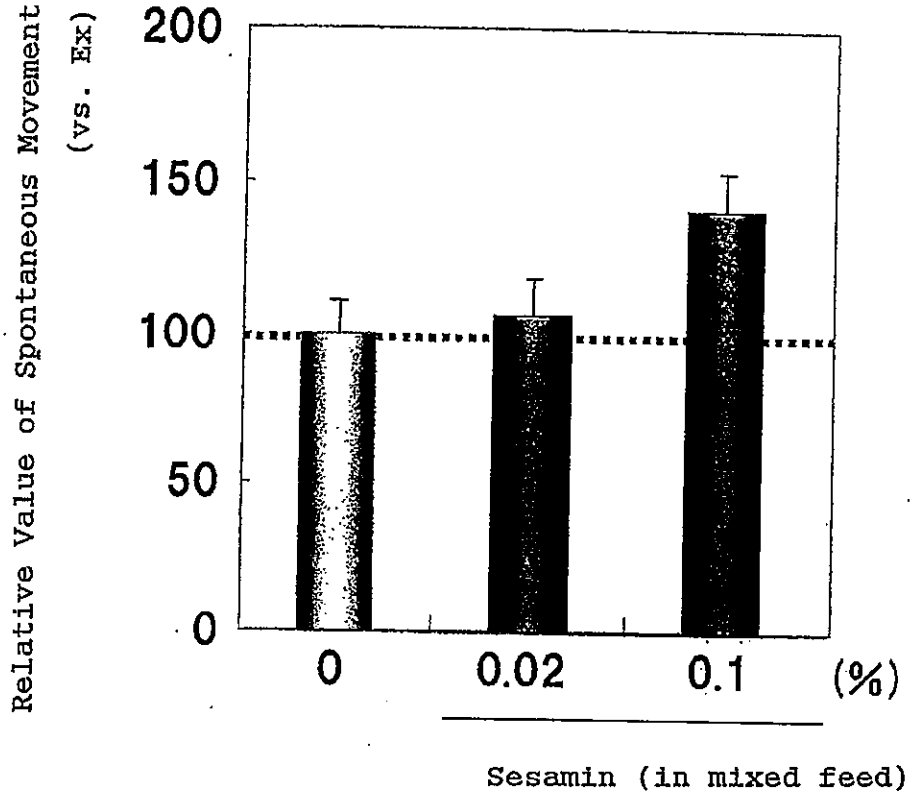
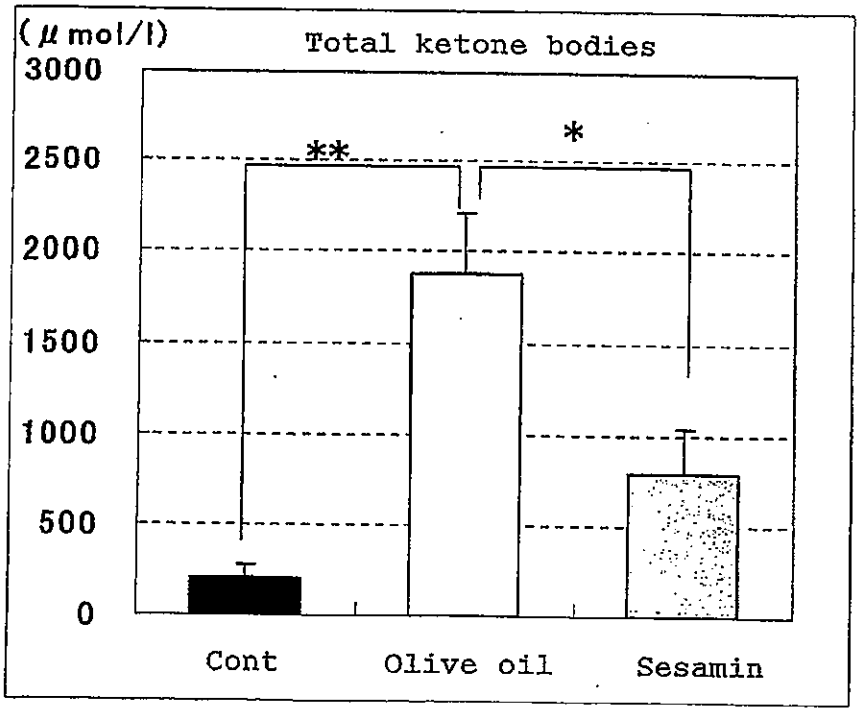

Relative Value of Spontaneous Movement (vs. Ex)
200
150
100
50
0
0
0.02
0.1
(%)
Sesamin (in mixed feed)

FIG.4


(μmol/l)
Total ketone bodies
3000
2500
2000
1500
1000
500
0
**
*
Cont
Olive oil
Sesamin