

ABSTRACT

The present invention aims to provide a composition for improving friendliness and/or empathy, which can
5 improve friendliness and/or empathy, and a method of improving friendliness and/or empathy. The present invention relates to, for example, a composition for improving friendliness and/or empathy, the composition containing at least one selected from the group consisting
10 of a long-chain polyunsaturated fatty acid having a carbon number of 20 or more and a derivative thereof.