CLAIMS

1. A composition comprising L-ergothioneine and N,N-dimethyl-L-2-thiohistidine, wherein a content of the N,N-dimethyl-L-2-thiohistidine is 50 parts by mass or less with respect to 100 parts by mass of the L-ergothioneine.

2. The composition according to claim 1, wherein the content of the N,N-dimethyl-L-2-thiohistidine is 0.0001 parts by mass or more with respect to 100 parts by mass of the L-ergothioneine.

3. The composition according to any one of claims 1 or 2, wherein the content of the N,N-dimethyl-L-2-thiohistidine is 0.05 parts by mass or more with respect to 100 parts by mass of the L-ergothioneine.

4. A method for producing a composition comprising L-ergothioneine and N,N-dimethyl-L-2-thiohistidine and having suppressed coloring, the method comprising a step of setting a content of the N,N-dimethyl-L-2-thiohistidine to 50 parts by mass or less with respect to 100 parts by mass of the L-ergothioneine.

5. A method for imparting a coloring-suppressing effect to a composition comprising L-ergothioneine and N,N-dimethyl-L-2-thiohistidine, the method comprising a step of setting a content of the N,N-dimethyl-L-2-thiohistidine to 50 parts by mass or less with respect to 100 parts by mass of the L-ergothioneine.