ABSTRACT

COMPOSITIONS CONTAINING SESAMIN-CLASS COMPOUND(S)
AND ARACHIDONIC ACID CLASS COMPOUND(S)

A method by which the physiological activities of sesamin-class compounds can be efficiently exhibited and enhanced, as well as an effective compound that can be combined with the sesamin-class compounds to this end. By using sesamin-class compounds in combination with more than specified proportions of arachidonic acid class compounds, the physiological activities of the sesamin-class compounds, for example, their anti-fatigue action is synergistically enhanced to provide compositions that are safe in humans and non-human animals and which hence can be ingested continuously.

Figure 1