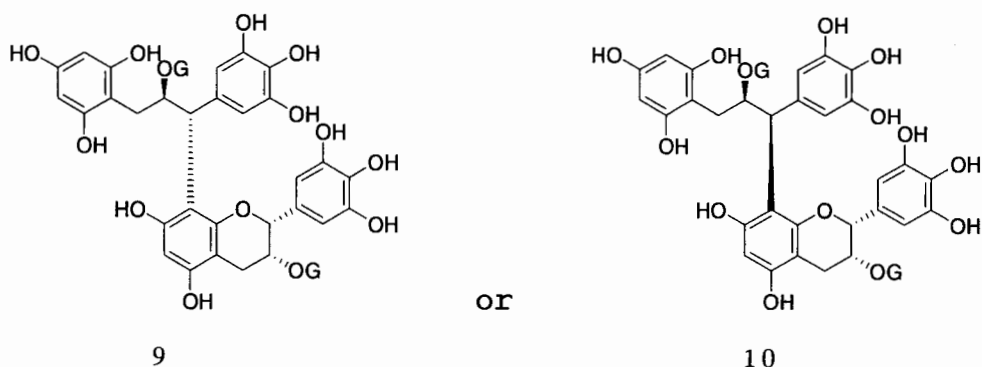


ABSTRACT

The present invention provides lipase inhibitors containing dimers of flavan-3-ols derived from teas as well as foods and beverages and medicines containing said inhibitors. More specifically, the present invention provides lipase inhibitors containing at least one of assamicains represented by the formula:

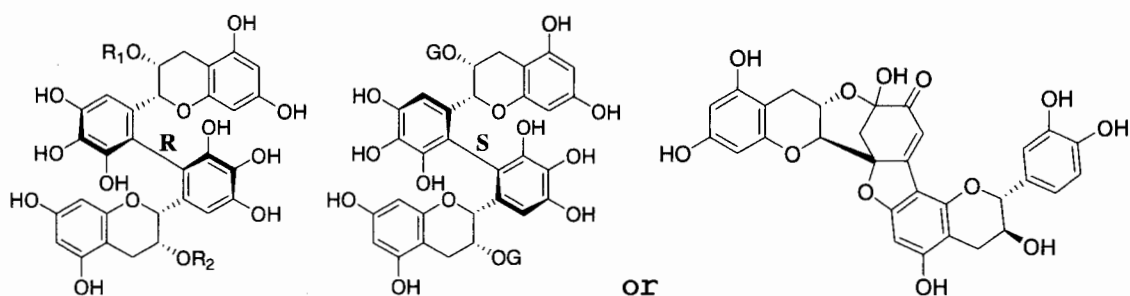
[Formula 1]



wherein G represents a galloyl group;

theasinensins represented by the formula:

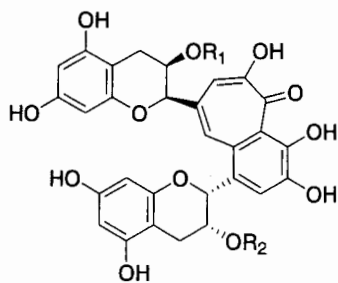
[Formula 2]



wherein R₁ represents G or H, and R₂ represents G; and

theaflavins represented by the formula:

[Formula 3]



wherein R₁ and R₂ independently represent G or H; as well as foods and beverages and medicines containing said lipase inhibitors.