

Abstract

Provided is a composition for lowering blood pressure and/or reducing neutral fat, which composition has few side effects and high safety. The composition for lowering blood pressure and/or reducing neutral fat includes a casein hydrolysate and an indigestible dextrin. Preferably, the casein hydrolysate includes a peptide composed of Met-Lys-Pro. Preferably, the casein hydrolysate includes a peptide composed of Met-Lys-Pro, and a content of the indigestible dextrin is at 5,000 to 100,000 parts by mass with respect to 1 part by mass of the peptide.