

ABSTRACT

The present invention aims to provide a composition capable of effectively suppressing cellular senescence.

5 The present invention relates to a composition containing at least one sesamin-class compound and ergothioneine or a salt thereof, wherein a ratio of a weight of the sesamin-class compound to a weight of ergothioneine or a salt thereof in terms of ergothioneine, i.e., sesamin-class
10 compound/ergothioneine, is 0.05 to 50.