

## ABSTRACT

The present invention aims to provide a composition which can improve or maintain mitochondrial function or  
5 reduce a decline in mitochondrial function, which is effective in improving or maintaining energy production capacity or reducing a decline in energy production capacity and effective in anti-fatigue, and which is highly  
10 safe and suitable for continuous ingestion. The present invention relates to an anti-fatigue composition containing at least one sesamin-class compound and lutein and/or a fatty acid ester thereof.