Claims

1. A composition for lowering blood pressure and/or reducing neutral fat, comprising a casein hydrolysate and an indigestible dextrin,

wherein the casein hydrolysate comprises 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.

2. The composition according to claim 1, comprising the indigestible dextrin and the casein hydrolysate at a mass ratio of 10:0.001 to 1:1.

3. The composition according to claim 1 or 2, wherein the composition is a pharmaceutical composition or a food or beverage composition.

4. The composition according to claim 1 or 2 for use in lowering blood pressure and/or reducing neutral fat.

5. The composition according to claim 1 or 2 for use in the prevention or treatment of hypertension and/or dyslipidemia.

6. Use of the composition according to claim 1 or 2 in the manufacture of a medicament for lowering blood pressure and/or reducing neutral fat.

7. Use of the composition according to claim 1 or 2 in the manufacture of a medicament for the prevention or treatment of hypertension and/or dyslipidemia.

8. The composition according to any one of claims 1 to 3, in the form of a unit package.

9. The composition according to any one of claims 1 to 3, wherein the composition is a fermented food or beverage.

10. The composition according to claim 9, wherein the fermented food or beverage comprises sucralose, and one or more monosaccharides and/or rare sugars selected from the group consisting of fructose, psicose, and allose.

11. The composition according to claim 10, further comprising lactulose.

12. A method of producing a fermented milk comprising a casein hydrolysate and an indigestible dextrin, and further comprising sucralose, fructose, psicose, and allose.

13. The method of producing a fermented milk according to claim 12, wherein the casein hydrolysate comprises a peptide composed of Met-Lys-Pro.

14. The method of producing a fermented milk according to claim 12 or 13, wherein the fermented milk further comprises lactulose.