

ABSTRACT

The present invention aims to provide a highly safe composition that can be used for improving or maintaining
5 mitochondrial function and/or mitochondrial energy production capacity or reducing a decline in mitochondrial function and/or mitochondrial energy production capacity and that allows easy intake and continuous ingestion without risk of side effects. The present invention also
10 aims to provide, for example a method of improving or maintaining mitochondrial function and/or mitochondrial energy production capacity or reducing a decline in mitochondrial function and/or mitochondrial energy production capacity. The present invention relates to, for
15 example, a composition containing at least one sesamin-class compound and pyrroloquinoline quinone (PQQ) or a salt thereof.