

ABSTRACT

To provide a process and an apparatus by means of which a composition that contains episesamin in a concentration greater than 50 wt% on the basis of the sum weight of sesamin and episesamin can be produced conveniently and at high yield.

There are provided a process and an apparatus which comprise the step of applying epimerization to sesamin or a sesamin-containing composition so that at least part of the sesamin is converted to episesamin and the step of selectively crystallizing episesamin by recrystallization and by means of which a composition that contains episesamin in a concentration greater than 50 wt% can be produced conveniently and at high yield.