[ABSTRACT]

The present invention relates to an edible medium composition having excellent cell proliferation activity. The edible medium composition according to the present invention has the effect of improving cell proliferation activity and inhibiting cellular senescence. In addition, the edible medium of the present invention is literally composed of raw materials that are edible for humans, and thus can be advantageously used as a culture medium for cell-cultured foods. Cells cultured in the edible medium composition of the present invention exhibit higher food safety while also offering cost advantages, compared to cells cultured in conventional media.