CLAIMS

1. An oil or fat extract, as obtained from black ginger, which comprises one or more members selected from group A consisting of 5,7,3',4'-tetramethoxyflavone, 3,5,7,3',4'-pentamethoxyflavone, 5,7-dimethoxyflavone, and 5,7,4'-trimethoxyflavone, and one or more members selected from group B consisting of 3,5,7-trimethoxyflavone, 3,5,7,4'-tetramethoxyflavone, 5-hydroxy-3,7,3',4'-tetramethoxyflavone, 5-hydroxy-7-methoxyflavone, 5-hydroxy-7,4'-dimethoxyflavone, 5-hydroxy-3,7-dimethoxyflavone, and 5-hydroxy-3,7,4'-trimethoxyflavone, wherein the total content of the methoxyflavones of group A as relative to the total content of the methoxyflavones of groups A and B, which is expressed as A/(A+B), is in excess of 0.65 on a weight basis, and wherein a solution which is prepared from said extract and in which the total content of said eleven methoxyflavones is 5.0 mg/ml shows an absorbance of 0.10 or less as measured at a wavelength of 660 nm.

2. The extract according to claim 1, wherein the total content of the methoxyflavones of group A as relative to the total content of the methoxyflavones of groups A and B, which is expressed as A/(A+B), is 0.71 or greater on a weight basis.

3. The extract according to claim 1 or 2, wherein the oil or fat is at least one member selected from among middle-chain fatty acid triglycerides, diacylglycerol, sesame salad oil, olive oil, soybean oil, rapeseed oil, corn oil, rice germ oil, sunflower seed oil, *Perilla frustescens var. crispa* oil, and *Perilla frustescens var. frustescens* oil.

4. A food or beverage comprising the extract according to any one of claims 1 to 3.

5. A cosmetic comprising the extract according to any one of claims 1 to 3.

6. A process for producing from black ginger an oil or fat extract which comprises one or more members selected from group A consisting of 5,7,3',4'-tetramethoxyflavone, 3,5,7,3',4'-pentamethoxyflavone, 5,7-dimethoxyflavone,

and 5,7,4'-trimethoxyflavone, and one or more members selected from group B consisting of 3,5,7-trimethoxyflavone, 3,5,7,4'-tetramethoxyflavone, 5-hydroxy-3,7,3',4'-tetramethoxyflavone, 5-hydroxy-7-methoxyflavone, 5-hydroxy-7,4'-dimethoxyflavone, 5-hydroxy-3,7-dimethoxyflavone, and 5-hydroxy-3,7,4'-trimethoxyflavone, which process comprises contacting a plant body of black ginger with an oil or fat and extracting at least one or more of said methoxyflavones,

wherein the total content of the methoxyflavones of group A as relative to the total content of the methoxyflavones of groups A and B, which is expressed as A/(A+B), is in excess of 0.65 on a weight basis in the extract,

provided that the process excludes a process wherein the oil or fat to be contacted consists only of a corn oil.

7. The process according to claim 6, wherein the oil or fat is at least one member selected from among middle-chain fatty acid triglycerides, diacylglycerol, sesame salad oil, olive oil, soybean oil, rapeseed oil, corn oil, rice germ oil, sunflower seed oil, *Perilla frustescens var. crispa* oil, and *Perilla frustescens var. frustescens* oil.

8. The process according to claim 6 or 7, wherein the extraction is performed at 50 to 180°C.

9. A process for producing from black ginger an oil or fat extract which comprises one or more members selected from group A consisting of 5,7,3',4'-tetramethoxyflavone, 3,5,7,3',4'-pentamethoxyflavone, 5,7-dimethoxyflavone, and 5,7,4'-trimethoxyflavone, and one or more members selected from group B consisting of 3,5,7-trimethoxyflavone, 3,5,7,4'-tetramethoxyflavone, 5-hydroxy-3,7,3',4'-tetramethoxyflavone, 5-hydroxy-7-methoxyflavone, 5-hydroxy-7,4'-dimethoxyflavone, 5-hydroxy-3,7-dimethoxyflavone, and 5-hydroxy-3,7,4'-trimethoxyflavone, which process comprises:

contacting a plant body of black ginger with water, a hydrophilic solvent or a

mixture thereof and extracting one or more of said methoxyflavones; and

bringing an intermediate extract as obtained by said extraction into contact with an oil or fat and extracting said one or more methoxyflavones,

wherein the total content of the methoxyflavones of group A as relative to the total content of the methoxyflavones of groups A and B, which is expressed as A/(A+B), is in excess of 0.65 on a weight basis in the extract.

10. The process according to claim 9 which further includes the step of evaporating the water, hydrophilic solvent or mixture thereof from the intermediate extract before the intermediate extract is contacted with the oil or fat and/or while they are kept in contact with each other.

11. The process according to claim 9 or 10, wherein the oil or fat is at least one member selected from among middle-chain fatty acid triglycerides, diacylglycerol, sesame salad oil, olive oil, soybean oil, rapeseed oil, corn oil, rice germ oil, sunflower seed oil, *Perilla frustescens var. crispa* oil, and *Perilla frustescens var. frustescens* oil.

12. The process according to any one of claims 6 to 11 which further includes the steps of:

bringing an oil or fat containing extract as obtained by the step of contact with an oil or fat into contact with water, a hydrophilic solvent or a mixture thereof and extracting one or more of said methoxyflavones; and

subjecting to liquid-liquid separation a two-phase mixture as obtained during said extraction of said one or more methoxyflavones, whereby an extract comprising the water, hydrophilic solvent or mixture thereof is obtained that has been separated in the liquid-liquid separation step.

13. The process according to claim 12 which further includes the step of removing the water, hydrophilic solvent or mixture thereof from the extract as obtained through the liquid-liquid separation step.

14. The process according to any one of claims 9 to 13, wherein the hydrophilic

solvent is a C_{1-3} alcohol and/or acetone.

15. The process according to any one of claims 6 to 14, wherein the total content of the methoxyflavones of group A as relative to the total content of the methoxyflavones of groups A and B, which is expressed as A/(A+B), is 0.71 or greater on a weight basis in the extract.