CLAIMS

Claim 1. Non-therapeutic use of at least one sesamin-class compound and at least one of lutein or a fatty acid ester thereof for suppressing, alleviating, or reducing fatigue,

wherein the at least one sesamin-class compound is at least one of sesamin or episesamin, and

a mole ratio of the at least one of lutein or a fatty acid ester thereof to the sesamin-class compound is 0.3 to 10.

Claim 2. Non-therapeutic use of at least one sesamin-class compound and at least one of lutein or a fatty acid ester thereof for improving or maintaining energy production capacity or reducing a decline in energy production capacity,

wherein the at least one sesamin-class compound is at least one of sesamin or episesamin, and

a mole ratio of the at least one of lutein or a fatty acid ester thereof to the sesamin-class compound is 0.3 to 10.