

ABSTRACT

Provided is an oral composition comprising (a) a high-intensity sweetener in an amount corresponding to a sweetness intensity X_1 , and (b) a phospholipid in an amount less than a taste
5 recognition threshold, wherein the oral composition has a sweetness of a sweetness intensity X_2 exhibited by the components (a) to (b), respectively, and $0.1 < X_1 < X_2$ is satisfied.