

ATHLETIC ABILITY ENHANCING COMPOSITION

Abstract

The present invention addresses the problem of providing a novel composition which
5 can make a contribution to athletic ability enhancement. The present invention provides
an athletic ability enhancing composition including α -cyclodextrin as an active
ingredient. The athletic ability enhancement includes at least one effect selected from
among physical strength improvement, anti-fatigue, and fatigue feeling mitigation. In
addition, the athletic ability enhancement also includes suppressing an increase in heart
10 rate during exercise. Furthermore, provided is a composition which is for proliferating
Bacteroides uniformis in the intestinal tract and includes α -cyclodextrin as an active
ingredient. In the present invention, α -cyclodextrin is preferably administered in an
amount of 0.01 mg/kg body weight to 200 mg/kg body weight per day, and preferably
administered for at least seven days.

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[Figure 2]