

Abstract

A composition for optic nerve cell protection, for preventing or treating glaucoma, for suppressing retinal ganglion cell death, or for delaying a progression of visual acuity loss of human contains at least one selected from the group consisting of
5 products obtained by steaming and drying wheat, defatted wheat germ, defatted rice germ, defatted soybean, fermented grape, hesperidin, lactic acid bacterium *Lactobacillus salivarius*, wild grape, Tamarind, Haskap, pomegranate seeds, licorice powder, and cinnamon powder.