CLAIMS

1. A composition containing at least one sesamin-class compound and at least one arachidonic acid class compound, wherein the total weight of the arachidonic acid class compound as calculated for arachidonic acid is at least 8 relative to the total weight of the sesamin-class compound which is taken as unity.

2. The composition according to claim 1, wherein the total content of the sesamin-class compound is at least 1% of the total weight of the composition.

3. The composition according to claim 1 or 2, wherein the sesamin-class compound is sesamin, episesamin, or a mixture thereof.

4. The composition according to any one of claims 1 to 3, wherein the arachidonic acid class compound is arachidonic acid in a free state or a compound which has arachidonic acid as a constituent fatty acid, the compound having arachidonic acid as a constituent fatty acid being an alcohol ester of arachidonic acid or a triglyceride, a phospholipid or a glycolipid, the constituent fatty acids of which are all or partly composed of arachidonic acid.

5. The composition according to any one of claims 1 to 4, which is for oral use.

6. The composition according to any one of claims 1 to 5, which is a food or a beverage.

7. An anti-fatigue agent containing at least one sesamin-class compound and at least one arachidonic acid class

compound as the active ingredients.

8. Use of a composition containing at least one sesamin-class compound and at least one arachidonic acid class compound for producing an anti-fatigue agent.

CLAIMS

The claims defining the invention are as follows:

1. A composition containing at least one sesamin-class compound and at least one arachidonic acid class compound, wherein the total weight of the arachidonic acid class compound as calculated for arachidonic acid is at least 8 and not greater than 16 relative to the total weight of the sesamin-class compound which is taken as unity.

2. The composition according to claim 1, wherein the total content of the sesamin-class compound is at least 1% of the total weight of the composition.

3. The composition according to claim 1 or 2, wherein the sesamin-class compound is sesamin, episesamin, or a mixture thereof.

4. The composition according to any one of claims 1 to 3, wherein the arachidonic acid class compound is arachidonic acid in a free state or a compound which has arachidonic acid as a constituent fatty acid, the compound having arachidonic acid as a constituent fatty acid being an alcohol ester of arachidonic acid or a triglyceride, a phospholipid or a glycolipid, the constituent fatty acids of which are all or partly composed of arachidonic acid.

5. The composition according to any one of claims 1 to 4, which is for oral use.

6. The composition according to any one of claims 1 to 5, which is a food or a beverage.