CLAIMS

1. ~~A composition for improvement in physical activity efficiency, comprising~~ Use of a plant-derived extract selected from a horseradish extract, a saffron extract, a tea leaf extract, a kale extract, a propolis extract, a Takana extract, an arugula extract, and a mixture thereof, and/or a plant-derived processed product selected from a horseradish processed product, a saffron processed product, a tea leaf processed product, a kale processed product, a propolis processed product, a Takana processed product, an arugula processed product, and a mixture thereof, in the manufacture of a composition for improvement in physical activity efficiency,

wherein:

the extract is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and an extraction; and

the processed product is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and the method not including an extraction.

2. The use ~~composition~~ according to claim 1, wherein the improvement in physical activity efficiency is

improvement in endurance.

3. The use ~~composition~~ according to claim 1, wherein the improvement in physical activity efficiency is reduction of breathlessness.

4. ~~A composition for reducing fatigue, comprising~~ Use of a plant-derived extract selected from a horseradish extract, a saffron extract, a tea leaf extract, a kale extract, a propolis extract, a Takana extract, an arugula extract, and a mixture thereof, and/or a plant-derived processed product selected from a horseradish processed product, a saffron processed product, a tea leaf processed product, a kale processed product, a propolis processed product, a Takana processed product, an arugula processed product, and a mixture thereof, in the manufacture of a composition for reducing fatigue,

wherein:

the extract is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and an extraction; and

the processed product is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and the method not including an extraction.

5. ~~A composition for improving dynamic/kinetic visual acuity, comprising~~ Use of a plant-derived extract selected from a horseradish extract, a saffron extract, a tea leaf extract, a kale extract, a propolis extract, a Takana extract, an arugula extract, and a mixture thereof, and/or a plant-derived processed product selected from a horseradish processed product, a saffron processed product, a tea leaf processed product, a kale processed product, a propolis processed product, a Takana processed product, an arugula processed product, and a mixture thereof, in the manufacture of a composition for improving dynamic/kinetic visual acuity, wherein:

the extract is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and an extraction; and

the processed product is obtainable by a method comprising subjecting horseradish, saffron, tea leaf, kale, propolis, Takana, or arugula raw material to an enzymatic treatment and/or an acid hydrolysis treatment, and the method not including an extraction.

6. The use ~~composition~~ according to any one of claims 1 to 5, wherein the composition comprises~~ing~~ a horseradish extract.

7. The use ~~composition~~ according to any one of claims 1 to 6, wherein the composition comprises~~ing~~ a horseradish processed product.

8. The use ~~composition~~ according to any one of claims 1 to 7, wherein the plant-derived extract and/or the plant-derived processed product comprises kaempferol.

9. The use ~~composition~~ according to any one of claims 1 to 8, wherein the amount of kaempferol comprised in the composition is 0.1 mg to 200 mg.

10. The use ~~composition~~ according to any one of claims 1 to 9, wherein ~~said~~ the composition is to be~~for~~ administered~~ration~~ at a dose of 0.1 mg to 200 mg of kaempferol per administration.

11. The use ~~composition~~ according to any one of claims 1 to 10, wherein ~~said~~ the composition is to be~~for~~ administered~~ration~~ at a dose of 0.5 mg to 100 mg of kaempferol per administration.

12. The use ~~composition~~ of any one of claims 1 to 11, wherein ~~said~~ the composition is to be~~for~~ administered~~ration~~ to a subject who is hypoxic.

13. The use ~~composition~~ according to any one of claims

1 to 12, wherein ~~said~~ the composition is a food and drink.

14. The use ~~composition~~ according to any one of claims 1 to 12, wherein ~~said~~ the composition is a pharmaceutical composition.