COMPOSITIONS CONTAINING LIGNAN-CLASS COMPOUNDS

Abstract

An object of the invention is to provide compositions containing lignan-class compounds as dissolved at high concentrations. The compositions having lignan-class compounds such as sesamin and episesamin dissolved in solvent oils or fats that contain triglycerides of middle-chain fatty acids having 8-12 carbon atoms, preferably triglycerides of caprylic acid and/or capric acid and/or lauric acid can contain the lignan-class compounds stably at higher concentrations than when other solvents are used and, hence, have high enough value as foods and pharmaceuticals.

No Figure