

ABSTRACT

The present invention aims to provide an oral composition containing ergothioneine or a salt thereof and
5 chondroitin sulfate or a salt thereof, wherein the
bitterness derived from the ergothioneine or a salt thereof
and the odor derived from chondroitin sulfate or a salt
thereof are suppressed. The present invention relates to
an oral composition containing a component (A) and a
10 component (B) defined as follows: (A) ergothioneine or a
salt thereof; and (B) chondroitin sulfate or a salt
thereof, wherein a (B)/(A) weight ratio of the component
(B) in terms of chondroitin sulfate to the component (A) in
terms of ergothioneine is 2 to 60.