

The objective of the present invention is to provide a disintegrable capsule, groups of which do not adhere to each other, the contents of which does not change over time, which is heat resistant and moisture resistant, which can be easily broken by applying pressure with the lingers, which provides a pleasant sensation when broken, and the contents of which can be released. This disintegrable capsule has contents and a capsule coating film, and is characterized by including an oil component as the contents, and at least a film-forming base as the capsule coating film, and by satisfying formula (1) and formula (2). (1)  $150 < (X) < 630$  (In the formula, (X) represents breaking strength (g)/outer diameter (mm) of capsule.) (2)  $0.15 \leq (Y) \leq 0.53$  (In the formula, (Y) represents the distance/outer diameter ratio, where said distance represents the distance (mm) by which the capsule is deformed until the maximum load is reached when the capsule is pressed at 22 °C and 80 % RH, and broken.)