WHAT IS CLAIMED IS:

1. *Lactobacillus fermentum* GKF3 for use in increasing dopamine and/or serotonin release in brain, wherein the *Lactobacillus fermentum* GKF3 is deposited in Bioresource Collection and Research Center (BCRC), Food Industry Research and Development Institute, Hsinchu 30062, Taiwan, on February, 12th, 2018, and in China General Microbiological Culture Collection Center (CGMCC), Chinese Academy of Sciences, Beijing 100101, People's Republic of China, on January 12th, 2018 with an accession number of BCRC 910824 and CGMCC 15203, respectively, and the *Lactobacillus fermentum* GKF3 has a heat tolerance.

2. The *Lactobacillus fermentum* GKF3 for use in increasing dopamine and/or serotonin release in brain of claim 1, wherein the *Lactobacillus fermentum* GKF3 has an acid tolerance and/or bile tolerance.

3. A composition comprising *Lactobacillus fermentum* GKF3 for use in increasing dopamine and/or serotonin release in brain, wherein the *Lactobacillus fermentum* GKF3 is deposited in Bioresource Collection and Research Center (BCRC), Food Industry Research and Development Institute, Hsinchu 30062, Taiwan, on February, 12th, 2018, and in China General Microbiological Culture Collection Center (CGMCC), Chinese Academy of Sciences, Beijing 100101, People's Republic of China, on January 12th, 2018 with an accession number of BCRC 910824 and CGMCC 15203, respectively, the *Lactobacillus fermentum* GKF3 has a heat tolerance, and the *Lactobacillus fermentum* GKF3 is used in the manufacture of increasing a dopamine and/or a serotonin release in a brain tissue.

4. The composition of claim 3, wherein the *Lactobacillus fermentum* GKF3 (CGMCC 15203) is prepared by following steps:

(a) inoculating an isolated colony of the *Lactobacillus fermentum* GKF3 into a liquid medium to perform a liquid culture; and

(b) performing a mass production to obtain a whole fermented liquid comprising *Lactobacillus fermentum* GKF3 and a fermented liquid.

5. The composition of claim 4, wherein the *Lactobacillus fermentum* GKF3 is further prepared by following steps:

(c) centrifuging the whole fermented liquid of the step (b) to obtain a pellet; and

(d) lyophilizing the pellet of the step (c).

6. The composition of claim 4, wherein the step (a) is performed at a temperature of 25 to 40°C, a ventilation of 0 to 1 volume per volume per minute (vvm) of N_2 or CO_2, a rotational speed of 250 to 1000 rounds per minutes (rpm), and/or an incubation period of 16 to 24 hours.

7. The composition of claim 5, wherein the pellet of the step (c) is further mixed with a protecting agent before lyophilization.

8. The composition of claim 5, wherein the pellet in the step (d) is lyophilized first at 0°C to -20°C for 1 to 4 hours, -15°C to -40°C for the next 4 to 8 hours, and then frozen under -196 to -40°C for more than 8 hours.

9. The composition of any one of claims 3-8, wherein the composition comprises at least one additive selected from the group consisting of an excipient, a preservative, a diluent, a filler, an absorbefacient, a sweetener and any combination thereof.

10. The composition of any one of claims 3-8, wherein the composition is a drug, a feed, a drink, a nutritional supplement, a dairy product, a geriatric food, a baby food, a non-staple food or a health food.

11. The composition of any one of claims 3-8, wherein a form of the composition is a powder, a tablet, a pellet, a suppository, a microcapsule, an ampoule, a liquid or a spray.

12. A use of Lactobacillus fermentum in the manufacture of a composition for improving psychataxia, wherein the Lactobacillus fermentum is *Lactobacillus fermentum* GKF3 (CGMCC 15203) of any one of claims 3-11, and the composition is administered to a subject orally.

13. The use of claim 12, wherein the composition increases a dopamine release in a brain tissue of the subject.

14. The use of claim 12, wherein the composition increases a serotonin release in a brain tissue of the subject.

15. The use of any one of claims 12-14, wherein symptoms of the psychataxia comprise insomnia, dysautonomia, decreased focus, depression and combination thereof.