# METHODS FOR INCREASING MENTAL WELL-BEING AND/OR HAPPINESS

## ABSTRACT

The present invention provides a method of increasing mental well-being and/or happiness in a subject comprising administering an effective amount of a bacteria or a component thereof to a subject. The present invention also provides use of a bacteria or a component thereof in the manufacture of a medicament for increasing mental well-being and/or happiness in a subject and a composition comprising a bacteria or a component thereof for use in increasing mental well-being and/or happiness in a subject.

[FIG. 3]