Claims

What is claimed is:

1. A composition comprising:

(1) a *Bifidobactgerium pseudocatenulatem* strain C95 with accession No. CGMCC10549, wherein the genome of the C95 strain is designated as a reference genome;

(2) a highly similar strain, wherein the highly similar strain comprises a genome that is designated as a query genome, wherein when aligned,

- the query genome covers at least 86% of the reference genome,

- the query and reference genomes share at least 98.7% sequence identity in aligned regions; or

(3) a strain derived therefrom; and

(4) a pharmaceutically acceptable or dietary carrier.

2. The composition of claim 1, wherein the reference genome further covers at least 87% of the query genome.

3. The composition of claim 1, wherein the query genome covers at least 93% of the reference genome, the reference genome further covers at least 87% of the query genome, and the query and reference genomes share at least 98.7% sequence identity in aligned regions.

4. The composition of claim 1, which comprises strain C95.

5. The composition of claim 1, wherein the composition is a pharmaceutical composition.

6. The composition of claim 1, wherein the composition is a nutritional supplement or a nutritive composition.

7. The composition of claim 1, wherein the composition comprises at least 10^3 to 10^{14} colony forming units of strain c95 or the highly similar strain per gram or millimeter of the composition.

8. The composition according to claim 5, further comprising a *Lactobacillus mucosae* strain.

9. The composition of claim 1, wherein the composition comprises cell components, metabolites, secreted molecules, or any combinations thereof, of strain C95 or the highly similarly strain.

10. A method for preparing a composition of claim 1, comprising formulating the *Bifidobactgerium pseudocatenulatem* strain C95 or the highly similar strain into a suitable composition.

11. The method of claim 10, wherein the composition comprises strain C95 and a *Lactobacillus mucosae* strain.

12. Use of the composition of claim 1 for the manufacture of a medicament for use in prevention and/or treatment of a disease selected from the group consisting of overweight, obesity, hyperglycemia, diabetes, fatty liver, dyslipidemia, metabolic syndrome, infections in obese or overweight subjects and/or adipocyte hypertrophy.

13. The use of claim 12, wherein the composition comprises strain C95 and a *Lactobacillus mucosae* strain.

14. Use of the composition of claim 1 for the manufacture of a medicament for use in reducing simple or genetic obesity, alleviating metabolic deteriorations, or reducing inflammation and fat accumulation.

15. The use of claim 14, wherein the composition comprises strain C95 and a *Lactobacillus mucosae* strain.

16. Use of the composition of claim 1 for the manufacture of a medicament for use in establishing as foundation species that define the structure of a healthy gut ecosystem, rendering a gut environment unfavorable to pathogenic and detrimental bacteria, reducing the concentration of enterobacteria in intestinal content with respect to an untreated control.

17. The use of claim 16, wherein the composition comprises strain C95 and a *Lactobacillus mucosae* strain.

18. The use of claim 12, wherein the diabetes is type II diabetes.

19. The use of claim 14, wherein the subject suffers from Prader-Willi Syndrome.

20. A food product or dietary supplement comprising the composition of claim 1.