CLAIMS

1. A method for producing a galactooligosaccharide, characterized by allowing β-galactosidase to react with a substrate in the presence of 5 to 60 mM sodium ions and 0.5 to 8 mM magnesium ions,

wherein the sodium ions are derived from sodium chloride; and

wherein the magnesium ions are derived from magnesium chloride.

2. The production method according to claim 1, wherein the method comprises of a two-step reaction by allowing the β-galactosidase derived from a microorganism to react with a substrate to obtain a first-order reaction solution and allowing a different β-galactosidase to subsequently react with the first-order reaction solution in the presence of 5 to 60 mM sodium ions and 0.5 to 8 mM magnesium ions.

3. The production method according to claim 1 or 2, wherein the concentration of sodium ions is 5 mM.

4. The production method according to any one of claims 1-3, wherein the concentration of magnesium ions is from 1.5 to 8 mM.

5. The production method according to any one of claims 1-4, wherein the at least one type of β-galactosidase used in the production method is derived from a microorganism belonging to the genus Kluyveromyces.