Claims

1. Use of a composition comprising an active substance of *Lactobacillus plantarum* in the manufacture of a medicament for the treatment of cerebral neuron loss, cerebral atrophy, lipofuscin deposits, cavernous malformations in reticular formation of brainstem and amyloid protein deposits and/or sarcopenia, wherein the *Lactobacillus plantarum* is deposited (No. 14565) at China General Microbiological Culture Collection Center.
2. The use of claim 1,wherein the active substance is prepared by the following method:
   (a) streaking lactic acid bacteria on a solid-state media to produce single colonies;
   (b) inoculating a single colony of lactic acid bacteria cultured at step (a) to a liquid culture for liquid-state culture;
   (c) centrifuging the liquid culture cultured at step (b) to obtain a bacterial pellet; and
   (d) freeze-dry the bacterial pellet obtained at step (c).
3. The use of claim 2, wherein step (b) is carried out at 30 to 50°C, in nitrogen or carbon dioxide of 0 to 1 VVM, rotate at 10 to 100 rpm, and/or incubate for 16 to 24 hours.
4. The use of claim 2, wherein the temperature for the freeze-drying at step (d) is -196 to -40°C.
5. The use of claim 2, the composition comprising an additive selected from the group consisting of an excipient, preservative, diluent, filler, absorption enhancer, sweetener and a combination thereof.
6. The use of claim 2, the composition being a drug, feed, drink, nutritional supplement, dairy product or health food.
7. The use of claim 2, the composition taking the form of a powder, tablet, granule, suppository, microcapsule, ampoule/ampule, liquid spray or

suppository form.

8. The use of claim 1, wherein a subject having been administered the composition exhibits increased Cisd2 gene expression compared to a subject that has not been administered the active substance.
9. The use of claim 1, wherein a subject having been administered the composition exhibits reduced and delayed mitochondrial damage compared to a subject that has not been administered the active substance.
10. The use of claim 1, wherein a subject having been administered the composition exhibits delayed aging conditions of nerve degeneration, sarcopenia or a combination thereof, compared to a subject that has not been administered the active substance.
11. The use of claim 1, wherein the medicament is administered with the lactic acid bacteria in the range of 10 mg/60 kg to 1 g/ 60 kg body weight/day.