Claims

1. Use of a composition comprising a *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 *Lactobacillus plantarum* 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 incubate for 16 to 24 hours.
4. The use of claim 2 or 3, 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 or liquid spray.
8. 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 the subject having not been administered the *Lactobacillus plantarum*.

9. The use of claim 1, wherein the medicament is formulated for administration of *Lactobacillus plantarum* in an amount of 10 mg/60 kg to 1 g/ 60 kg body weight/day.