

ABSTRACT

The present invention provides compositions incorporating lactic acid bacteria or bifidobacteria with
5 components that act to enhance the function of lactic acid
bacteria or bifidobacteria. The present invention relates to
a composition containing at least one component selected from
the group consisting of lutein, fish oil, lactoferrin,
vitamins, γ -aminobutyric acid, and zinc, and a strain of
10 lactic acid bacteria or bifidobacteria.