What is claimed is:

1. An oral fast-disintegrating tablet which has a useful bacterium, crystalline cellulose/light anhydrous silicic acid and a starch-containing saccharide, and a moisture content of 3.2% by weight or less.

2. The oral fast-disintegrating tablet according to claim 1 in which the useful bacterium is a Bifidobacterium or a lactic acid bacterium.

3. The oral fast-disintegrating tablet according to claim 1 in which the useful bacterium is a Bifidobacterium .

4. The oral fast-disintegrating tablet according to any one of claims 1 to 3 comprising 35-70 parts by weight of crystalline cellulose/light anhydrous silicic acid relative to 100 parts by weight of the tablet.

5. The oral fast-disintegrating tablet according to any one of claims 1 to 3 comprising 25-60 parts by weight of a starch-containing saccharide relative to 100 parts by weight of the tablet.

6. The oral fast-disintegrating tablet according to any one of claims 1 to 3 comprising 40-70 parts by weight of crystalline cellulose/light anhydrous silicic acid and 30-60 parts by weight of a starch-containing saccharide relative to 100 parts by weight of the tablet.

7. The oral fast-disintegrating tablet according to any one of claims 1 to 6 in which the tablet hardness is 30N-60N.

8. A method of producing an oral fast-disintegrating tablet said method comprising compression-molding a mixed powder of a useful bacterium, crystalline cellulose/light anhydrous silicic acid and a starch-containing saccharide in the dry form to obtain a tablet with a moisture content of 3.2% by weight or less.

What is claimed is:

1. An oral fast-disintegrating tablet which has a useful bacterium, Silicified Microcrystalline Cellulose and a starch-containing saccharide, and a moisture content of 3.2% by weight or less in which the tablet has 35-70 parts by weigh of Silicified Microcrystalline Cellulose, and 25-60 parts by weigh of the starch-containing saccharide relative to 100 parts by weight of the tablet, and in the tablet hardness is 30N-60N, and in which the tablet is produced by compression-molding a mixed powder of a useful bacterium, Silicified Microcrystalline Cellulose and a starch-containing saccharide in the dry form.

2. The oral fast-disintegrating tablet according to claim 1 in which the useful bacterium is a Bifidobacterium or a lactic acid bacterium.

3. The oral fast-disintegrating tablet according to claim 1 in which the useful bacterium is a Bifidobacterium.

4. The oral fast-disintegrating tablet according to any one of claims 1 to 3 comprising 40-70 parts by weight of Silicified Microcrystalline Cellulose and 30-60 parts by weight of a starch-containing saccharide relative to 100 parts by weight of the tablet.

5. A method of producing an oral fast-disintegrating tablet said method comprising compression-molding a mixed powder of a useful bacterium, Silicified Microcrystalline Cellulose and a starch-containing saccharide in the dry form to obtain a tablet with a moisture content of 3.2% by weight or less in which the tablet has 35-70 parts by weigh of Silicified Microcrystalline Cellulose, and 25-60 parts by weigh of the starch-containing saccharide relative to 100 parts by weight of the tablet, and in the tablet hardness is 30N-60N.