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(54) Title: METHODS AND COMPOSITIONS FOR PROMOTING HEALTH IN A SUBJECT

(57) Abstract: The present invention provides methods for promoting health in a subject, comprising administering to a subject a *Brassicaceae* product fermented with lactic acid bacteria. In addition the present invention compositions and delivery vehicles for promoting health in a subject, comprising administering to a subject a *Brassicaceae* product fermented with lactic acid bacteria.