

LACTIC ACID BACTERIA FOR PROMOTING PHYSICAL ACTIVITY

ABSTRACT

An objective of the present invention is to provide agents for promoting physical activity comprising, as an active ingredient, lactobacilli derived from human intestines and/or a treatment product of the lactobacilli, or food compositions for promoting physical activity that comprise these agents. In order to accomplish the above-mentioned objective, the present inventors administered dead *Lactobacillus gasseri* OLL2809 to mice, and newly discovered that it has an effect of increasing the amount of locomotor activity, in addition to inhibitory effect on eosinophil infiltration. That is, the present inventors discovered that ingestion of *Lactobacillus gasseri* OLL2809, or a fermentation product or treatment product thereof promotes physical activity, or more specifically, increases the amount of activity and increases muscle mass; and thereby completed the present invention.

(No suitable figure)