Claims

1. *Bifidobacterium longum IM55* KCCM11961P inducing IL-10 expression.

2. *Bifidobacterium longum IM55* KCCM11961P according to claim 1, wherein the *Bifidobacterium longum IM55* KCCM11961P comprises a 16S rDNA sequence of SEQ ID NO: 1.

3. *Bifidobacterium longum IM55* KCCM11961P according to claim 1, wherein the *Bifidobacterium longum IM55* KCCM11961P has the effect of regulating immunity, inhibiting inflammatory reaction or alleviating allergy.

4. A pharmaceutical composition for preventing or treating allergic diseases, immune diseases or inflammatory diseases comprising *Bifidobacterium longum IM55* KCCM11961P.

5. The pharmaceutical composition according to claim 4, wherein the *Bifidobacterium longum IM55* KCCM11961P is a live cell body thereof, a dead cell body thereof, a culture product thereof, a crushed product thereof or an extract thereof.

6. The pharmaceutical composition according to claim 4, wherein the pharmaceutical composition further comprising a live cell body of *Lactobacillus plantarum IM76* KCCM11962P, a dead cell body thereof, a culture product thereof, a crushed product thereof or an extract thereof.

7. The pharmaceutical composition according to claim 4, wherein the allergic diseases are at least one selected from the group comprising rhinitis, atopy, asthma, atopic dermatitis, allergic conjunctivitis, allergic otitis media, hives and anaphylactic shock.

8. The pharmaceutical composition according to claim 4, wherein the inflammatory diseases is colitis.

9. The pharmaceutical composition according to claim 4, wherein the pharmaceutical composition further comprises at least one selected from the group including chitosan, inulin and citrus pectin.

10. A food composition for preventing or alleviating allergic diseases, immune diseases or inflammatory diseases comprising *Bifidobacterium longum IM55* KCCM11961P.

11. The food composition according to claim 10, wherein the *Bifidobacterium longum IM55* KCCM11961P is a live cell body thereof, a dead cell body thereof, a culture product thereof, a crushed product thereof or an extract thereof.

12. The food composition according to claim 10, wherein the food composition further comprising a live cell body of *Lactobacillus plantarum IM76* KCCM11962P, a dead cell body thereof, a culture product thereof, a crushed product thereof or an extract thereof.

13. The food composition according to claim 10, wherein the allergic diseases are at least one selected from the group comprising rhinitis, atopy, asthma, atopic dermatitis, allergic conjunctivitis, allergic otitis media, hives and anaphylactic shock.

14. The food composition according to claim 10, wherein the inflammatory diseases is colitis.

15. The food composition according to claim 10, wherein the food composition further comprises at least one selected from the group including chitosan, inulin and citrus pectin.