CLAIMS

1. A food composition comprising an effective amount of a strain of *Lactobacillus paracasei* KBL382 with Accession No. KCTC13509BP, cultures of said strain, lysates of said strain, and extracts of said strain.

2. The food composition of claim 1, characterized in that said strain comprises 16s rDNA sequence of SEQ ID NO: 1.

3. A food additive composition comprising an effective amount of a strain of *Lactobacillus paracasei* KBL382 with Accession No. KCTC13509BP, cultures of said strain, lysates of said strain, and extracts of said strain.

4. The food additive composition of claim 3, characterized in that said strain comprises 16s rDNA sequence of SEQ ID NO: 1.

5. The food composition according to Claim 1 or 2, characterized in that said food composition is a health functional food composition for improvement of intestinal health.

6. A pharmaceutical composition for the treatment or prevention of intestinal diseases, comprising an effective amount of a strain of *Lactobacillus paracasei* KBL382 with Accession No. KCTC13509BP, cultures of said strain, lysates of said strain, and extracts of said strain, wherein said intestinal diseases are selected from the group consisting of gastroenteritis, inflammatory bowel diseases and irritable bowel syndrome.

7. The pharmaceutical composition of claim 6, characterized in that said strain comprises 16s rDNA sequence of SEQ ID NO: 1.

8. The food composition according to Claim 1 or 2, characterized in that said food composition is a health functional food composition for improving allergic symptoms.

9. A pharmaceutical composition for the treatment or prevention of allergic diseases, comprising an effective amount of a strain of *Lactobacillus paracasei* KBL382 with Accession No. KCTC13509BP, cultures of said strain, lysates of said strain, and extracts of said strain.

10. The pharmaceutical composition according to Claim 9, characterized in that said allergic disease is atopic dermatitis, urticaria, allergic rhinitis, allergic conjunctivitis, asthma, food allergy or anaphylactic shock.

11. The pharmaceutical composition according to claim 9 or 10, characterized in that said strain comprises 16s rDNA sequence of SEQ ID NO: 1.