ABSTRACT

The present invention provides an antiallergic agent containing, as an active ingredient, lactic acid bacteria selected from the group consisting of lactic acid bacteria of the species *Lactobacillus acidophilus*, *Lactobacillus fermentum*, and combinations thereof. The antiallergic agent is capable of improving allergic diathesis by reducing the IgE level, which is contributive to development of Type I allergy, and is easy to take and highly safe. The present invention also provides use of the antiallergic agent for reducing allergy, and a method for reducing allergy using the antiallergic agent.