CLAIMS

1. A non-therapeutic method of using a Lactococcus lactis subsp. lactis JCM5805 or a composition comprising the same to improve a skin condition deteriorated by light exposure, wherein the Lactococcus lactis subsp. lactis JCM5805 or the composition comprising the same is orally administered.

2. The method according to claim 1, wherein the skin condition deteriorated by light exposure is a decrease in skin moisture content and/or an increase in skin redness.

3. The method according to claim 1 or 2, wherein the Lactococcus lactis subsp. lactis JCM5805 is in the form of a dead bacterium.

4. The method according to any one of claims 1 to 3, wherein the composition comprises an effective daily intake amount of Lactococcus lactis subsp. lactis JCM5805 for a human.

5. The method according to claim 4, wherein the effective daily intake amount for a human ranges from 0.5 to 1000 mg on the basis of dried bacterial powder.

6. The method according to claim 4 or 5, wherein the effective daily intake amount for a human ranges from 1×10^{8} to 1×10^{14} on the basis of the number of bacteria.

7. The method according to any one of claims 1 to 6, wherein the composition is in the form of a unit package.

8. The method according to any one of claims 1 to 7, wherein the composition is provided in a food composition.