[Claims]

[Claim 1]

A QOL (Quality of Life) improving or sustaining agent comprising Lactobacillus ONRICb0240 (FERM BP-10065), wherein the QOL improvement or sustainment is at least one selected from the group consisting of the following (1) to (3):

(1) general health improvement or sustainment,

(2) vitality improvement or sustainment, and

(3) fatigue recovery, fatigue alleviation, or anti-fatigue.

[Claim 2]

The QOL improving or sustaining agent according to claim 1, containing not less than 10^4 cells/mg of the Lactobacillus ONRICb0240 (FERM BP-10065).

[Claim 3]

The QOL improving or sustaining agent according to claim 1, containing not less than 10^4 cells of the Lactobacillus ONRICb0240 (FERM BP-10065).

[Claim 4]

The QOL improving or sustaining agent according to claim 1, wherein Lactobacillus ONRICb0240 (FERM BP-10065) is in dead state.

[Claim 5]

A food or beverage containing the QOL improving or sustaining agent according to any one of claims 1 to 4.

[Claim 6]

A pharmaceutical preparation containing the QOL improving or sustaining agent according to any one of claims 1 to 4.