CLAIMS

1. A bacterial composition comprising *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus casei*, *Lactobacillus rhamnosus*, *Lactobacillus paracasei*, *Bifidobacterium lactis*, fructooligosaccharides, and microcrystalline cellulose (MCC) 112,

wherein said bacterial composition releases said *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus casei*, *Lactobacillus rhamnosus*, *Lactobacillus paracasei*, and *Bifidobacterium lactis* within an intestine of a mammal following oral administration to said mammal.

2. The composition of claim 1, wherein for every gram of the composition said composition comprises between about 4 x 10^9 colony forming units and about 50 x 10^9 colony forming units of *Lactobacillus acidophilus*.

3. The composition of claim 1 or claim 2, wherein for every gram of the composition said composition comprises between about 5 x 10^9 colony forming units and about 60 x 10^9 colony forming units of *Lactobacillus plantarum*.

4. The composition of one of claims 1-3, wherein for every gram of the composition said composition comprises between about 4 x 10^9 colony forming units and about 50 x 10^9 colony forming units of *Lactobacillus casei*.

5. The composition of one of claims 1-4, wherein for every gram of the composition said composition comprises between about 4 x 10^9 colony forming units and about 50 x 10^9 colony forming units of *Lactobacillus rhamnosus*.

6. The composition of one of claims 1-5, wherein for every gram of the composition said composition comprises at least about 1 x 10^9 colony forming units of *Lactobacillus paracasei*.

7. The composition of one of claims 1-6, wherein for every gram of the composition said composition comprises between about 4 x 10^9 colony forming units and about 50 x 10^9 colony forming units of *Bifidobacterium lactis*.

8. The composition of one of claims 1-7, wherein for every gram of the composition said composition comprises between about 0.5 mg and about 50 mg of fructooligosaccharides.

9. The composition of one of claims 1-8, wherein said composition comprises silicon dioxide.

10. The composition of one of claims 1-9, wherein for every gram of composition said composition comprises between about 5 mg and about 20 mg of silicon dioxide.

11. The composition of one of claims 1-10, wherein said composition comprises magnesium stearate.

12. The composition of one of claims 1-11, wherein for every gram of composition said composition comprises between about 10 mg and about 20 mg of magnesium stearate.

13. The composition of one of claims 1-12, wherein for every gram of the composition said composition comprises more than 8×10^9 CFUs of bacteria.

14. The composition of one of claims 1-12, wherein for every gram of the composition said composition comprises more than 10×10^9 CFUs of bacteria.

15. The composition of one of claims 1-12, wherein for every gram of the composition said composition comprises more than 15×10^9 CFUs of bacteria.

16. The composition of claim 15, wherein for every gram of the composition more than 10×10^9 CFUs of bacteria of said composition remain viable after about 12 months of storage at room temperature and environmental humidity.

17. The composition of one of claims 1-16, wherein said *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus casei*, *Lactobacillus rhamnosus*, *Lactobacillus paracasei*, and *Bifidobacterium lactis* are lyophilized.

18. The composition of one of claims 1-17, wherein said mammal is a human.

19. The composition of one of claims 1-18, wherein said bacterial composition comprises a coating that prevents release of said *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus casei*, *Lactobacillus rhamnosus*, *Lactobacillus paracasei*, and *Bifidobacterium lactis* until said composition reaches an intestine of said mammal following oral administration to said mammal.

20. The composition of one of claims 1-19, wherein said bacterial composition comprises a capsule housing said *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus casei*, *Lactobacillus rhamnosus*, *Lactobacillus paracasei*, and *Bifidobacterium lactis*.