Claims

1. Use of a composition comprising a *Lactobacillus paracasei* in manufacture of a medicament for treatment of aging-induced sarcopenia, wherein the *Lactobacillus paracasei* is deposited (No. 14566) at China General Microbiological Culture Collection Center.
2. The use of claim 1, wherein the *Lactobacillus paracasei* is prepared using the following method:
   (a) Streaking lactic acid bacteria on a solid-state media, to produce single colonies;
   (b) Inoculating a single colony of lactic acid bacteria cultured at step (a) to a liquid culture for liquid-state culture;
   (c) Centrifuging the liquid culture cultured at step (b) to obtain a bacterial pellet; and
   (d) Freeze-dry the bacterial pellet obtained at step (c).
3. The use of claim 2, wherein step (b) is carried out at 30 to 50°C, in nitrogen or carbon dioxide of 0 to 1 vvm, rotate at 10 to 100 rpm, and incubate for 16 to 24 hours.
4. The use of claim 2 or 3, wherein the temperature for the freeze-dry at step (d) is -196 to -40°C.
5. The use of claim 1, the composition comprising an additive selected from the group consisting of an excipient, preservative, diluent, filler, absorption enhancer, sweetener and a combination thereof.
6. The use of claim 1, the composition being a drug, feed, drink, nutritional supplement, dairy product or health food.
7. The use of claim 1, the composition taking the form of a powder, tablet, granule, suppository, microcapsule, ampoule/ampule or liquid spray.
8. The use of claim 1, wherein a subject having been administered the composition exhibits delayed aging conditions of nerve degeneration, sarcopenia or a combination thereof, compared to the subject having not

been administered the *Lactobacillus paracasei*.

9. The use of claim 1, wherein the medicament is formulated for administration of *Lactobacillus paracasei* in an amount of 10mg/60 kg to 1 g/ 60 kg body weight/day.