CLAIMS

1. A method for enhancing the activity of probiotic bacteria having a pdu-operon, in the gastrointestinal tract of an individual, comprising administering a substance to said individual, which substance has the capacity to be metabolized to 1,2-propanediol in the gastrointestinal tract of said individual,

the substance comprising of a) rhamnose, (b) fucose, (c) pectin having a high percentage of rhamnose, (d) rhamnose in combination with pectin, (e) fucose in combination with pectin, (f) fucoidan having a high percentage of fucose, or (g) a combination of rhamnose, fucose and pectin; and further comprising galactooligosaccharides or other saccharides comprising galactose;

wherein the substance is administered to the individual at a daily dose of 1-2 g and at the same time administer to the individual 10E+6 CFU to 10E+9 CFU of L. reuteri bacteria.

2. The method of claim 1, wherein the substance is administered to the individual at a daily dose of 0.25-25 g, preferably 1-2 g.

3. A composition comprising L reuteri bacteria having a pdu-operon and a substance comprising a deoxy sugar, which deoxy sugar has the capacity to be metabolized to 1,2-propanediol in the gastrointestinal tract of an individual, said bacteria having a pdu-operon, in combination with (a) rhamnose, (b) fucose, (c) pectin having a high percentage of rhamnose, (d) rhamnose in combination with pectin, (e) fucose in combination with pectin, (f) fucoidan having a high percentage of fucose, or (g) a combination of rhamnose, fucose and pectin; and further comprising galactooligosaccharides or other saccharides comprising galactose;

wherein the substance is present in an amount such as to give a daily dose of 0.25-25 g, preferably 1-2 g.