

METHOD FOR PRODUCING YOGURT

ABSTRACT

A method for producing yogurt, comprising a culturing
step of culturing at least one NMN-producing lactic acid
5 bacterium selected from the group consisting of
Lactobacillus delbrueckii and Limosilactobacillus reuteri
in an NAD-containing medium prepared by adding
nicotinamide adenine dinucleotide to a milk component-
containing medium, and obtaining a yogurt containing
10 nicotinamide mononucleotide.

[No Figure]