

METHOD OF IMPROVING UROGENITAL HEALTH USING PROBIOTIC BACTERIA

ABSTRACT

Provided is a method of improving urogenital health, including administering to a subject a composition including an effective amount of a *Lactobacillus johnsonii* strain deposited under the accession number of DSM 33288 or a metabolite thereof. The *Lactobacillus johnsonii* strain, which is a probiotic, and metabolites thereof inhibit the growth of common pathogenic bacteria and fungi causing genitourinary tract infections, thereby reducing the risk of genitourinary tract infections or alleviating symptoms thereof. Also provided is a composition for improving urogenital health which includes the *Lactobacillus johnsonii* strain.

FIG. 1A