

[ABSTRACT]

[Object]

Provided are a brain function improving agent that can provide an effect of improving brain functions regardless of sleep status, use for producing the brain function improving agent, and a method for improving brain functions.

[Solving Means]

Provided are a brain function improving agent containing at least one of bacterial cells of *Lacticaseibacillus paracasei* or a processed product of the bacterial cells as an active ingredient, use of at least one of bacterial cells of *Lacticaseibacillus paracasei* or a processed product of the bacterial cells for producing a brain function improving agent, and a method for improving brain functions, the method including having *Lacticaseibacillus paracasei* orally ingested in an amount of 10^{10} cfu or more/day by viable bacterial count for a continuous period of at least four weeks.

[FIG. 3]