CLAIMS

1. A lactic acid bacteria composition for use in treating heavy metal poisoning, comprising:

an isolated *Lactobacillus plantarum* NBM-01-07-003, scientifically named: *Lactobacillus plantarum subsp. plantarum* NBM-01-07-003, depositary authority: China General Microbiological Culture Collection Center (CGMCC) of the China Committee for Culture Collection of Microorganisms (CCCCM); address: Institute of Microbiology, Chinese Academy of Sciences, NO.1 Beichen West Road, Chaoyang District, Beijing 100101, China; depositary date: September 4, 2018; depositary number: CGMCC No. 16417, and

an isolated *Lactobacillus delbrueckii subsp. lactis* NBM-04-10-001.

2. The lactic acid bacteria composition for use as claimed in claim 1, wherein the isolated *Lactobacillus plantarum* NBM-01-07-003 and the isolated *Lactobacillus delbrueckii subsp. lactis* NBM-04-10-001 are mixed at a weight ratio of 1:1.

3. The lactic acid bacteria composition for use as claimed in claims 1 and 2, wherein the lactic acid bacteria composition is capable of adsorbing heavy metals and removing lead or its compounds.

4. The lactic acid bacteria composition for use as claimed in claims 1 to 3, wherein the composition is prepared into an external dosage form.

5. The lactic acid bacteria composition for use as claimed in claims 1 to 4, wherein the composition is a food.