Claims

1. A lactic acid bacterium, wherein the lactic acid bacterium is *Bifidobacterium adolescentis* NK98 (KCCM12297P).

2. The lactic acid bacterium according to claim 1, wherein the *Bifidobacterium adolescentis* NK98 (KCCM12297P) comprises a 16S rDNA sequence of SEQ ID NO: 38.

3. A pharmaceutical composition comprising *Bifidobacterium adolescentis* NK98 (KCCM12297P).

4. A pharmaceutical composition comprising *Bifidobacterium adolescentis* NK98 (KCCM12297P) and an excipient.

5. The pharmaceutical composition according to claim 3 or 4, wherein the *Bifidobacterium adolescentis* NK98 (KCCM12297P) is a live bacterial cell thereof, a dead bacterial cell thereof, a culture product thereof, a crush thereof or an extract thereof.

6. The pharmaceutical composition according to any of claims 3 to 5, further comprising *Bifidobacterium adolescentis* IM38 (KCCM11807P).

7. Use of the composition according to any of claims 3 to 6 in the manufacture of a composition for preventing or treating a neurological mental disease.

8. Use of the composition according to any of claims 3 to 6 in the manufacture of a composition for preventing or treating an inflammatory disease.

9. The use according to claim 7, wherein the neurological mental disease is a neurodegenerative disease or a mental disorder.

10. The use according to claim 9, wherein the mental disorder is one or more selected from the group comprising anxiety, depression, mood disorder, insomnia, delusional disorder, obsessive disorder, migraine, stress, memory disorder, cognitive disorder and disturbance attention.

11. Theuse according to claim 9, wherein the neurodegenerative disease is one or more selected from the group comprising Parkinson's disease, Huntington's disease, Alzheimer's disease, amyotrophic lateral sclerosis, spinocerebellar atrophy, Tourette's syndrome, Friedrich's ataxia, Machado-Joseph's disease, dementia, dystonia and progressive supranuclear palsy.

12. A health functional food comprising *Bifidobacterium adolescentis* NK98 (KCCM12297P).

13. Use of the food according to claim 12, in the preparation of a composition for preventing or improving a neurological mental disease.

14. Use of the food according to claim 12, in the preparation of a composition for

preventing or improving an inflammatory disease.