Claims

What is claimed:

1. A composition comprising:

(1) a *Bifidobactgerium pseudocatenulatem* strain C95 with accession No. CGMCC10549, and

(2) a pharmaceutically acceptable or dietary carrier.

2. The composition of claim 1, wherein the composition is a pharmaceutical composition.

3. The composition of claim 1, wherein the composition is a nutritional supplement or a nutritive composition.

4. The composition according to claim 1, further comprising a *Lactobacillus mucosae* strain.

5. The composition of claim 1, wherein the composition comprises cell components, metabolites, secreted molecules, or any combinations thereof, of strain C95.

6. A method for preparing a composition of claim 1, comprising formulating the *Bifidobactgerium pseudocatenulatem* strain C95 into a suitable composition.

7. The method of claim 6, wherein the composition comprises strain C95 and a *Lactobacillus mucosae* strain.

8. Use of the composition of claim 1 for the manufacture of a medicament for use in prevention and/or treatment of a disease selected from the group consisting of - obesity, hyperglycemia, diabetes, fatty liver, dyslipidemia, metabolic syndrome, infections in obese or overweight subjects and/or adipocyte hypertrophy.

9. The use of claim 8, wherein the composition comprises strain C95 and a *Lactobacillus mucosae* strain.

10. Use of the composition of claim 1 for the manufacture of a medicament for use in reducing simple or genetic obesity, alleviating metabolic deteriorations, or reducing inflammation and fat accumulation in a subject.

11. The use of claim 10, wherein the composition comprises strain C95 and a *Lactobacillus mucosae* strain.

12. Use of the composition of claim 1 for the manufacture of a medicament for use in establishing as foundation species that define the structure of a healthy gut ecosystem, rendering a gut environment unfavorable to pathogenic and detrimental bacteria, reducing the concentration of enterobacteria in intestinal content with respect to an untreated control.

13. The use of claim 12, wherein the composition comprises strain C95 and a *Lactobacillus mucosae* strain.

14. The use of claim 8, wherein the diabetes is type II diabetes.

15. The use of claim 10, wherein the subject suffers from Prader-Willi Syndrome.

16. A food product or dietary supplement comprising the composition of claim 1.