CLAIMS

1. A composition comprising the bacterial strain *Lactobacillus paracasei* DG for directly and/or indirectly increasing intestinal microbiota production of butyric acid and/or salts thereof, and decreasing the intestinal microbiota production of succinic acid and/or salts thereof, wherein the direct and/or indirect increase in the intestinal production of butyric acid and/or salts thereof is ascribable to bacteria of the genus Coprococcus, and the direct and/or indirect decrease in the intestinal production of succinic acid and/or salts thereof is ascribable to bacteria of the genus Blautia. .
2. The composition for use according claim 1 comprising 15-30 billion CFU, preferably 20-25 billion CFU of the bacterial strain *Lactobacillus paracasei* DG.
3. The composition for use according to claim 1 or 2 for oral administration, preferably in the form of pills, capsules, tablets, granular powder, hard capsules, water-soluble granules, sachets or pellets.
4. The composition for use according to anyone of claims 1-3 formulated in liquid form, preferably as a syrup or beverage, or is added to a food, preferably to a yogurt, cheese or fruit juice, or in a form capable of exerting an action topically, preferably as an enema.
5. The composition for use according to anyone of claims 1-4 further comprising dietary fibres having prebiotic activity, preferably FOS, inulin or guar gum, or comprises other substances such as vitamins, trace elements and/or enzymes.