

Abstract

The invention relates to a growth-promoting probiotic and use thereof, in particular to *Lactiplantibacillus plantarum* and use thereof. The *Lactiplantibacillus plantarum* shows a good tolerance and safety, and can be used for preparing food raw materials, probiotic powder, food additives, feed additives, pharmaceuticals, liquid drinks, foods and nutraceuticals. The *Lactiplantibacillus plantarum* or a formulation containing the *Lactiplantibacillus plantarum* can promote the growth of a subject.

Fig. 4