What is claimed is:

1. A composition for promoting glucolipid metabolism, wherein the composition consists of probiotics and inulin; the probiotics comprise: *Bifidobacterium longum*, *Bifidobacterium breve*, *Lactobacillus gasseri*, *Lactobacillus rhamnosus*, *Lactobacillus salivarius*, *Lactobacillus crispatus*, *Lactobacillus plantarum*, *Lactobacillus fermentum*, and *Lactobacillus casei*;

the probiotics comprise the following raw materials in parts by weight: 15-20 parts of *Bifidobacterium longum*, 5-10 parts of *Bifidobacterium breve*, 10-15 parts of *Lactobacillus gasseri*, 10-15 parts of *Lactobacillus rhamnosus*, 10-15 parts of *Lactobacillus salivarius*, 5-10 parts of *Lactobacillus crispatus*, 1-5 parts of *Lactobacillus plantarum*, 1-5 parts of *Lactobacillus fermentum*, and 1-5 parts of *Lactobacillus casei*.

2. The composition according to claim 1, wherein all of the raw materials of the probiotics are lyophilized powders, the total count of lactic acid bacteria (LAB) in each of the lyophilized powders is at least 1.0×10^{11} cfu/g, and the total count of lactic acid bacteria (LAB) in the probiotics is at least 1.0×10^{11} cfu/g.

3. The composition according to claim 1, wherein the accession number of *Bifidobacterium longum* is CGMCC No.2107;

the accession number of *Bifidobacterium breve* is CGMCC No.6402;

the accession number of *Lactobacillus gasseri* is CGMCC No.10758;

the accession number of *Lactobacillus rhamnosus* is CNCM I-4474;

the accession number of *Lactobacillus salivarius* is CGMCC No.6403;

the accession number of *Lactobacillus crispatus* is CGMCC No.6406;

the accession number of *Lactobacillus plantarum* is CGMCC No.1258;

the accession number of *Lactobacillus fermentum* is CGMCC No.6407; and

the accession number of *Lactobacillus casei* is CNCM I-4458.

4. A preparation for promoting glucolipid metabolism, comprising the composition according to any of claims 1 to 3 and edible carriers.

5. The preparation according to claim 4, wherein the edible carriers comprise one or more of milk powder, maltodextrin, oligosaccharide, dietary fiber, powdered juice, sugar alcohol, starch, magnesium stearate, and silicon dioxide.

6. The preparation according to claim 4, wherein the total count of lactic acid bacteria (LAB) in the preparation is $1.0\text{-}5.0 \times 10^{10}$ cfu/g.

7. The preparation according to claim 4, wherein the pharmaceutical dosage form

of the preparation comprises powders, tablets, granules, aqueous solutions, pills, capsules, or gels.

8. Use of the composition according to any of claims 1 to 3 or the preparation according to any of claims 4 to 7 in the manufacture of medicament for treating type 2 diabetes mellitus.