

ABSTRACT

The present invention provides fast-acting intestinal regulators containing a culture of propionic acid bacteria, DHNA, or an analog thereof, as an active ingredient, which expresses effects of regulating the intestine within one day after intake, and expresses more noticeable effects of regulating the intestine within two days after intake. The present invention also provides fast-acting intestinal regulators containing a culture of propionic acid bacteria, DHNA, or an analog thereof, as an active ingredient, which maintains intestine regulating effects for two weeks after its intake.