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(54) Title: USE OF LACTICASEIBACILLUS PARACASEI LC19 FOR REDUCING BLOOD GLUCOSE

(57) Abstract: Provided here is use of Lacticaseibacillus paracasei or postbiotics thereof for the manufacture of a pharmaceutical or a food composition for generating a cholic acid conjugated to tryptophan. The Lacticaseibacillus paracasei or the postbiotics thereof can be used for preventing and/or treating a metabolic disease, or for promoting GLP-1 and/or insulin production, or for maintaining healthy blood glucose level, maintaining healthy lipid level and/or controlling body fat.



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