acid bacteria of the genus *Lactobacillus* have an excellent inhibitory effect against the growth of endometriosis lesions. The present inventors thereby completed the present invention.

Lactic acid bacteria of the genus *Lactobacillus* were prescribed for endometriosis patients, particularly those that complained of pelvic pain which is a major factor impairing QOL. The lactic acid bacteria were revealed to have an effect of improving endometriosis, in particular, menstrual cramping and dysmenorrhea. As described above, the present inventors discovered that lactic acid bacteria are effective for improving the QOL of endometriosis patients. The present inventors thereby completed the present invention.

In one aspect, there is provided the use of an agent comprising a *Lactobacillus gasseri* bacterium in the manufacture of a medicament for either or both prevention and improvement of endometriosis.

In another aspect, there is provided the use of a food or beverage composition comprising a *Lactobacillus gasseri* bacterium in the manufacture of a medicament for either or both prevention and improvement of endometriosis.

In another aspect, there is provided the use of a composition comprising an effective amount of a *Lactobacillus gasseri* bacterium in the manufacture of a medicament for either or both prevention and improvement of endometriosis.

Specifically, in one embodiment, the present invention includes agents that contain lactic acid bacteria for preventing and/or improving endometriosis.

There is no limitation on the lactic acid bacteria contained in the agents for preventing and/or improving endometriosis, but they are preferably those of the genus *Lactobacillus*, more preferably *Lactobacillus gasseri*, and in particular, most preferably *Lactobacillus gasseri* strain OLL2809.

In another embodiment, the present invention includes food and beverage compositions that contain an effective amount of lactic acid bacteria for preventing and/or improving endometriosis.

There is also no limitation on the lactic acid bacteria in the food and beverage compositions for preventing and/or improving endometriosis, but they are preferably those of the genus *Lactobacillus*, more preferably *Lactobacillus gasseri*, and in particular, most preferably *Lactobacillus gasseri* strain OLL2809.

The above-described food and beverage compositions are preferably fermented milk food and beverage, and preferably yogurt foods and beverages such as yogurt and yogurt drinks; however, they are not limited thereto.

In still another embodiment, the present invention includes methods for preventing and/or improving endometriosis comprising administering a composition containing an effective amount of lactic acid bacteria at a desired dose.

Also in the methods for preventing and/or improving endometriosis, the lactic acid bacteria are preferably those of the genus *Lactobacillus*, more preferably *Lactobacillus gasseri*, and in particular, most preferably *Lactobacillus gasseri* strain OLL2809.

Furthermore, in the methods for preventing and/or improving endometriosis, the dose is preferably at least 2 mg/kg/day; however, it is not limited thereto.

Alternatively, the present invention relates to:

[1] an agent for either or both prevention and improvement of endometriosis, which comprises a lactic acid bacterium;

[2] the agent of [1], wherein the lactic acid bacterium is of the genus *Lactobacillus*;

8. The use of claim 7, wherein the *Lactobacillus gasseri* bacterium is *Lactobacillus gasseri* strain OLL2809.

9. The use of claims 7 or 8, wherein the medicament is administered at least 2 mg/kg/day.

~~10. A method for conferring an effect of either or both of prevention and~~ improvement of endometriosis to a food or beverage composition comprising ~~10~~ mixing a *Lactobacillus gasseri* bacterium and the food or beverage composition.

11. The ~~method of~~ claim 10, wherein the *Lactobacillus gasseri* bacterium is ~~*Lactobacillus gasseri* strain OLL2809.~~