CLAIMS

1. A food composition comprising an effective amount of at least one selected from the group consisting of a strain of *Lactobacillus paracasei* KBL382 with Accession No. KCTC13509BP, cultures of said strain, lysates of said strain, and extracts of said strain.

2. The food composition of claim 1, characterized in that said strain comprises 16s rDNA sequence of SEQ ID NO: 1.

3. A food additive composition comprising an effective amount of at least one selected from the group consisting of a strain of *Lactobacillus paracasei* KBL382 with Accession No. KCTC13509BP, cultures of said strain, lysates of said strain, and extracts of said strain.

4. The food additive composition of claim 3, characterized in that said strain comprises 16s rDNA sequence of SEQ ID NO: 1.

5. The food composition according to claim 1 or 2, characterized in that said food composition is a health functional food composition for improvement of intestinal health.

6. A pharmaceutical composition comprising an effective amount of at least one selected from the group consisting of a strain of *Lactobacillus paracasei* KBL382 with Accession No. KCTC13509BP, cultures of said strain, lysates of said strain, and extracts of said strain for use as a medicament.

7. The use of claim 6, characterized in that said strain comprises 16s rDNA sequence of SEQ ID NO: 1.

8. The food composition according to claim 1 or 2, characterized in that said food composition is a health functional food composition for improving allergic symptoms.

9. A use of a composition comprising at least one selected from the group consisting of strain of *Lactobacillus paracasei* KBL382 strain with Accession No. KCTC13509BP, cultures of said strain, lysates of said strain, and extracts of said strain in the manufacture of a medicament for alleviation, treatment or prevention of intestinal diseases, wherein said intestinal diseases are selected from the group consisting of gastroenteritis, inflammatory bowel diseases and irritable bowel syndrome.

10. A use of a composition comprising at least one selected from the group consisting of strain of *Lactobacillus paracasei* KBL382 strain with Accession No. KCTC13509BP, cultures of said strain, lysates of said strain, and extracts of said strain in the manufacture of a medicament for alleviation, treatment or prevention of allergic diseases.

11. The use of a composition according to 10, characterized in that said allergic disease is atopic dermatitis, urticaria, allergic rhinitis, allergic conjunctivitis, asthma, food allergy or anaphylactic shock.