

0 : 2 0 A : 0 8 D 8 4 > = > @ < 0 : B > D 5 @ <



0 : 2 0 A : 0 8 D 8 4 > = > @ < 7 C 5 B A O 4 ; O ? @ 8 3 > B > 2 ; 5 = 8 O 4 > < 0 H = 5 3 > 9 > 3 C @ B 0 , > 1 > 3 0 I 5 = = > 3 >  
1 8 D 8 4 > 1 0 : B 5 @ 8 O < 8 . 8 : @ > D ; > @ 0 = 0 B C @ 0 ; L = > 3 > 9 > 3 C @ B 0 > 1 ; 0 4 0 5 B 0 = B 8 1 0 : B 5 @ 8 0 ; L = K < 8 A 2 > 9  
< 5 B 0 1 > ; 8 G 5 A : 8 E ? @ > F 5 A A > 2 , 7 0 A 5 ; O 5 B : 8 H 5 G = 8 : ? > ; 5 7 = K < 8 < 8 : @ > > @ 3 0 = 8 7 < 0 < 8 . & 5 = 0 C : 0 7 0  
5 9 B 8 = 3 : 5 B 8 5 9 B 8 = 0 3 A > A : 8 5 4 9 > 0 9 @ C 1

[0409B5 2>?@>A ?> MB><C B>20@C](#)

?8A0=85

>4@>1=>5 >?8A0=85 ?@5?0@0B0

0 : 2 0 A : 0 0 : B > D 5 @ < - : > B ; 8 G 0 5 B A O = 0 A K I 5 = = > A B L N 6 8 2 > 9 A 8 < 1 8 > B 8 G 5 A : > 9 D ; > @ > 9 , 8 < 5 5 B ? @

!>AB02

8D84> 10:B5@88 (B. bifidum, B. infantis, B..longum, B. breve, B. adolescentis), Lactobacillus

>78@>2:0 8 A?>A>1K ?@83>B>2;5=8O

8D84>=>@< (1?) 2<5H0BL 8 4>25AB8 4> 01A>;NB=>3> @0AB2>@5=8O 2 1-3; <>;>:0 (:8?OG5=>3

\$>@<0 2K?CA:0

8D84>=>@< :C?8BL <>6=> 2 :0@B>==>9 B0@5, A>45@60I59 5 42CE3@0<<>2KE ?0:5B>2.

!@>: 3>4=>AB8 8 CA;>28O E@0=5=8O

>45= =5 4>;LH5 24<5A ?@8 -10...-18 °! 8 12<5A ?@8 0..+6 °!. B:@KBK9 ?0:5B A 8D84>=>@<>