

0:20A:0 8D84>=>@< 0:B>D5@<



0:20A:0 8D84>=>@< 17C5BAO 4;O ?@83>B>2;5=8O 4><0H=53> 9>3C@B0, >1>30I5==>3>
18D84>10:B5@8O<8. 8:@>D;>@0 =0BC@0;L=>3> 9>3C@B0 >1;0405B 0=B810:B5@80;L=K<8 A2>9
<5B01>;8G5A:8E ?@>F5AA>2, 70A5;O5B :8H5G=8: ?>;57=K<8 <8:@>>@30=87<0<8. &5=0 C:070
59B8=3: 5B 8559B8=03A> A:8549>00 @C1

[_0409B5 2>?@>A ?> MB><C B>20@C](#)

?8A0=85

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

0:20A:0 0:B>D5@< -:>B;8G05BAO =0AKI5==>ABLN 682>9 A8<18>B8G5A:>9 D;>@>9, 8<55B ?@

!>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>=>@<>