

8 > 2 5 A B 8 =



8 > 2 5 A B 8 =



8 > 2 5 A B 8 84:89 ? @ > 18 > B 8 G 5 A : 89 : > = F 5 = B @ 0 B , ? @ 5 4 = 0 7 = 0 G 5 = = K 9 4 ; O 1 K A B @ > 3 > 8 M
 ? @ 8 @ > 4 = > 3 > < 8 : @ > 1 8 > F 5 = > 7 0 : 8 H 5 G = 8 : 0 . 0 : B 5 @ 8 8 Bifidobacterium adolescentis MC-42, 2 E > 4 C
 @ 0 7 < = > 6 0 N B A O 2 : 8 H 5 G = 8 : 5 8 A > 7 4 0 N B = 5 ? @ 5 @ K 2 = K 9 A ; > 9 6 8 2 K E : ; 5 B > : , > 1 ; 0 4 0 N I 8 E : 8 A ; > B >>
 0 : B 8 2 = > A B L N : 1 > ; 5 7 = 5 B 2 > @ = K < < 8 : @ > 1 0 < . 4 0 ? B 0 F 8 O 1 0 : B 5 @ 8 9 2 : 8 H 5 G = 8 : 5 7 0 = 8 < 0 5 B = 5 1 > ;
& 5 = 0 8 > 2 5 A B 8 =
 - 5 4 @ C 1 . 7 0 > 4 8 = D ; 0 : > = (1 2 < ; .) . C ? 0 : > 2 : 5 7 D ; 0 : > = > 2 .

5 9 B 8 = 3 : 5 B @ 5 9 B 8 = 3 0

& 5 = 0 :

& 5 = 0 A > A : 8 4 : > 9 :
1 2 5 , 0 0 @ C 1

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

? 8 A 0 = 8 5

[? 8 A 0 = 8 5](#)

@ > 8 7 2 > 4 8 B 5 ; L

@ > 4 C : B @ > A A 8 9 A : > 3 > ~~8 > 2 5 A B 8 = ?~~ @ > 8 7 2 > 4 A B 2 5 = F 5 = 3 5 F 5 = B @ 0 " 8 > - ? 5 A B 0 7 2 (> 4 8 B 5 8 0 8 @ A :) . K ?

! > A B 0 2 8 > ? 8 A 0 = 8 5 ? @ 5 ? 0 @ 0 B 0

@>18>B8: ?@54AB02;O5B A>1>9 M<C;LA8N A25B;>-15652>3> 8;8 :>@8G=52>3> F25B0, 873>B>
@8=F8? 459AB28O 8>25AB8=0 70::;NG05BAO 2 8=B5=A82=>< @07<=>65=88 ?>;57=KE 10:B5@8

-043578O <8:@>>@30=87<>2 =0 A;878ABKE 8 M?8B5;80;L=KE >1>;>G:0E, D>@<8@>20=85 CA
-2K@065==K9 <8:@>1=K9 0=B03>=87<;
-45B>:A8:0F8O GC65@>4=KE 2515AB2;
->15A?5G5=85 :0G5AB25==>3> ?5@520@820=8O ?818;
-C;CGH5=85 2A0AK20NI8E A2>9AB2 A;878AB>9 :8H5G=8:0;
-D>@<8@>20=85 8<<C==>3> AB0BCA0.

0:B5@88 2 A>AB025 ?@>18>B8G5A:>9 M<C;LA88 E0@0:B5@87CNBAO 2KA:>9 CAB>9G82>ABLN

>:070=8O : ?@8<5=5=8N

8>25AB8= :C?8BL :>B>@K9 C =0A, 1;03>40@O =0;065==K< A8AB5<0< 4>AB02:8, <>6=> 2 B

148A10:B5@8>7K 8 48A18>7K @07;8G=>9 MB8>;>388;
270?>@K, 274CB85;
315@5<5==>ABL 8 ?>43>B>2:0 : @>40<;
4@5A?8@0B>@=K5 8=D5:F88 (;5G5=85 8 ?@>D8;0:B8:0 701>;520=89);
50;;5@38G5A:85 @50:F88;
60=5<8O (65;57>45D8F8B=0O);
7=54>AB0B>: 28B0<8=>2;
83>@<>=0;L=0O, 0=B810:B5@80;L=0O 8;8 ;CG520O B5@0?88;
9BC15@:C;57 (2 :0G5AB25 B5@0?88 A>?@>2>645=8O);
10AB@5AAK.

?@>B82>?>:070=8O< >B=>AOBAO 0;;5@38O =0 <>;>G=K9 15;>: 8 =5?5@5=>A8<>ABL A>AB02;C

>78@>2:0 8 A?>A>1K ?@8<5=5=8O, AE5<K ?@85<0 8 @0AG5B :C@A>2

@>18>B8: C?>B@51;O5BAO ?5@ @>@0;L=>, 548=>64K 2 45=L, CB@><, 70 ?>;G0A0 4> ?5@2>3>

" 45B8 >B 3-E 4> 12-B8 <5A. 1 <;;
" >B 1-3> 3>40 4> 12-B8 ;5B 6 <;;
" 27@>A;K5 8 45B8 AB0@H5 12 ;5B 12 <;.

;O ?@54C?@5645=8O 48A10:B5@8>7>2 :C@A 8>25AB8=0 A>AB02;O5B 4 =545;8 8 ?>2B>@O5BA

07>2CN 4>7C ?@>18>B8:0 ?@8=8<0NB 2 @072545==>< 2845. ;O @072545=8O 4>?CA:05BAO 8A

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

D01@8G=>9 C?0:>2:5 8A>25A00B8A0=7A105C;080KE D;0:>=>2 (?> 12 <;) ?@5?0@0B0

!@>: 3>4=>AB8 8 CA;>280 E@0=5=80

!@>: 3>4=>AB8 2,5 <5AOF0 (?@8 t >B +2 4> +6°!). 0@CH5=85 B5<?5@0BC@=>3> @568<0 ?@

=AB@C:F80

=AB@C:F80