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[\[PDF \(462K\)\]](#) [\[References\]](#)**Effect of *Lactobacillus casei* subsp. *casei* 327 on the Growth of Bifidobacteria and Its Survival in the Intestine**[Takehisa KUMAGAI](#)¹⁾, [Kimiko SENO](#)¹⁾, [Hiroyuki KAWAMURA](#)¹⁾, [Toshiyuki WATANABE](#)¹⁾ and [Sanae OKADA](#)²⁾1) *Kameda Seika Co., Ltd.*2) *NRIC Culture Collection Center, Tokyo University of Agriculture*

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We tested the stimulative effect of *Lactobacillus casei* subsp. *casei* 327 isolated from rice on the growth of bifidobacteria. No effect on the *in vitro* growth of bifidobacteria was observed. The number of bifidobacteria and the relative percentage of bifidobacteria of 14 female volunteers with constipation were measured. Then 7 volunteers who had less than 10^{10} cfu/g of bifidobacteria were administered 100 g of fermented milk with *L. casei* subsp. *casei* 327 each day for 2 weeks. The number of bifidobacteria, the relative percentage of bifidobacteria and the number of lactobacilli during the administration period significantly increased compared to before that period. Seven male volunteers who evacuated everyday were administered fermented milk to determine the change in the number of intestinal lactobacilli. The number of lactobacilli significantly increased during the administration period and returned to the original level 5 days after administration. These results indicate that the administration of fermented milk with *L. casei* subsp. *casei* 327 improves the intestinal environment.

Keywords: [lactic acid bacteria](#), [Lactobaciliuss casei](#), [bifidobacterla](#), [probiotics](#)

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