

Sanders, M.E., (2006). Summary of probiotic activities of *Bifidobacterium lactis* HN019. Journal of Clinical Gastroenterology, 40, 776-783.

#### Abstract

The bacterium, *Bifidobacterium lactis* HN019, has been studied for a variety of traits important to its ability to function as a probiotic. Publications documenting identity, safety, antipathogenic effects, immune enhancement, and intestinal colonization are reviewed. Most studies documenting immune effects are short term in duration ( $\leq 6$  wk feeding periods), so longer term trials would be useful to determine what extent effects are sustained. One year-long trial feeding both galacto-oligosaccharides and HN019 in children 1 to 3 years of age provided evidence for improved growth and reduction in infection incidence. HN019 is a well-characterized probiotic strain with documented probiotic effects of meaningful magnitude especially in the area of immune system modulation.