

Bifidobacterium animalis ssp. lactis GCL2505

Title	Effect of Intake of Bifidobacteria and Dietary Fiber on Resting Energy Expenditure: A Randomized, Placebo-Controlled, Double-Blind, Parallel-Group Comparison Study
Publication (year)	Nutrients. 16, 2345 (2024)
Author	Baba Y, Azuma N, Saito Y, Takahashi K, Matsui R, Takara T.

Title	Effect of daily ingestion of Bifidobacterium and dietary fiber on vascular endothelial function: a randomized, double-blind, placebo-controlled, parallel-group comparison study
Publication (year)	Biosci Biotechnol Biochem. 88, 86-96 (2023)
Author	Azuma N, Saito Y, Nishijima T, Aoki R, Nishihira J.

Title	Effect of Continuous Ingestion of Bifidobacteria and Inulin on Reducing Body Fat: A Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Comparison Study
Publication (year)	Nutrients. 15, 5025 (2023)
Author	Baba Y, Saito Y, Kadowaki M, Azuma N, Tsuge D.

Title	Effect of Continuous Ingestion of Bifidobacteria and Dietary Fiber on Improvement in Cognitive Function: A Randomized, Double-Blind, Placebo-Controlled Trial
Publication (year)	Nutrients. 15, 4175 (2023)
Author	Azuma N, Mawatari T, Saito Y, Tsukamoto M, Sampei M, Iwama Y.

Title	A proliferative probiotic Bifidobacterium strain in the gut ameliorates progression of metabolic disorders via microbiota modulation and acetate elevation
Publication (year)	Scientific Reports 7, 43522 (2017)
Author	Aoki R, Kamikado K, Suda W, Takii H, Mikami Y, Suganuma N, Hattori M, Koga Y

Title	Effect of Bifidobacterium animalis ssp. lactis GCL2505 on visceral fat accumulation in healthy Japanese adults: a randomized controlled trial
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Publication (year)	Bioscience of Microbiota, Food and Health 35, 163-171 (2016)
Author	S. Takahashi, D. Anzawa, K. Takami, A. Ishizuka, T. Mawatari, K. Kamikado, H. Sugimura and T. Nishijima

Title	Effect of Bifidobacterium animalis subsp. lactis GCL2505 on the physiological function of intestine in a rat model
Publication (year)	Food Science & Nutrition (2016)
Author	R. Aoki, S. Tsuchida, Y. Arai, K. Ohno, T. Nishijima, T. Mawatari, Y. Mikami and K. Ushida

Title	Short-and long-term dynamics in the intestinal microbiota following ingestion of Bifidobacterium animalis subsp. lactis GCL2505
Publication (year)	Bioscience of Microbiota, Food and Health 34, 77-85 (2015)
Author	Y. Tanaka, K. Takami, T. Nishijima, T. Mawatari and T. Ikeda

Title	Effects of administration of Bifidobacterium animalis subsp. lactis GCL2505 on defecation frequency and bifidobacterial microbiota composition in humans
Publication (year)	Journal of Bioscience and Bioengineering, 113, 587-591 (2012)
Author	A. Ishizuka, K. Tomizuka, R. Aoki, T. Nishijima, Y. Saito, R. Inoue, K. Ushida, T. Mawatari and T. Ikeda

Title	Effects of Fermented Milk Containing Bifidobacterium animalis subsp. lactis GCL2505 on Improvement of Defecation, Fecal Properties, and Intestinal Microflora in Healthy Subjects with Mild Constipation
Publication (year)	Japanese Pharmacology & Therapeutics (JPT) 40, 657-665 (2012)
Author	H. Takii, et al.