

Lactobacillus helveticus GCL1815

Title	<i>Lactobacillus helveticus</i> GCL1815 induces salivary IgA production and alleviates common cold-like symptoms: A randomized, double-blind, placebo-controlled, parallel-group comparative study
Publication (year)	Journal of Functional Foods. 128, 106815 (2025)
Author	K. Kikuchi, H. Wada, Y. Saito, T. Uesugi, K. Takahashi, N. Azuma, T. Mawatari, K. Nishimura, Y. Iwama

Title	<i>Lactobacillus helveticus</i> Induces Two Types of Dendritic Cell Activation and Effectively Suppresses Onset of the Common Cold: A Randomized, Double-Blind, Placebo-Controlled Trial
Publication (year)	Nutrients. 17, 101 (2025)
Author	Hiroka Wada, Takashi Mawatari, Yasuo Saito, Naoki Azuma and Yoshitaka Iwama

Title	Screening of novel lactic acid bacteria with high induction of IgA production, dendritic cell activation, and IL-12 production
Publication (year)	Published online 13 December 2024 Biosci Biotechnol Biochem. 89, 459–464 (2025)
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