Bifidobacterium lactis and Bifidobacterium animalis subsp. lactis refer to the same species. The strain designations HN019 and DR10 refer to the same strain. HN019 has been referred to as HOWARU Bifido, HOWARU B. bifidum (in Ding & Shah, 2009 and 2010) and HOWARU Bifidobacterium lactis.

**In vitro trials**

**Probiotic selection, survival, stability**


**Safety**


**Antipathogenic/antitoxic activity**


**Intestinal permeability**


Adherence


Toxin removal


Prebiotic utilization


Immune system enhancement


Oral health


Antipathogenic activity


**Also listed under Immune system enhancement.**

**Diabetes**


**Nonalcoholic fatty liver disease**


**Gastrointestinal function**


**Human clinical studies**

**Safety**


**Immune system enhancement**


**Also listed under General health/Nutritional status.**


Gastrointestinal functionality


Also listed under Gastrointestinal ecology.


General health/Nutritional status


Also listed under Immune system enhancement.


**Allergy treatment**


**Gastrointestinal ecology**


Also listed under Gastrointestinal functionality.


Reviews


**News articles**