

## Hypocholesterolaemic effect of yoghurt containing *Bifidobacterium pseudocatenulatum* G4 or *Bifidobacterium longum* BB536

### ABSTRACT

The effect of a yoghurt supplement containing *Bifidobacterium pseudocatenulatum* G4 or *Bifidobacterium longum* BB536 on plasma lipids, lipid peroxidation and the faecal excretion of bile acids was examined in rats fed a cholesterol-enriched diet. After 8 weeks, the rats in the positive control (PC) group who were fed the cholesterol-enriched diet showed significant increases in plasma total cholesterol (TC), low-density lipoprotein (LDL) cholesterol, and malondialdehyde (MDA). However, groups fed a cholesterol-enriched diet supplemented with yoghurt containing *B. pseudocatenulatum* G4 or *B. longum* BB536 had significantly lower plasma TC, LDL-C, very-low-density lipoprotein (VLDL) cholesterol, and MDA than had the PC group after 8 weeks of treatment. In addition, faecal excretion of bile acids was markedly increased in the rats fed the yoghurt containing *B. pseudocatenulatum* G4 or *B. longum* BB536 as compared to the PC and NC groups.

**Keyword:** Bifidobacteria; Yoghurt; Hypocholesterolaemic effect; Rats