

Antimutagenic Effect of Lactic Acid Bacteria

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Summary

With regard to cancer prevention, substances having antimutagenic activity or those that suppress various steps of the cancer process or both have been studied by many workers.

The antitumor activities of fermented milks and related lactic acid bacteria have been examined in this study.

Each cultured milk displayed its characteristic antimutagenic effect on mutagenicity of N-Methyl-N'-nitroso guanidine (MNNG) and 3-amino-1-methyl-5H-pyrido [4,3-b] indole (Trp-P-2).

The milk cultured with *Lactobacillus acidophilus* LA2 showed the highest inhibition of 77% against the mutagenicity of Trp-P-2 among the strains used.

The present findings showed that some of the cultured milks exhibited high antimutagenic activity. The results suggest that selecting yogurt starter with antimutagenic properties may help in getting fermented products with antimutagenic value.