Bifidobacterium lactis and Bifidobacterium animalis subsp. lactis refer to the same species. The strain designations HN019™ and DR10™ refer to the same strain. Under the HOWARU® trademark, HN019™ has been referred to as HOWARU® Bifido, HOWARU® B. bifidum, and HOWARU® Bifidobacterium lactis.

In vitro trials

Probiotic selection, survival, stability


Safety


Antipathogenic activity and/or Bacteriocins


Intestinal permeability


**Adherence**


**Toxin removal**


**Prebiotic utilization**


**Animal trials**

**Safety**


**Immune system enhancement**


**Antipathogenic activity**


### Diabetes


### Human clinical studies

#### Safety


#### Immune system enhancement


#### Gut function


#### Wellness/nutritional status


**Atopic dermatitis/eczema**


**Gastrointestinal ecology**


**Reviews**


News articles


Product functionality


