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- (71) Applicants (*for all designated States except US*): VIB VZW [BE/BE]; Rijvisschestraat 120, B-9052 Zwijnaarde (BE). UNIVERSITEIT GENT [BE/BE]; Sint-Pieter-snieuwstraat 25, B-9000 Gent (BE).
- (72) Inventors; and
- (75) Inventors/Applicants (*for US only*): STEIDLER, Lothar [BE/IE]; Finnis, Bandon, Co Cork (IE). ROTTIERS, Pieter [BE/BE]; Twee Dreven 37, B-9840 De Pinte (BE). REMAUT, Erik [BE/BE]; Bergstraat 7, B-9921 Vinderhout (BE).
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(54) Title: SELF-CONTAINING LACTOBACILLUS STRAIN

(57) Abstract: The invention relates to a recombinant Lactobacillus strain, with limited growth and viability in the environment. More particularly, it relates to a recombinant Lactobacillus that can only survive in a medium, where well-defined medium compounds, preferably thymidine or thymine, are present. A preferred embodiment is a Lactobacillus that may only survive in a host organism, where said medium compounds are present, but cannot survive outside the host organism in absence of said medium compounds. Moreover, said Lactobacillus strain can be transformed with prophylactic and/or therapeutic molecules and can, as such, be used to treat diseases such as, but not limited to, inflammatory bowel diseases.