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Role of probiotics in health and disease

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Abstract : Research which concerns the usefulness of Probiotics show increasing interest based on the rise of their publications, products and the awareness of the public of their benefits. There is increasing interest concerning Probiotics from the public, researchers, governmental organizations (such as the WHO/FAO) and medicinal and food companies. Probiotics means “let good microbes work for you in different fields get their benefits and take a rest”. Such work will include, food digestion, production of useful products to destroy the bad microbes, complement the functions of the missed digestive enzymes (due to missed or defective genes), and to maintain the digestive system’s pH, and so on. Probiotics will augment the efficiency of our biological fermentors, the digestive system. This review discusses the potential beneficial effects of probiotics in preventing and treating certain diseases as well as current and future perspectives of probiotic research.

Key words: Probiotic, Health benefits, Infections, Disease management.

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