



## Probiotics, Prebiotics and Postbiotics: The Secrets of Promoting Microbial Balance in the Gut

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### Message from the Guest Editor

The study of probiotics, prebiotics, and postbiotics aims to understand their potential benefits for human health, particularly in the regulation of microbe–microbe, microbe–host, and microbe–food interactions at the molecular level, including

- (1) how probiotic microorganisms contribute to the balance and well-being of the gut microbiota;
- (2) how prebiotics selectively promote the growth and activity of beneficial bacteria in the gut;
- (3) how postbiotics contribute to maintaining the integrity of the gut epithelial barrier.





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