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## The Role of Probiotics on Gut Health

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### Message from the Guest Editor

In recent years, probiotics have gained significant attention due to their beneficial effects in several diseases. The gastrointestinal (GI) tract, home to the largest microbial population in the human body, plays a crucial role in digestion, nutrient absorption, immune function, and overall health. Through various mechanisms, such as antimicrobial compounds, competition for nutrients, and regulated immune tolerance, probiotics not only help maintain intestinal integrity and its barrier, but also reduce the risk of gastrointestinal infections, inflammation, and gut permeability issues. While the specific mechanisms through which probiotics exert their beneficial effects on health are still evolving, their potential as a preventive and therapeutic tool continues to be explored in various scientific studies. Therefore, this Special Issue of *Nutrients* aims to provide scientific evidence on the immunomodulatory potential of probiotics in the gut microbiome and human health. We invite researchers to submit novel, creative, and high-quality research and review articles focused on probiotics, linked gut microbiome modulation, and their potential role in improving health.



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**Special** Issue



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