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## Probiotics: Health Benefit and New Ideas in Food Development

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Deadline for manuscript  
submissions:

**closed (31 August 2022)**



[mdpi.com/si/103163](https://mdpi.com/si/103163)

### Message from the Guest Editors

Dear Colleagues,

Among functional foods, the category of foods enriched with bioactive substances and bacteria is frequently mentioned. These foods have demonstrated a reduction in cancer risk, improvement of heart, gastrointestinal and urinary tract health, reduction in osteoporosis and stimulation of the immune system.

Lactic acid bacteria (LAB) are a large family of strains with probiotic properties used in the food industry for ameliorating the flavor, texture and shelf preservation period of many foods, such as dairy products, juices, meat products, etc. LAB display numerous technological properties, such as fermentative activity, good survivability during freeze-drying/spray-drying and proper viability in food systems.

Methods including immobilization and microencapsulation on different matrices are used in food production to increase the viability of probiotic strains. Further investigation should take place in order to ameliorate the possibility for the survivability of probiotics in a variety of food systems.

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Guest Editors

**Special** Issue



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