



*nutrients*



an Open Access Journal by MDPI

## Prebiotic and Probiotic Intake Benefits for Gut Health

Guest Editors:

### Dr. Hongbao Li

Department of Physiology and Pathophysiology, School of Basic Medical Sciences, Xi'an Jiaotong University, Xi'an 710061, China

### Dr. Ying Li

Department of Physiology and Pathophysiology, School of Basic Medical Sciences, Xi'an Jiaotong University, Xi'an 710061, China

Deadline for manuscript submissions:

**closed (25 July 2024)**

### Message from the Guest Editors

Dear Colleagues,

With  $10^{13}$  to  $10^{14}$  microorganisms inhabiting the gut, the microbiota is essential not only for gut health, but also for normal physiologic functioning in other organs. It communicates with the brain via neural, endocrine, immune and metabolic pathways. As such, the microbiota–gut–brain axis modulates not only enteric and central nervous system function, but also the health of metabolic and cardiovascular systems. Dysbiosis occurs as a consequence of gastrointestinal disorders such as irritable bowel syndrome; metabolic diseases such as diabetes and obesity; chronic diseases such as hypertension, diabetes, chronic heart failure, cardiomyopathy, chronic atrial fibrillation and chronic kidney disease; neurological disorders such as Alzheimer's disease; neuropsychiatric disorders such as autism; and also cancers.

Dr. Hongbao Li

Dr. Ying Li

*Guest Editors*



[mdpi.com/si/194740](https://mdpi.com/si/194740)

**Special** *Issue*



an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

## Contact Us

---

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI