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Prebiotics and Probiotics in Immune Health

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Message from the Guest Editors

Prebiotics and/or probiotics supplementation are strategies for the treatment of noncommunicable diseases and for strengthen our immune system and our microbiota. Probiotics have been defined by the Food and Agriculture Organization of the United Nations and the WHO (FAO/WHO) as “live microorganisms which when administered in adequate amounts confer a health benefit on the host”. The definition of prebiotic has been recently updated by hte ISAPP as “a substrate that is selectively utilized by host microorganisms conferring a health benefit”.

Both prebiotic and probiotic have been used for different applications and currently, their mechanistic effects are more understood.

This Special Issue of *Nutrients* aims to present a collection of papers to give an overview on new findings and concept in the field of probiotics and prebiotics, including results on next generation probiotics, the impact of interventions at different stages (pregnancy, early life, adult, elderly), and on different pathological situations.



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