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Prebiotics and probiotics: become a healthier you

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The health advantages of prebiotics and probiotics have long been recognized. Nutrition research has precise specific functional elements of foods that may be beneficial to health, and prebiotics and probiotics are two such substance. As the outcome, they have been applied as different kind's products with the food industry having been very engage in studying and supporting them. Although, they are available as dietary supplements, it is not required to take special tablets/pills, drinks, or other mixtures to include prebiotics and probiotics to your diet. These two substances are natural ingredients in everyday food. Other researches probiotics (live microorganisms) and prebiotics (food components) have shown promise as treatments for several diseases in both clinical and animal studies, an understanding of the molecular mechanisms behind the direct and indirect effects on the gut immune response will facilitate better and possibly more efficient therapy for diseases. For almost all markets the probiotics have been incorporated in various products, mainly fermented dairy foods. While research continues in this trend for investigating how effective and safe these substances are and how we need to acquire the healthy body and despite the strong scientific evidence involving these microorganisms to different health benefits, further research is still needed in order to show them and assess their safety as well as their nutritional aspects.

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