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# Probiotics and Prebiotics

## Nutrition and Probiotics

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Probiotics have been defined by The Food Agricultural Organization/World Health Organization (FAO/WHO) as “live microorganisms which when administered in adequate amounts confer a health benefit to the host.” They have been used for centuries in the form of dairy-based fermented products. Probiotic administration has been linked to a multitude of health benefits, with gut and immune health being the most researched applications.

Core mechanisms for probiotic function, health benefits of probiotics are strain- and dose-dependent. Research has been promising for these friendly critters. Potential benefits of probiotics have been seen in the treatment or prevention of diarrhea, irritable bowel syndrome, ulcerative colitis, Crohn’s disease, H. pylori (the cause of ulcers), vaginal infections, urinary tract infections recurrence of bladder cancer, infection of the digestive tract caused by Clostridium difficile, pouchitis (a possible side effect of surgery that removes the colon), eczema in children etc.

The main function of the gut is to digest food and absorb nutrients. In athletic populations, certain probiotics strains can increase absorption of key nutrients such as amino acids from protein, and affect the pharmacology and physiological properties of multiple food components. Preclinical and early human research has shown potential probiotic benefits relevant to several health benefits.

## Biography

In 2006, Gaurav Kaushik, a young and dynamic first-generation entrepreneur, set out to author a legacy. Today, under his leadership Meteoric Biopharmaceuticals Pvt. Ltd., with over 100 products across Enzymes, Probiotics, Nutraceuticals, Finished Formulations & Animal Healthcare, is a leading name in the biopharma landscape across the globe. A gold medalist in Biotechnology and an astute businessman, Gaurav has been awarded the Rashtriya Udyog Ratan Award by the Council of Economic Growth & Research. He is also the recipient of the Indian Leadership Award for Industrial Development by the All-India Achievers Foundation. Under his leadership, Meteoric Biopharma has been recognized as one of the ‘25 Most Valuable Biopharma Companies’ by ‘CEO Magazine’ for its uncompromised dedication to quality and investment in the latest technology in 2019.

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