

Special Issue

Health Benefits of Lactic Acid Bacteria: Gut Microbiota and Beyond

Message from the Guest Editor

Lactic acid bacteria (LAB) are a widespread group of bacteria, traditionally associated with food fermentation, that have drawn great attention for their several beneficial properties. Probiotic LAB and/or LAB-driven fermented foods can exert a wide range of positive effects on human health by direct action and/or by production of a broad spectrum of bioactive metabolites (i.e., organic acids, SCFAs, exopolysaccharides, bacteriocin, vitamins, γ -aminobutyric acid, etc.). Intake of LAB and/or LAB-driven fermented foods has been associated with the modulation of gut microbiome structure and composition, protection against pathogens, immunomodulation as well as maintenance of gut homeostasis and intestinal barrier integrity, resulting in the prevention and/or amelioration of gut inflammation and other intestinal or systemic disease, including neurodevelopment and neurodegenerative disorders.

This Special Issue will welcome *in vitro*, *in vivo*, and clinical studies that deepen our knowledge of the health benefits and efficacy of LAB and/or LAB-driven fermented foods. Review articles regarding the above topics will also be taken into consideration.

Guest Editor

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Welcome to an open access journal, *Fermentation*, which meets the growing need for a high quality peer-reviewed international journal with easy access to all researchers globally. We hope that you will share our enthusiasm for this journal and look forward to working with you to make *Fermentation* a leader in its field. Your contributions are vital for the success of this journal. Proposals for editing a special issue for a particular topical area are always welcome.

Editor-in-Chief

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