

## 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,  $\gamma$ -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.

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### Guest Editor

Dr. Roberta Prete

Department of Bioscience and Technology for Food, Agriculture and Environment, University of Teramo, 64100 Teramo, Italy

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### Deadline for manuscript submissions

30 September 2025



## Fermentation

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*Fermentation*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[fermentation@mdpi.com](mailto:fermentation@mdpi.com)

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## About the Journal

### Message from the Editor-in-Chief

Welcome to a new open access journal, Fermentation, which meets the growing need for a high quality peerreviewed international journal with easy access to all researchers globally. We hope that you will share our enthusiasm for this new 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 new journal. Proposals for editing a special issue for a particular topical area are always welcome.

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### Editor-in-Chief

Dr. Badal C. Saha  
Retired, National Center for Agricultural Utilization Research, USDA-ARS, Peoria, IL, USA

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