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Functional Properties of Food Source Probiotics

Guest Editor:

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submissions:

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Message from the Guest Editor

We are thrilled to announce the publication of a Special Issue titled "Functional Properties of Food Source Probiotics" in the journal *Foods*. Probiotics are live microorganisms that provide numerous health benefits to the host when consumed in adequate amounts. Food sources such as dairy, fermented foods, and fruits and vegetables are excellent sources of probiotics. This Special Issue explores the potential advantages of consuming probiotics obtained from food sources and how they can enhance gut health, modulate the immune response and exercise performance, and prevent extraintestinal disorders, including metabolic disorders, hyperuricemia, polycystic ovarian syndrome, and neuronal diseases. The articles in this issue offer an in-depth understanding of the mechanisms underlying the beneficial effects of probiotics and their potential applications in preventing and treating various illnesses. We are confident that the insights shared in this Special Issue emphasize the significance of probiotics in food sources and further encourage research development in this area.



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Special Issue



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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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