



## Role of Prebiotics and Probiotics in Health and Disease

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### Message from the Guest Editor

Dear Colleagues,

The term “probiotic” was coined by the Noble prize winner Ilya Metchnikoff more than 100 years ago, who hypothesized that health could be enhanced and senility delayed by manipulating the intestinal microbiome with bacteria found in yogurt. The development of modern, culture-independent ways to study microbiome composition at various sites within and outside the human body has greatly enlarged our knowledge on the role of the microbiome in health and disease. However, many of these studies are descriptive and report associations rather than causality. Furthermore, there is a high demand for therapeutic strategies that utilize or target the human microbiome to prevent or treat diseases. With this Special Issue of the journal *Nutrients*, this knowledge gap should be filled by high-quality data on the effect of probiotics and prebiotics in health and disease.

Dr. Vanessa Stadlbauer  
*Guest Editor*





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