



Beneficial Features of Probiotic Microorganisms in Supplementing the Gut-Microbiota

Guest Editor:

**Prof. Dr. Henning
Sommermeyer**

Department of Medicine, The
President Stanisław
Wojciechowski State University of
Applied Sciences in Kalisz, Nowy
Świat 4, 62-800 Kalisz, Poland

[h.sommermeyer@
akademiakaliska.edu.pl](mailto:h.sommermeyer@akademiakaliska.edu.pl)

Deadline for manuscript
submissions:

closed (30 November 2021)

Message from the Guest Editor

Dear Colleagues,

Probiotics are live microorganisms which, when administered in adequate amounts, confer a health benefit on the host (WHO definition). The list of diseases for which beneficial effects of probiotics or synbiotics (combining probiotic and prebiotic components) are claimed is long and growing. With a large number of products now on the market, selecting the most appropriate product for a given condition is a challenge. Few studies have focused on identifying beneficial probiotics/synbiotics characteristics. More research is needed to establish a better understanding of the differences between probiotics/synbiotics from the different categories (e.g., mono-strain vs. multi-strain, bacterial vs. yeast, probiotics vs. synbiotics). In the best of all cases, this Special Issue focuses on experiments (non-clinical or clinical) in which probiotics/synbiotics are compared head-to-head for human health. It is assumed that this kind of studies will support physicians (and their patients) in regard to their treatment decisions and will provide guidance for future product development.

Prof. Henning Sommermeyer
Guest Editor





an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

Professor of Preventive Medicine & Public Health, Director of the Research Institute of Biomedical and Health Sciences, University of Las Palmas de Gran Canaria, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Author Benefits

Open Access:— free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Food Science*)

Contact Us

Nutrients
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
@Nutrients_MDPI