

## Special Issue

# Effects of Probiotics on Inflammation and Health Outcomes

### Message from the Guest Editors

Probiotics are live microorganisms that, when consumed in adequate amounts, offer a variety of health benefits. Recent research has shown that probiotics have anti-inflammatory effects and can improve health outcomes in several ways. Inflammation is a normal immune response to infection or injury. However, chronic inflammation can lead to a variety of health problems, such as cardiovascular disease, diabetes, and inflammatory bowel disease. Probiotics have been shown to modulate the immune system and reduce inflammation in a number of ways, including by decreasing the production of pro-inflammatory cytokines and increasing the production of anti-inflammatory cytokines. The purpose of this Special Issue is to collect original research manuscripts and reviews on the effects of probiotics on inflammation and health outcomes. The articles in this issue cover a range of topics, including the use of probiotics in the prevention and treatment of inflammatory bowel disease, the effects of probiotics on gut microbiota and metabolic health, and the potential use of probiotics in the prevention and treatment of other inflammatory diseases.

### Guest Editors

Dr. Zhengyuan Zhai

Prof. Dr. Yanling Hao

Prof. Dr. Huaxi Yi

### Deadline for manuscript submissions

closed (25 January 2024)



## Nutrients

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## About the Journal

### 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.

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