

Special Issue

Probiotics and Prebiotics for Oral Health Improvement

Message from the Guest Editors

The interplay between nutrition, the microbiome, and oral health has gained growing scientific interest. Emerging evidence challenges the long-held belief that poor oral hygiene is the main cause of chronic oral inflammation. Instead, dysbiosis—an imbalance in the oral and gut microbiota—driven by diet, lifestyle, and genetics, is now seen as a key contributor. Probiotics and prebiotics offer promising, nutrition-based strategies to restore microbial balance and support immune homeostasis. These approaches present a cause-oriented method to prevent and manage oral diseases, especially periodontal disorders. This Special Issue invites submissions on the mechanisms, clinical applications, and current evidence regarding probiotics and prebiotics in oral health. Topics may include their roles in modulating risk factors, reducing pathogenic biofilms, and promoting a balanced oral ecosystem. As dietary strategies become more integrated into dental care, understanding their impact on oral microbiota is both timely and essential.

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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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