

## Special Issue

# Prebiotic and Probiotic Intake Benefits for Gut Health

### Message from the Guest Editors

With 10<sup>13</sup> to 10<sup>14</sup> microorganisms inhabiting the gut, the microbiota is essential not only for gut health, but also for normal physiologic functioning in other organs. It communicates with the brain via neural, endocrine, immune and metabolic pathways. As such, the microbiota–gut–brain axis modulates not only enteric and central nervous system function, but also the health of metabolic and cardiovascular systems. Dysbiosis occurs as a consequence of gastrointestinal disorders such as irritable bowel syndrome; metabolic diseases such as diabetes and obesity; chronic diseases such as hypertension, diabetes, chronic heart failure, cardiomyopathy, chronic atrial fibrillation and chronic kidney disease; neurological disorders such as Alzheimer's disease; neuropsychiatric disorders such as autism; and also cancers.

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### Deadline for manuscript submissions

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*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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