

Special Issue

Probiotics and Prebiotics in Pediatrics

Message from the Guest Editor

Probiotics are live microorganisms promoted with claims that they provide health benefits when consumed, generally by improving or restoring the gut microbiota. Probiotics and prebiotics are a hot topic in pediatrics research. Studies indicate that probiotics can act by competing with pathogens, modifying the intestinal environment by a reduction in pH, as a result of fermentation products, interacting and modulating local and systemic inflammatory and immune response, among others. Probiotics products contain viable microorganisms that confer a health benefit on the host. Beneficial effects of selected probiotic strains for the management or prevention of selected pediatric conditions have been demonstrated. Prebiotic is defined as “a substrate that is selectively utilized by host microorganisms conferring a health benefit”. Prebiotics, acting as immunoreactive agents, may promote general health and are promising in the prevention and treatment of different pediatric diseases. This Special Issue focuses on the effects of probiotics and prebiotics on improving gastrointestinal health in pediatrics, as well as on human health and disease prevention.

Guest Editor

Dr. Valentina Fabiano

1. Department of Biomedical and Clinical Sciences Luigi Sacco,
Università di Milano, 20122 Milan, Italy

2. Department of Pediatrics, Vittore Buzzi Children's Hospital, 20154 Milan, Italy

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

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

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