

Special Issue

Probiotics, Prebiotics and Gut Health

Message from the Guest Editors

In the last decade, extensive studies have reported the beneficial effect of prebiotics and probiotics on immunomodulation, metabolic health and gastrointestinal (GI) functions. However, we are still at the very beginning of understanding how dietary prebiotic and probiotic supplements favourably modulate the composition or metabolic/immunological activity of the human gut microbiota and ultimately impact gut health and the development of chronic diseases, especially for special populations including the elderly, pregnant women and infants. For this Special Issue, we welcome all narrative and systematic reviews and original research articles on any aspects (i.e., clinical, in vivo, in vitro) that explore the impact of probiotics and prebiotics on gut health and human diseases. We encourage nutritionists and other experts to share their expert views on the bioactive effects, potential mechanisms, and clinical actions of prebiotic and probiotic administration, using evidence-based approaches. We also look forward to population-based discussions on the complex role of prebiotics and probiotics on GI-tract function and diseases.

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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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