

Special Issue

Probiotics, Postbiotics, Gut Microbiota and Gastrointestinal Health

Message from the Guest Editor

The human gastrointestinal tract contains a complex microbial ecosystem that plays a key role in maintaining host health through dynamic interactions with metabolic, immune, and neurological systems. Emerging research highlights the critical contributions of probiotics and postbiotics in modulating gut microbiota composition and function, thereby influencing gastrointestinal homeostasis. This Special Issue aims to explore the molecular mechanisms underlying probiotic–host interactions, the therapeutic potential of postbiotics, and innovative strategies with which to restore gut microbiota balance in disease states. We aspire to synthesize different insights in order to utilize microbial resources for combating gastrointestinal disorders globally and foster the development of next-generation biotherapeutics. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following: Molecular cross-talk mechanisms governing probiotic–host interactions. Emerging therapeutic applications of postbiotic metabolites. Novel intervention strategies for gut microbiota modulation in pathological conditions.

Guest Editor

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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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