

Special Issue

Effects of Probiotics and Prebiotics on Gut–Brain Axis

Message from the Guest Editors

The gut-brain axis is a bidirectional communication network linking the gastrointestinal tract and central nervous system, influencing behavior, cognition, and emotional health. Probiotics and prebiotics can modulate this axis by altering gut microbiota composition and activity, with potential neurological and psychological benefits. This Special Issue, *“Effects of Probiotics and Prebiotics on Gut–Brain Axis”*, invites original research, reviews, and meta-analyses on:

- Probiotic/prebiotic effects on mood, cognition, and neurodevelopment;
- Microbial metabolites and neuromodulation;
- Gut microbiota's role in neuroinflammation and neurodegeneration;
- Clinical applications for psychiatric/neurological disorders;
- Diet-gut-brain interactions across the lifespan.

We welcome multidisciplinary submissions (nutrition, neuroscience, microbiology, psychiatry) to advance understanding of microbiota-targeted strategies for brain health.

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About the Journal

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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