

Special Issue

Beneficial Features of Probiotic Microorganisms in Supplementing the Gut-Microbiota

Message from the Guest Editor

Probiotics are live microorganisms which, when administered in adequate amounts, confer a health benefit on the host (WHO definition). The list of diseases for which beneficial effects of probiotics or synbiotics (combining probiotic and prebiotic components) are claimed is long and growing. With a large number of products now on the market, selecting the most appropriate product for a given condition is a challenge. Few studies have focused on identifying beneficial probiotics/synbiotics characteristics. More research is needed to establish a better understanding of the differences between probiotics/synbiotics from the different categories (e.g., mono-strain vs. multi-strain, bacterial vs. yeast, probiotics vs. synbiotics). In the best of all cases, this Special Issue focuses on experiments (non-clinical or clinical) in which probiotics/synbiotics are compared head-to-head for human health. It is assumed that this kind of studies will support physicians (and their patients) in regard to their treatment decisions and will provide guidance for future product development.

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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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