

## 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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### Guest Editor

Prof. Dr. Henning Sommermeyer

Department of Medicine, The President Stanisław Wojciechowski State University of Applied Sciences in Kalisz, Nowy Świat 4, 62-800 Kalisz, Poland

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### Deadline for manuscript submissions

closed (30 November 2021)



## Nutrients

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*Nutrients*

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

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*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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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 (IUIBS), 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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