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Prebiotics: Potential Substrate for Probiotic Organism

By Tejpal Dhewa

LAP Lambert Acad. Publ. Mai 2011, 2011. Taschenbuch. Condition: Neu. Neuware - Consumers are becoming more and more interested in foods that have a health benefit beyond basic nutrition. This is leading to the introduction of several probiotic and prebiotic containing foods in the marketplace. New practices are now being adopted by the food industry to develop and promote these types of functional foods with a greater shelf life. Prebiotics (inulin, gum acacia and honey) are foods or supplements that encourage the growth of 'good' or 'friendly' bacteria i.e. Lactobacillus which have beneficial effects during conditions like aging, gastrointestinal disorders, yeast infections, diabetes, heart disease, high blood pressure, immune system slumps, and may be even colon cancer risk. In the human body, prebiotics nourish the microflora (probiotics) and encourage them to work more efficiently, keeping the human body healthy and strong. This monograph recapitulated practical approaches related to prebiotics as potential substrates for lactic cultures. The future of prebiotics remains extremely positive, with many sectors now reaping the benefits. 96 pp. English.



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