

Probiotics Foods; Advantages and Restrictions

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Probiotics are live and useful microorganisms that have beneficial health effects for the host by enhancing host intestinal microbial flora and its balance. Some of the health claims of probiotics include positive effects on a variety of gastrointestinal and extra-intestinal disorders, immune enhancement, topic eczema and lowering cholesterol.

But in general, it is mostly proven that probiotics can improve gut health. Probiotics can also produce vitamin B and promote mineral absorption. Most research work done to this date, discusses health benefits of probiotics. But are probiotics safe to use by everyone of different age and health status? Probiotic side effects are usually rare and most people can use them without experiencing any adverse effects. However there are limitations on the use probiotics; for example people suffering from very low immune system, or old-age people as well as newly born infant are better off not using probiotics.

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