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Perspective

The Benefits of Probiotic Milk Products for Digestive Health

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PERSPECTIVE

Probiotic milk products

Probiotics are "live bacteria that bestow a health benefit on the host when administered in suitable doses." Lactic acid bacteria such as *Lactobacillus* and *Bifidobacterium* are examples of conventional probiotics. The fermentation of dairy products such as yoghurt, cheese, and kefir is commonly done with these strains. As a result, one of the most frequent sources of probiotics is fermented dairy products with active bacterial cultures. These probiotic-rich milk products may be good for a variety of gastrointestinal and digestive issues.

Supplements and foods both include probiotics. Supplements may have higher probiotic concentrations; however dietary sources often give nutritional advantages in addition to probiotics. Because some of the same bacteria found in fermented dairy products (yoghurt, cheese, kefir, and sour cream) also make up the intestinal micro-biota, probiotic bacteria have long been connected with dairy products. For numerous reasons, dairy products are a preferred probiotic "delivery vehicle": Dairy foods can protect probiotic bacteria from stomach acid, allowing for increased probiotic levels to enter the intestine. Probiotics are more stable when dairy products are refrigerated.

The amount required for health effects depends on the probiotic species and strain, as well as the desired health benefit. Varying probiotics work at different levels; some are effective at 50 million live cells per day, while others are effective at over one trillion. Each serving of yoghurt typically includes between 100 million and 10 billion live probiotics. Follow the manufacturer's recommendations for the amount of each product you'll need. Probiotics should be consumed on a daily basis because they do not stay in the intestinal tract permanently.

Health effects due to probiotics

Infection with *Helicobacter pylori*: The effect of fermented milk products enhanced with probiotics on Helicobacter pylori infection was studied in a systematic review and meta-analysis of randomised controlled trials published in 2009. A total of ten trials with a total of 963 adults and children were evaluated.

Irritable Bowel Syndrome (IBS): It is a condition in which the intestine's Lactic acid bacteria, such as *Lactobacilli*, *Bifidobacteria*, *Enterococci*, *Streptococci*, and *Bacilli*, were studied in 42 trials for their effects on irritable bowel syndrome. Lactic acid bacteria were found to relieve stomach pain and discomfort in the majority of the clinical trials analysed. Lactic acid bacteria have been demonstrated to reduce stomach bloating and distension in both single- and multi-centre trials. Thirteen of the 24 trials revealed improvements in bowel habit satisfaction, while 16 trials found improvements in symptom severity.

Constipation: Short-term probiotic supplementation lowers intestinal transit time, according to a meta-analysis of randomised controlled studies published in 2013. Adults who were elderly or constipated had more negative effects.

Diarrhea caused by antibiotics: Probiotics have been linked to a reduction in antibiotic-related diarrhoea, according to research. A statistically significant link between probiotic delivery and the reduction of antibiotic-associated diarrhoea was discovered in a meta-analysis of 82 randomised controlled studies.

Irritable Bowel Syndrome: Probiotics may help with inflammatory bowel disease, but there isn't much evidence to back this up. The results may vary based on the illness subtype and probiotic strain, according to a systematic review and meta-analysis.

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