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Probiotics and their effects in preventing disease and improving human

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Abstract Pro-biotics are live organisms that modulate the intestinal flora, beneficial effects on the health of the host. They are generally considered to be non-pathogenic and human resources. Probiotic that most have been studied in various fields, including species of Lactobacillus bacteria produce lactic acid and a bacterium. The mechanism of probiotics fully understood but mechanisms to explain the effects of prophylactic and therapeutic treatment of human disease have been proposed, including one to produce compounds inhibit bacteria, adjust PH, and sites attaching bacteria compete for absorption Food and strengthen the immune system out.

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