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Special Issue Reprint

The Impact of Probiotics/Prebiotics and Functional Foods in Human Health

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The Special Issue “The Impact of Probiotics/Prebiotics and Functional Foods in Human Health” presents a curated collection of cutting-edge research and reviews exploring how probiotics, prebiotics and functional foods contribute to human health. This volume highlights both studies and human trials that examine the production, formulation and efficacy of bioactive food components such as live microbial strains, ferment-derived metabolites, dietary fibers and fortified matrices. Emphasis is placed on the full continuum, from food innovation through to gut ecosystem modulation and systemic benefits – including immune regulation, metabolic health, cognitive performance and disease prevention. By bringing together multidisciplinary contributions from food science, microbiology, nutrition and clinical research, this Reprint offers an integrated perspective on how functional foods and microbial interventions can advance nutrition strategies and promote well-being across the lifespan.

Authors and readers will find in this Reprint valuable insights into the latest trends in fermentation technologies, substrate–microbe synergies, microbiota–host cross-talk and translational evidence on health promotion. The collection also highlights the importance of characterizing food-matrix effects, dose–response relationships, and individual variability to guide future developments in personalized nutrition and microbiome-targeted therapies.



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