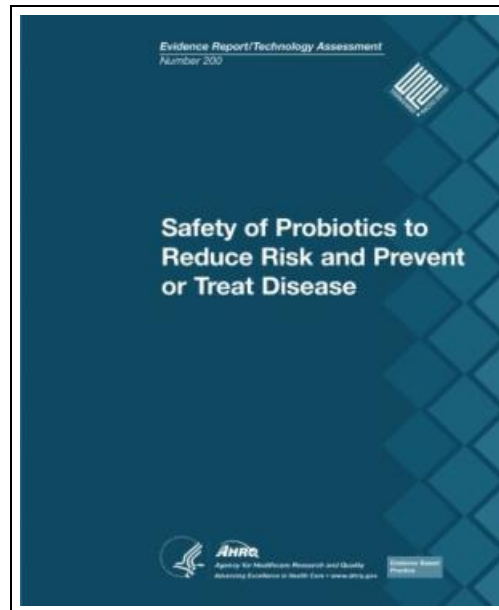


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Createspace. Paperback. Condition: New. This item is printed on demand. 646 pages. Dimensions: 9.2in. x 7.5in. x 1.5in. Probiotics (literally, for life) are bacteria or yeasts considered to confer a health benefit on the host organism. This review addresses the safety of probiotics used in research to reduce the risk of, prevent, or treat disease. The review objective was to catalog what is known about the safety of interventions containing organisms from six different genera used as probiotic agents (Lactobacillus, Bifidobacterium, Saccharomyces, Streptococcus, Enterococcus, and Bacillus), alone or in combination, used to reduce the risk of, prevent, or treat disease in research studies. This evidence report has a broad scope and was not restricted to specific interventions, specific patient groups, or specific clinical outcomes. The large number of included studies allowed unique analyses to explore adverse events reported to date in research on probiotics. The definition of what is a probiotic has evolved as the sciences of microbiology, medicine, and the manufacturing industries have matured. According to one definition offered by an expert committee convened by the Food and Agriculture Organization of the United Nations and the World Health Organization, probiotic organisms are live microorganisms that when administered in adequate amounts confer a health benefit on the host (FAOWHO, 2001). This definition explicitly restricts what can be considered a probiotic to live organisms. Other definitions do not emphasize the viability of the microorganisms and would include heat-killed preparations (e. g. , Salminen, Ouwehand, Benno, and Lee, 1999). Defining probiotics is challenging because of the limits in our understanding of how organisms benefit the human host, the apparent variation in what may constitute a beneficial balance for digestion and other physiological processes, the effects of probiotic organisms on the normal gut environment, and our limited understanding of the gut ecosystem (Schmid, 2006)....



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