

PROBIOTICS – RECIPE FOR THE HEALTH?

Summary

Growing interest in the effects of intestinal microflora leads to the development of different ways of its modification. One of these approaches consists in administration of probiotics. In the recent years, probiotics deserve increasing attention seems to be greatly promising. One notes also appearance of increasing variety of probiotic foods available for the customers, claimed as products having a beneficial

effect on the health. The article presents the history and definition of probiotics, their beneficial effects on the body functions and reduction in the risk of diseases. Mechanisms of action of selected probiotics, description and dosage of available commercial products containing probiotic bacterial strains, as well as the risks and problems associated with the use of probiotics are also presented.