



ABSTRACT

Emerging science of postbiotics and market trend

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The concept of postbiotics has gained significant traction in recent years, particularly following the publication of the postbiotics consensus by the International Scientific Association for Probiotics and Prebiotics (ISAPP). Postbiotics are defined as preparations of lifeless microorganisms and/or their components that confer health benefits to the host. The health effects associated with the administration of postbiotics include the regulation of the immune system, promotion of gut health, prevention of obesity, control of lipid metabolism and relief or prevention of symptoms related to chronic diseases.

A key factor driving interest in postbiotics is their stability during industrial processes and storage. This characteristic allows postbiotics to be utilized in various food and supplement formats and facilitates widespread distribution without encountering challenges related to cold chain maintenance and temperature. Although clinical research indicates that integrating postbiotics into diets can contribute to promoting health, preventing, and treating diseases in both human and animal health, there is limited evidence in healthy populations. Another persisting challenge is the lack of regulatory incorporation of the term postbiotics by any government or international agency.

Keywords: postbiotics, immunity, gut health, wellness, infants, children, adult, skin health

Website
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