

Reference List

All about Gut Health: Understanding the Role of Prebiotics, Probiotics, and Postbiotics

Kate Scarlata, MPH, RDN, LDN

Sponsored by Activia

1. Anderson JR, Carroll I, Azcarate-Peril MA, et al. A preliminary examination of gut microbiota, sleep, and cognitive flexibility in healthy older adults. *Sleep Med.* 2017;38:104-107.
2. Bäckhed F, Fraser CM, Ringel Y, et al. Defining a healthy human gut microbiome: current concepts, future directions, and clinical applications. *Cell Host Microbe.* 2012;12(5):611-622.
3. Benedict C, Vogel H, Jonas W, et al. Gut microbiota and glucometabolic alterations in response to recurrent partial sleep deprivation in normal-weight young individuals. *Mol Metab.* 2016;5(12):1175-1186.
4. Bolte LA, Vich Vila A, Imhann F, et al. Long-term dietary patterns are associated with pro-inflammatory and anti-inflammatory features of the gut microbiome. *Gut.* 2021;70(7):1287-1298.
5. Carlson JL, Erickson JM, Lloyd BB, Slavin JL. Health effects and sources of prebiotic dietary fiber. *Curr Dev Nutr.* 2018;2(3):nzy005.
6. Cloetens L, Ulmius M, Johansson-Persson A, Akesson B, Onning G. Role of dietary beta-glucans in the prevention of the metabolic syndrome. *Nutr Rev.* 2012;70(8):444-458.
7. Dalton A, Mermier C, Zuhl M. Exercise influence on the microbiome-gut-brain axis. *Gut Microbes.* 2019;10(5):555-568.
8. Davani-Davari D, Negahdaripour M, Karimzadeh I, et al. Prebiotics: definition, types, sources, mechanisms, and clinical applications. *Foods.* 2019;8(3):92.
9. Del Toro-Barbosa M, Hurtado-Romero A, Garcia-Amezquita LE, García-Cayuela T. Psychobiotics: mechanisms of action, evaluation methods and effectiveness in applications with food products. *Nutrients.* 2020;12(12):3896.
10. Dennett C. The facts about fermented foods. *Today's Dietitian.* 2018;20(4):24-28.
11. Dinan TG, Cryan JF. The microbiome-gut-brain axis in health and disease. *Gastroenterol Clin North Am.* 2017;46(1):77-89.
12. Franco-Robles E, López MG. Implication of fructans in health: immunomodulatory and antioxidant mechanisms. *ScientificWorldJournal.* 2015;2015:289267.
13. Gibson GR, Scott KP, Rastall RA, et al. Dietary prebiotics: current status and new definition. *IFIS Funct Foods Bull.* 2010;7(1):1-19.

14. Gourineni V, Stewart ML, Icoz D, Zimmer JP. Gastrointestinal tolerance and glycemic response of isomaltoligosaccharides in healthy adults. *Nutrients*. 2018;10(3):301.
15. Guinane CM, Cotter PD. Role of the gut microbiota in health and chronic gastrointestinal disease: understanding a hidden metabolic organ. *Therap Adv Gastroenterol*. 2013;6(4):295-308.
16. Guyonnet D, Chassany O, Ducrotte P, et al. Effect of a fermented milk containing *Bifidobacterium animalis* DN-173 010 on the health-related quality of life and symptoms in irritable bowel syndrome in adults in primary care: a multicentre, randomized, double-blind, controlled trial. *Aliment Pharmacol Ther*. 2007;26(3):475-486.
17. Isolauri E, Sütas Y, Kankaanpää P, Arvilommi H, Salminen S. Probiotics: effects on immunity. *Am J Clin Nutr*. 2001;73(2 Suppl):444S-450S.
18. Iwasaki M, Akiba Y, Kaunitz JD. Duodenal chemosensing of short-chain fatty acids: implications for GI diseases. *Curr Gastroenterol Rep*. 2019;21(8):35.
19. Kechagia M, Basoulis D, Konstantopoulou S, et al. Health benefits of probiotics: a review. *ISRN Nutr*. 2013;2013:481651.
20. Klassen A, Faccio AT, Canuto AB, et al. Metabolomics: definitions and significance in systems biology. In: Sussolini A, ed. *Metabolomics: From Fundamentals to Clinical Applications*. Cham, Switzerland: Springer; 2017:3-18.
21. Koponen K, Salosensaari A, O Ruuskanen MO, et al. Associations of healthy food choices with gut microbiota profiles. *Am J Clin Nutr*. 2021;114(2):605-616.
22. Mailing LJ, Allen JM, Buford TW, Fields CJ, Woods JA. Exercise and the gut microbiome: a review of the evidence, potential mechanisms, and implications for human health. *Exerc Sport Sci Rev*. 2019;47(2):75-85.
23. Maldonado Galdeano C, Cazorla SI, Lemme Dumit JM, Vélez E, Perdigón G. Beneficial effects of probiotic consumption on the immune system. *Ann Nutr Metab*. 2019;74(2):115-124.
24. Maltz RM, Keirsey J, Kim SC, et al. Social stress affects colonic inflammation, the gut microbiome, and short-chain fatty acid levels and receptors. *J Pediatr Gastroenterol Nutr*. 2019;68(4):533-540.
25. Markowiak P, Śliżewska K. Effects of probiotics, prebiotics, and synbiotics on human health. *Nutrients*. 2017;9(9):1021.
26. Marteau P, Le Nevé B, Quinquis L, et al. Consumption of a fermented milk product containing *Bifidobacterium lactis* CNCM I-2494 in women complaining of minor digestive symptoms: rapid response which is independent of dietary fibre intake or physical activity. *Nutrients*. 2019;11(1):92.

27. Mills S, Stanton C, Lane JA, Smith GJ, Ross RP. Precision nutrition and the microbiome, part I: current state of the science. *Nutrients*. 2019;11(4):923.
28. Nagpal R, Mainali R, Ahmadi S, et al. Gut microbiome and aging: physiological and mechanistic insights. *Nutr Healthy Aging*. 2018;4(4):267-285.
29. Salminen S, Collado MC, Endo A, et al. The International Scientific Association of Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of postbiotics. *Nat Rev Gastroenterol Hepatol*. 2021;18(9):649-667.
30. Scott KP, Martin JC, Duncan SH, Flint HJ. Prebiotic stimulation of human colonic butyrate-producing bacteria and *bifidobacteria*, *in vitro*. *FEMS Microbiol Ecol*. 2014;87(1):30-40.
31. Smith RP, Easson C, Lyle SM, et al. Gut microbiome diversity is associated with sleep physiology in humans. *PLoS One*. 2019;14(10):e0222394.
32. Swanson KS, Gibson GR, Hutkins R, et al. The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of synbiotics. *Nat Rev Gastroenterol Hepatol*. 2020;17(11):687-701.
33. Tanaka M, Nakayama J. Development of the gut microbiota in infancy and its impact on health in later life. *Allergol Int*. 2017;66(4):515-522.
34. Tzounis X, Rodriguez-Mateos A, Vulevic J, Gibson GR, Kwik-Uribe C, Spencer JPE. Prebiotic evaluation of cocoa-derived flavanols in healthy humans by using a randomized, controlled, double-blind, crossover intervention study. *Am J Clin Nutr*. 2011;93(1):62-72.
35. Wastyk HC, Fragiadakis GK, Perelman D, et al. Gut-microbiota-targeted diets modulate human immune status. *Cell*. 2021;184(16):4137-4153.e14.
36. Glossary. Gut Microbiota for Health by ESNM website.
<https://www.gutmicrobiotaforhealth.com/glossary-index/>
37. Probiotics. ISAPP website. <https://isappscience.org/for-scientists/resources/probiotics/>
38. Fermented foods. ISAPP website. <https://isappscience.org/for-scientists/resources/fermented-foods/>