

## عنوان مقاله:

Bacteria probiotics' and immune system

## محل انتشار:

بیستمین کنگره بین المللی میکروب شناسی ایران (سال: 1398)

تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

**Introduction and Objectives:** Probiotics are living organisms that can have beneficial effects on human health if administered appropriately. Because the healthy digestive system, directly affects the immune system, probiotics increase the immune system by preventing the development of infectious diseases by producing more lymphocytes. **Method and Materials:** In this systematic review, after reviewing the Sid information source and the google scholar search engine, and using library searches, Bacteria, Probiotics and keywords were achieved. The criteria for entry of articles include from 2011 to 2019, the full text of articles was accessible. **Result:** Probiotics can produce more healthy bacteria that can restore the microbiodata balance of the intestine. Types of lactic acid bacteria include Lactobacillus species, Bifidobacterium species, Enterococcus Fissure species, Lactococcus lactis, Lconostosteron Mesenteritis, Pseudococcus Syndicacid, and Streptococcus Thermophiles are from probiotic microorganisms. Antibiotics that cause the destruction of flora of beneficial bacteria in the body and avoid pathogenic bacteria that can grow on the internal and external surfaces and lead to the disease. Intestinal flora can contribute to processing of food antigens in the intestine and probiotics can potentiate building of antigens. **Conclusion:** It recommends that probiotic strains should be carried out at least with a series of tests, such as antibiotic resistance patterns, metabolic activities, toxin production, hemolytic activity, and so forth. Consumers with probiotic and high quality supplementation Assisted digestion helps accelerate colon detoxification and balance bacteria in your intestine. More efforts are needed on probiotics.

## کلمات کلیدی:

Immune system, Bacteria, Probiotics

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