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A comparison between probiotic and paraprobiotic: a review

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Abstract

Functional foods play an important role in human life and over last decade, are more frequently selected by the customers. We know that for a years, foods containing probiotics had a special place in functional foods. The WHO and FAO identified probiotics as living microorganisms that could have properties such as increasing the nutritional value of food products and improving patients with colitic disease. In recent years, scientists and manufacturers have made changes to probiotics to produce a new product called paraprobiotics, which means dead/inactivated probiotic cells. The paraprobiotics consist of dead cells (intact, ruptured cells or cell extracts) that as well as cellular metabolites can have significant effects on human health and result in significant benefits for human. These products are obtained from probiotics by thermal and non-thermal methods. This review provides a discuss about difference of probiotics and paraprobiotics, their effects on human health and also the advantages and disadvantages of them.

Keywords: Probiotic, Paraprobiotic, Death probiotics, Inactivated probiotic, functional foods, review.

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