

Probiotic therapy refers to the use of live microorganisms for treating human pathological disorders such as lactose intolerance and antibiotic-induced superinfections. A critical point to be considered is whether such administered microorganisms can remain viable and multiply in the gastrointestinal tract given that their nutrient and environmental condition requirements are very exacting. In this brief review, the authors discuss the use of probiotics from a historical perspective and conclude that their use, especially in the form of traditional fermented food products, can be justified, the controversy notwithstanding