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Sommario/riassunto	While there is little dispute that probiotics and prebiotics, alone and together, have been proven to promote gastrointestinal health and proper immune function, the challenge faced by researchers is finding not only the right combinations, but also finding those that are fully compatible with the formulation, processing, packaging, and distribution of functional foods. The Handbook of Prebiotics and Probiotics Ingredients: Health Benefits and Food Applications comprehensively explores these variables and highlights the most current biological research and food applications