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Sommario/riassunto	"Probiotics (the good bacteria) help restore the natural balance of bacteria in the gut. Prebiotics are classified as the non-digestible food ingredients that probiotics can feed off. They are used in the gut to increase populations of healthy bacteria, aid digestion and enhance the production of valuable vitamins. Synbiotics refer to food ingredients or dietary supplements combining probiotics and prebiotics. Various books have been published in this area, however, other books have focussed more on the health properties, whereas this book will contain detailed information about the different probiotic, prebiotic as well as synbiotic components, its production strategies and new developments in the production techniques in a concise manner including the safety regulations and policies as well as future perspectives"--