

THE EFFECT OF PROBIOTIC MICROORGANISM ON IMMUNE SYSTEM

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The consensus of probiotic and it is the definition used for, is determined by World Health Organization (WHO) and the United Food and Agriculture Organization (FAO). According to this definition of probiotics, when taken in sufficient quantity that provides beneficial effects on host health are living microorganisms. Probiotics taken through or by the mouth positive have impact on the physiology of the host's health and non-pathogenic microorganisms. Probiotics *Lactobacillus* and *Bifidobacterium* species is often present in the natural flora of the bowel. Probiotics shows beneficial effects by improving microbial balance of the intestinal tract of humans and animals. By regulating internal ecosystem or immune system, they may affect intestinal physiology directly or indirectly. It is reported that they stimulate and strengthen the immune system, in case of presence of viable cells of probiotic bacteria in the intestine. Antibacterial activity of probiotic bacteria against pathogenic bacteria has anti-allergic and many positive effects on the immune system are known. So the important health benefits of probiotic-containing products, consumer preferences and thus affect the market share of products of this type, which causes a rapid rise is becoming a key factor.

Keywords: Probiotic, immune system, antibacterial activity

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