

## **Probiotics in management of immune health throughout the lifespan**

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In recent years, probiotics have gained significant attention for their potential impact on human health. Results from numerous clinical studies suggest that probiotic bacteria, including certain strains of *Lactobacillus acidophilus*, *L. rhamnosus* and *Bifidobacterium animalis* reduce the prevalence and severity of both respiratory infections and/or allergies in people of different ages.

This review will highlight the use of safe probiotic therapies targeting respiratory infections in children and adults, as well as probiotic therapies targeting allergies such as allergic rhinitis and eczema. In addition, the presentation will elaborate on development of dietary supplements and strategies used to formulate stable probiotic products, including methods for identification and enumeration different species in more or less complex combinations of probiotics.