

# [According to be probiotic 6: 1. strain identity](https://assignbuster.com/according-to-be-probiotic-6-1-strain-identity/)

According to Food and AgricultureOrganization (FAO), World Health Organization (WHO), International LifeSciences (ILSI) and European Food and Feed Cultures Association (EFFCA), probiotics have been defined as live microorganisms which when administrated inadequate amounts confer a health benefit to the host 6. In 2002, a cooperation betweenresearch groups from FAO and WHO released criteria to evaluate the probiotics. Four minimum requirements resulted from the experiments to consider a specificmicroorganism to be probiotic 6: 1.

Strainidentity assessment (genus, species, strain level); 2.     In vitro tests to screen potentialprobiotics: e. g. survival of the microorganism in the digestive systemenvironment, antimicrobial properties against potentially pathogen; 3.     Safety assessment: requirementsfor proof that a candidate probiotic strain is safe and without contaminationin its delivery form; 4.     In vivo studies for substantiation of thehealth effects in the target host.

The studies of probiotics are contemporary. Despite that evaluation, there are numerous questions regarding this matterthat still ambiguous. For example, the delivery mode and the mode of action inthe human body haven’t been specified. This question derived from the case ofthe delivery of the lactase through injection of live Streptococcusthermophilus directly into the small intestine. This microbe can beconsidered as a probiotic, even though the bacterial strain itself does notsurvive in the digestive pathway 7.       Whenconsidered probiotics functionality, the interpretation of definition iswide-ranging.

This creates the difficulty when trying to define the perquisiteof probiotics. For instance, the use of probiotics could target diverse locationsof the human body and its application can also target specific human subgroup. Thereis also a diverse range of potential biological effects and new functionalactivities are constantly being explored 6. The advantagesof these microbes are countless. Among them, the most prominent health benefitis the protection and treatment of diarrhoea and the increase of the immune.