



# IDF Press Release



International Dairy Federation

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## EVIDENCE-BASED BENEFICIAL HEALTH EFFECTS OF PRO-AND PREBIOTICS

*SCIENTIFIC REVIEWS PUBLISHED IN THE SUPPLEMENT TO THE JOURNAL OF NUTRITION*

Brussels, 02 March 2007- The evidence for claims on beneficial effects of functional foods is frequently called into question. In a collection of independent scientific articles published in a supplement to the Journal of Nutrition, leading nutrition scientists review the evidence on the effects and on the underlying mechanisms of pro-and prebiotics.

These scientific studies strengthen the positive influence of probiotics in maintaining and improving health and quality of life including preventive and therapeutic application possibilities on infectious or antibiotic-associated diarrhea, influence on the intestinal flora, and the reduction of pathogenic microorganisms, metabolites, and enzymes as well as immunostimulating properties and the reduction of allergenic and atopic complaints. Recent investigation has also revealed beneficial effects on infectious intestinal diseases and irritable bowel syndrome.

The prevention or alleviation of different infectious diseases including common cold, other respiratory infections and also allergy has also been demonstrated. Very recently, there have been new findings that enable to understand how probiotics may strengthen immune defence and reduce allergic reactions.

"Results presented in this supplement provide an objective overview of the beneficial health effects of pre-and probiotics. We hope that this supplement will reinforce the public perception that these products improve health and quality of life. IDF's role is to ensure global communication on the unique benefits of the consumption of milk and milk products for achieving better health and quality of life." said Christian Robert, IDF Director General.

Effects of probiotics and prebiotics, Supplement to the Journal of Nutrition, March 2007, Volume 137, Number 3S-II. <http://jn.nutrition.org>

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Note to editors:

The International Dairy Federation is the most comprehensive and authoritative source of science-based knowledge and information in support of the nutritional benefits of milk and dairy products.

Founded in 1903, IDF is the representative organization for the dairy sector worldwide and is both a forum for discussion and exchange and a dairy information centre.