Aloe vera and probiotics: A new alternative to symbiotic functional foods

Providing products that beyond a high nutritional value brings health benefits to consumers is a major challenge to food industry. Functional foods, including prebiotics and probiotic as components, are the protagonists to promote these advantages. Aloe vera is a medicinal plant well characterized in terms of its chemical composition and therapeutic properties. Taking into account these characteristics Aloe vera represents an excellent natural source of prebiotics, as well as a substrate for lactic acid bacteria fermentation. Thus a symbiotic drink using Aloe vera as the main ingredient and lactic acid bacteria as probiotics with significant benefits to human health might represent a promising product to develop.

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