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**Overview of New Probiotic Formulations' Effects on Human Nutrition and
Different Disease Conditions**


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Abstract *: Probiotics are playing a key role to boost the natural immunity. An emerging research found that probiotics minimizing the side effects of drugs and good prognosis in minimizing symptoms of various diseases Like (GIT, Psychiatry, Cancer, Respiratory). The mindset of today's health-conscious population looking for superorganism known as the human microbiome is composed of a rich and dynamic collection of bacteria to benefit of mankind . The concept of "functional meals" emphasises that, in addition to being essential for survival, food also lowers risk factors for a variety of diseases, helps prevent sickness, and can enhance several vital physiological processes. Hence the good bacteria boost physiological function which are procuring as natural sources of probiotics.

KEYWORDS: Probiotics, Good bacteria , Dietary supplements, health benefits, yogurt.

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