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Brazilian Association of Nutrology Consensus Recommendations for the Use of Probiotics

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Conceptually, dysbiosis can be defined as any undesirable change in the composition of the intestinal microbiota resulting in imbalance between beneficial and pathogenic bacteria. It may be associated with various diseases affecting the gut, as well as multifactorial causes such as poor lifestyle, imbalanced diet and stress. The treatment of dysbiosis comprises two lines. The first one is dietary, through the ingestion of foods that benefit the constitution of the gut microbiota. The other one is through drugs. Dietary prebiotics, especially bifidobacteria, aim to modify the composition of the intestinal ecosystem through nutritional changes. In addition, diet therapy for the prevention and treatment of dysbiosis requires dietary reeducation, avoiding excess carbohydrate intake. To ensure a

continuous effect, probiotic intake, when indicated, should be daily. There are reports in the literature of favorable changes in the gut microbiota with doses of 100 g of food product with 10^8 to 10^9 colony forming units (CFU) of probiotic microorganisms (10^7 to 10^6 CFU/g product) if administered for 15 days. Bacteria belonging to genera *Lactobacillus* and *Bifidobacterium* are most often employed as probiotic food supplements because they are isolated from all portions of the healthy human gastrointestinal tract. Products containing probiotics, whether drugs or dietary supplements, must be registered and approved by Brazilian Health Regulatory Agency (Anvisa) and meet specific and stringent rules to prove safety and efficacy.