

Table 7-2. Potential Future Uses for Disease Prevention

Disorder/Dysfunction	Impact of Probiotics
Cardiovascular disease	Mixed data on effect on lowering cholesterol ⁵⁹⁻⁶³
Affect motility and relieve colic ^{64,65}	Improves GI motility and restores bacterial homeostasis
Bone and joint health ^{66,67}	Beneficial effects on mineral absorption, metabolism, and bone composition and architecture
Athletic performance ⁶⁸	Better recovery from fatigue and immune enhancement
Protecting against liver injury ^{69,70}	Alteration of intestinal microflora
Malnutrition ⁷¹	Improves nutrient absorption
Aging processes ⁷²⁻⁷⁴	Inhibits immunosenescence and lowers chronic inflammation
Restless leg syndrome ⁷⁵	Inhibits SIBO, which may be a common denominator in chronic pain syndromes
Obesity ⁷⁶	Intestinal flora vary in ability for nutrient extraction and probiotics alter the "obese" microbiota to "lean"
Manic depressive disorder ⁷⁷	Alters intestinal microflora to affect proinflammatory cytokines, oxidative stress, and improved nutrition
Chronic fatigue syndrome ⁷⁸	Effects via brain-gut axis
Attention deficit hyperactivity disorder (ADHD) ⁷⁹	ADHD may be an "allergic disorder" and probiotics may prevent allergy
HIV and sexually transmitted diseases ⁸⁰	Prevents HIV and sexually transmitted infections in women by treating and preventing recurrent bacterial vaginosis or directly by secreting substances that block infections