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Probiotics could boost immune functions in athletes, says Prof

By Nathan Gray, 20-Jun-2011

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Probiotics are best used for their potentially beneficial effects on gut health, but they may also help to boost immune functions – an effect that could benefit sports stars in the future, according to a leading sports scientist.

Professor Mike Gleeson of Loughborough University, who studies the links between exercise and immune functioning, has recently been drawn into the world of friendly bacteria after performing research testing the effects of probiotics on the immune functions and incidence of infections in athletes.

Speaking with NutraIngredients, Prof Gleeson explained that although the evidence is not yet strong enough to confirm any beneficial effects, probiotics have shown early promise in reducing the incidence of infections, and could also reduce the duration and severity of illness.

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