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**UPDATED CONCISE MONOGRAPH - DIETARY PROBIOTICS, PREBIOTICS AND THE GUT  
MICROBIOTA IN HUMAN HEALTH**

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In 2013 the International Life Sciences Institute (ILSI) Europe published a Concise Monograph explaining the basics of probiotics, prebiotics and the gut microbiota, and answering various questions on these topics. However, the scientific understanding of prebiotic and probiotic mechanisms has grown substantially in recent years and the ILSI Task Forces on Prebiotics and Probiotics recognized the need for an update.

Based on recent sound scientific evidence, the updated monograph is a valuable reference work, aimed at informing a wide audience about the intestinal microbiota and the prebiotic and probiotic nutritional concepts. Although effects are often strain and product-specific, some prebiotic and probiotic benefits may be driven by common, shared mechanisms and may therefore be generalizable. The use of emerging physiological and analytical tools in a multidisciplinary research setting will enable the elucidation of further mechanisms. In this way, it will be possible to improve the understanding of prebiotic, probiotic and synbiotic health effects. While the concepts of probiotics and prebiotics remain unchanged, the definitions have been updated. The nomenclature of microbes has changed in some cases as well and new prebiotic components such as 'human milk oligosaccharides' have entered the market. Benefits in familiar health areas such as digestive and immune health are still included in the monograph. But, new areas have come up; such as those related to the gut-brain axis. Further, advances in technology have allowed new and more in-depth analysis of the intestinal microbiota. All these things, and more, have been included in the new edition of the monograph.