

BIFIDOBACTERIA AND THEIR ROLE%0A

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[Bifidobacteria and Their Role as Members of the Human Gut ...](#)

Members of the genus *Bifidobacterium* are among the first microbes to colonize the human gastrointestinal tract and are believed to exert positive health benefits on their host. Due to their purported health-promoting properties, bifidobacteria have been incorporated into many functional foods as

[Bifidobacteria and their role in the human gut microbiota ...](#)

However, despite the extensive commercial exploitation of bifidobacteria as probiotic bacteria, little is known about their impact or dependency on other members of the human gut microbiota or on their host.

[Why Bifidobacteria Are So Good for You - Healthline](#)

Bifidobacteria are good bacteria found in your gut. This article explains why they're so important for your health and how you can increase their levels.

[Bifidobacteria and their role in human health |](#)

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Summary: There is a growing consensus on the beneficial effects of bifidobacteria in human health. It is now clear that bifidobacteria that exist in the large intestine are helpful for maintenance of human health and are far more important than *Lactobacillus acidophilus* as beneficial intestinal bacteria throughout human life.

[Bifidobacteria: Uses, Side Effects, Interactions, Dosage ...](#)

Overview Information Bifidobacteria are a group of bacteria that normally live in the intestines. They can be grown outside the body and then taken by mouth as medicine.

[Bifidobacteria and Their Role as Members of the Human Gut ...](#)

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[Bifidobacteria and Their Health Benefits DrFormulas](#)

What Are Bifidobacteria and What Are Their Benefits for Health? Your body hosts several kinds of both good and bad bacteria. *Bifidobacterium* is one category of good bacteria that normally live in the intestinal tract, although they can be grown outside the body and consumed as foods or supplements.

[Role of Bifidobacteria in Long-Term Health - Life Extension](#)

Keeping your bifidobacteria well fed ensures their presence as health-promoting residents of your digestive

tract. Many Americans diets are notoriously deficient in dietary fiber. And, while bifidobacteria's number-one food source is dietary fiber, studies have revealed that they particularly thrive on a prebiotic called xylooligosaccharide (XOS).

Frontiers | Gut Bifidobacteria Populations in Human Health ...

Given the prevalence of bifidobacteria at various stages of a healthy life and the many health promoting attributes associated with their use, it is undoubted that these bacteria play an important role in human health maintenance and protection and also may in the future provide a very important biomarker for certain diseases.

What is Bifidobacteria? (with pictures) - wisegeek.com
Bifidobacteria is a bacterial genus. Bacteria in this genus can be found as part of the normal gut flora, the bacteria which live in the intestinal tract and assist with digestion. These good bacteria, as they are sometimes known, have a symbiotic relationship with the body, taking advantage