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THE PLACE FOR SCIENTIFIC DEBATE

The Gut Microbiota For Health Newsletter **#41**

October 2, 2014

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Edito

Dear Friends,

'Probiotics' is the most recently added scientific category on our website, and this week we bring you two articles on this topic. First, Mary Ellen Sanders gives an overview of the report published by The International Scientific Association for Probiotics and Prebiotics (ISAPP), which offered an update on the the scope and appropriate use of the word 'probiotic'. Then we feature a related article, in which we give you an explanation of the branching definition of probiotics from Mary Ellen Sanders and two other members on the ISAPP scientific panel, Dr. Francisco Guarner and Prof. Lorenzo Morelli.

Also this week, we have a selection on artificial sweeteners and gut microbiota that made news headlines around the world. Finally, we give you the microbiome-focused issue of The San Francisco Medical Society magazine.

GMFH was pleased to attend the Harvard Probiotics Symposium in Boston on September 22nd and 23rd, 2014. Be sure to check our Twitter stream and the hashtag #hprobio14 for highlights of the symposium talks. Speakers included some of the most well-known researchers in the field, including David Relman, Martin Blaser, Gary Wu, and more. Watch our website in the coming weeks for more conference-related content!

The GMFH publishing team

The definition of probiotics: twelve years later

A panel of scientific experts assembled in London, UK, on October 23, 2013 to discuss the scope and appropriate use of the term 'probiotic.'

The International Scientific Association for Probiotics and Prebiotics (ISAPP) organized the meeting to review the relevance of the 12-year-old FAO/WHO definition of probiotics: "Live microorganisms which when administered in adequate amounts confer a health benefit on the host".

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Written by M. E. Sanders



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'Probiotics' part I: a branching definition

A meeting organized by The International Scientific Association for Probiotics and Prebiotics (ISAPP) was the latest co-ordinated step in trying to refine the concept of probiotics — which microorganisms are in the category and which are out.

The ISAPP group decided that the scientific evidence prompts some new subcategories of probiotics: essentially, a further branching of the probiotic family tree. Dr. Francisco Guarner, along with two others on the panel, Prof. Lorenzo Morelli and Mary Ellen Sanders, spoke with GMFH about the must-know ideas that emerged out of the meeting.

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Written by K. Campbell



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Sweeteners, glucose metabolism, and gut microbiota

Seen in [Nature](#)

Suez J, *et al.* - 2014

A recent paper published in *Nature* showed that sweeteners could have an inverse effect on glucose tolerance. Gut microbiota may play an important role. Authors discovered that three sweeteners have strong effects on mouse metabolism. This drives a glucose intolerance mediated by an alteration of gut microbiota composition and functions.

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Microbiome and health: special edition of the San Francisco Medical Society Magazine

The September 2014 issue of the San Francisco Medical Society Magazine is dedicated to "The Microbiome and Health", featuring 13 articles.

Notable contributors include Elisabeth Bik, Erica Goode and Karen Blum. Authors developed topics regarding the latest discoveries about the microbiome, the impact of antibiotics, foods, and fecal transplantation, among others.

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