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Literature Review

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Dairy and Nondairy Probiotic Microorganisms: A Literature Review

Published On: June 27, 2025 | Pages: 001 - 010

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Consumers who scrutinize good probiotic alternatives have a stronger desire for health knowledge. This review presents a discussion of recent findings related to dairy and nondairy probiotics. Probiotic bacteria have gained popularity over the past two decades due to growing scientific evidence indicating their beneficial effects on human health. As a result, they hav ...

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