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Bioenrichment of fruits for a potential probiotic beverage

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Generally, fruit drinks have a refreshing taste and more energetic components that help the consumers to increase the glucose level in their body. Comparatively, probiotic fruit juices contain natural and healthy components, such as carbohydrates, vitamins, minerals, antioxidants and proteins. Fruits that are generally used to prepare probiotic fruit juices are guava, mango, pineapple, tomato, star fruit, kiwi, kinnow, etc. Probiotics are live microorganisms that confer health benefits in humans and also in animals when administered in adequate quantity. Hence, fruits that contain lactic acid bacteria of the genus Lactobacillus and Bifidobacterium are generally used to prepare probiotic fruit juices. It has been researched that fruit juices act as a good substrate for the growth of probiotic bacteria. Fruits containing probiotic bacteria beneficially affect human health by improving the gut microbiota balance and provide protection against various pathogens. Further benefits attributed to probiotics are the stimulation of the immune system, blood cholesterol reduction, vitamin synthesis, anti-carcinogenesis and antibacterial activities. Fruits could act as a better prebiotic and stimulate the action of the probiotic; very less research has been performed on synbiotic foods. More research pertaining to this might help in the emergence of novel nutrient supplements to promote the health of a wide range of age groups.

Keywords: Bioenriched juices, Probiotics, Health benefits, Synergistic action, Prebiotics, Synbiotic foods

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