

Are probiotics as safe as become available universally?

Marzieh Daniali

Tehran University of Medical Sciences, Iran



Abstract

Widespread use of probiotics and the presence of these microorganisms in human food-chain, established an argument against the safety profile of probiotics. Various case-reports, clinical trials and experimental studies have been mentioned different types of side-effects induced by the consumption of probiotics. Although previous studies reported beneficial impacts in alleviating the gastrointestinal (GI) problems, cardiovascular disorders and metabolic syndromes, the most at-risk groups of populations such as pediatrics, geriatrics, critically-ill patients are at higher risks of the occurrence of some life-threatening or life-lasting adverse events. Bacteremia, fungemia, GI disorders, metabolic problems, extreme immune stimulations, seizure, Kawasaki disease and etc. have been associated with the use of probiotics. Moreover, due to the antibiotic resistance gene reservoir property of the GI tract, transference of the resistance genes among probiotics, human normal flora and pathogenic microorganisms endow probiotics to propagate antibiotic resistance genes globally.

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Biography:

Marzieh finished her high school in the national organization for development of exceptional talented (NODET) in 2014 and entered Tehran University of Medical Sciences (TUMS) in 2015. Currently she is a last year PharmD candidate and will acquire her PharmD within 6 months. Marzieh started researching at The Institute of Pharmaceutical Sciences (TIPS) in 2018 and started her thesis entitled "Protective effects of levosimendan on sodium arsenic-induced toxicity in rat's pancreatic islets under in-vitro condition" in 2018; at the same time, started to write review articles in the field of GI toxicology/pharmacology and probiotic's safety. Since 2019, Marzieh contributed in 7 papers (5 published and 2 submitted articles). She aims to continue her studies in PhD of toxicology very soon.

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