

POLYSACCHARIDES VS. ALLERGIES: THE SWEETEST BATTLE YOU DIDN'T KNOW YOU NEEDED

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New research is challenging the traditional view that live bacteria are essential for health benefits. Experimental studies show that inactivated bacteria, their surface components (such as peptidoglycan, polysaccharides, lipoteichoic acid, glycolipids) and secreted outer membrane vesicles can also exert therapeutic effects. These structured bioactive compounds, now referred to as postbiotics, offer distinct advantages over live probiotics in preventive and therapeutic applications, including improved safety profiles, well-defined chemical structures and extended shelf life.

Despite these advantages, the precise mechanisms linking postbiotic composition to their biological functions remain poorly understood. I will present the current evidence on the potential of Bifidobacterium- and Lactobacillus-derived polysaccharides for the treatment of allergy, synthesising findings from recent investigations [1-6]. I will focus on their immunomodulating properties and the relationship between structure and biological function.

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