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## Indian Journal of Maternal-Fetal & Neonatal Medicine

Volume 3, Issue 1, January-June 2016, Pages 45-47

Review Article

### Probiotics / Prebiotics and Preterm Baby: A Literature Review

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DOI: <http://dx.doi.org/10.21088/ijmfnm.2347.999X.3116.8>

#### Abstract

Improvement of obstetric services has lead to smaller preterm babies presenting in the NICU (Neonatal Intensive Care Unit). There are many problems faced by preterm babies and the severity increases with less weight and gestational age. Prebiotics, Probiotics and also postbiotics appear to present a new hope for these babies. Many studies and trials have shown benefits in conditions like Necrotizing enterocolitis, Feeding intolerance, Neonatal sepsis and in overall morbidity and mortality. The benefits in these areas leads to better neuro-developmental outcome in later life. Present article presents the review of literature about status of proiotics, prebiotics and post biotics use in preterm babies.

Keywords: Prebiotics; Probiotics; Postbiotics; Preterm Babies.

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