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## Interaction between probiotics and polyphenol-rich fruit

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**H**ealth benefits of dietary polyphenols are mediated in part by metabolites produced by intestinal microbiota. Considering that select probiotic bacteria strains metabolize polyphenols, we hypothesized that adding probiotics to a polyphenol-enriched diet would improve the health outcomes of polyphenol consumption. In separate studies, we found that dietary co-supplementation with probiotics and polyphenol-rich fruit reduced the health benefits

of either supplement alone. Polyphenol absorption, measured by urine hippuric acid, was not impaired by co-supplementation. Nor was probiotic viability reduced in the combined vs. probiotic diet. Identifying reasons for the interference requires further study of how probiotics affect resident microbiota communities and metabolite output.

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