



SPEECH INFORMATION (For Conference Program Book)

Topic	Probiotics: Drug or Food?
Abstract	<p>Probiotics have emerged as a cornerstone of modern nutritional science, celebrated for their ability to modulate gut microbiota and enhance overall health. Yet, their classification remains a subject of debate: are they functional foods, dietary supplements, or therapeutic agents akin to drugs? This speech explores the evolving landscape of probiotics through a multidisciplinary lens, examining their biological mechanisms, clinical applications, and regulatory frameworks across global jurisdictions. Functional foods are typically consumed as part of a regular diet to promote health beyond basic nutrition, while drugs are rigorously tested and approved for treating specific diseases. Probiotics straddle this boundary—some strains are incorporated into yogurts and fermented foods, while others are developed as live biotherapeutic products for targeted medical use. The presentation will highlight key distinctions in formulation, dosage, safety, and efficacy, and discuss how these factors influence their categorization. By unpacking the scientific evidence and policy implications, this talk aims to clarify the role of probiotics in preventive health and therapeutic intervention, offering insights for researchers, clinicians, and consumers navigating this dynamic field.</p>

