

## **Bifidobacterial Postbiotics as Health-Promoting Agents in Dairy Products**

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**Abstract :** In the recent decade, bioactive-enriched foods, as well as natural health products, have caught the attention of the general and health-conscious population. In this regard, naturally occurring beneficial microorganisms have been successfully added to various dairy products during fermentation. Bifidobacteria, known as probiotics with a broad range of bioactivities, are commonly used in the dairy industry to naturally enrich dairy products. These bioactive metabolites are industrially and commercially important due to health-promoting activities on the consumers (e.g., anti-hypertensive, anti-diabetic, anti-oxidative, immune-modulatory, anti-cholesterolemic, or microbiome modulation, etcetera). This review aims to discuss the potential of bifidobacteria for the elaboration of dairy foods with functional properties and added value.

**Keywords :** dairy, probiotic, postbiotic, bifidobacteria, bifidobacterial postbiotic

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