An Overview of The Probiotic Industry in Iran

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**Statement of Problem:**

The increase in population and the development of the process of industrialization of societies, despite the creation of many facilities, especially in urban life, can have a negative effect on reducing the level of health of society. inappropriate diets and improper and arbitrary use of antibiotics by disrupting the microbial order of the body are the causes of many diseases.

**Research Purpose:**

Modifying the lifestyle is the best and most important way to increase improve the quality of life in people. A proper diet is an important part of a healthy lifestyle. Therefore, studies to achieve a suitable dietary guideline have always been of interest, but due to individual, cultural and geographical differences in different regions of the world, it will not be possible to implement a common guideline for all people. Based on this, it is very important to find new ways to produce healthy and nutritious foods that can be effective on people's health in addition to providing energy.

**Research Method:** Library study and analysis and findings.

**Results and Conclusion:**

Currently, 4 large companies producing probiotics are active in Iran. The most common commercial strains produced by them include Lactobacilli and Bifidobacteria, some species of Bacillus and yeast.

These strains are produced as single or multi-strain products and in the form of products such as food additives and starters, medicinal supplements (different ages, special products for women), additives for products Cosmetics (types of gels, cosmetics), livestock and poultry supplements, supplements suitable for horses and pets (such as ornamental birds, cats and dogs), sports and non-sports supplements, they are Available in, capsule, drops and powder form.

Considering the growing market of probiotic products, creating the necessary infrastructure to produce diverse products can be a profitable investment for countries active in this field, such as Iran.

**Keywords:** Probiotic industry, Food Supplements, Beneficial Food Combinations