

Gill, H. S., Cross, M.L., Rutherford, K. J., & Gopal, P. K., (2001). Dietary probiotic supplementation to enhance cellular immunity in the elderly. British Journal of Biomedical Science, 58, 94-96.

Abstract

The ageing process can lead to a marked decline in immune function (immunosenescence), which can promote hyporesponsiveness to vaccination and a predisposition to infectious and non-infectious diseases. Therefore, safe and effective ways to enhance immunity in the elderly, as a means of improving geriatric health, are much sought after. Supplementation of the diet with defined nutritional immunostimulatory components is seen as an attractive, non-invasive means of enhancing immune function. In some cases, this strategy may serve to restore immune capacity sufficiently to confer improvements in areas of health that are related to immune function—for example, supplementation of the diet with micronutrients is an effective means of enhancing cellular immune function and increasing responsiveness to influenza vaccination in the elderly, thus reducing infection-related morbidity. However, evidence for the efficacy of other forms of immune-enhancing dietary supplements in the elderly remains scant.