

Review of: "Staunch the Age Related Decline into Dementia, Cancer, Autoimmunity (POTS), Obesity, and Other Diseases with a Prebiotic, Probiotic, Postbiotic Triple Play"

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Potential competing interests: No potential competing interests to declare.

In this review, the authors tried to support the viewpoint that prebiotics, probiotics, and postbiotics have benefits on aging-related diseases. However, the authors addressed this topic by citing a large number of molecular mechanisms related to evidence, some of which may not be directly related to studies of prebiotics, probiotics, and postbiotics on health.

Therefore, the conclusions of this paper are not persuasive and deviate from the expectations we readers have from its title. And the statement made by the authors, "...doesn't need a randomized controlled trial for validation," is not based on science. More direct evidence based on populations and patients should be considered and discussed in this review.