

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

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Potential competing interests: No potential competing interests to declare.

This outstanding work has been further improved by including new evidence that the triple play can address the age-related decline. Supplementation with prebiotic, probiotic, and postbiotic agents can maintain, improve, and restore health. The ever-growing population of elderly in our fast-aging societies demands novel and innovative approaches to healthy aging. The decisive role of nutrition in preventing premature aging and increasing health span is conclusively demonstrated. The molecular mechanisms and mediators that enable healthy aging are identified and characterized. This work gives sound advice to all who want to improve and maintain health.