เอกสารอ้างอิง

- 1. D.C. Schaefer, L.J. Cheskin. Constipation in the elderly. Am Fam Physician. 1998; 58: 907-14.
- 2. Fuller R. Probiotics in man and animals. J Food Microbiol 1989; 66: 365-78.
- FAO/WHO Joint FAO/WHO Expert Consultation on Evaluation of Health and Nutritional Properties of Probiotics in Food Including Powder Milk with Live Lactic Acid Bacteria, October 2001. Accessed April 12, 2014, from <u>http://www.who.int/foodsafety/publications/fs_management/en/probiotics.pdf</u>
- 4. Health benefits of taking probiotics. HEALTHbeat 2005, September, The Harvard Medical School Family Health Guide. Accessed April 9, 2014, from <u>http://www.health.harvard.edu/fhg/updates/update0905c.shtml</u>
- 5. Metchnikoff E. The prolongation of life, 1st ed. New York: GP Putnam's Sons, 1908.
- Goldin BR, Gorbach SL. Clinical Indications for Probiotics: An Overview. Clinical Infectious Diseases. 2008;
 46: S96–100. Accessed April 14, 2014, from <u>http://cid.oxfordjournals.org/</u>
- Mena Mustapha Mazlyn, Lee Hun-Leong Nagarajahl Arshad Fatimah, A Karim Norimah, Khean-Lee Goh, 2013. Effects of a Probiotic Fermented Milk on Functional Constipation. J Gastroenterol Hepatol. 2013; 28 (7):1141-1147.
- 8. Courtin, P.; Rul, F. O. (2003). "Interactions between microorganisms in a simple ecosystem: yogurt bacteria as a study model". Le Lait. 84: 125–134.
- 9. Otsu T, lino H, Orii N. Effects of yogurt intake on defecation frequency & stool properties of female students. Japanese Journal of Medicine and Pharmaceutical Science. 1996; 35(5): 1053-1060 (English translation)
- Otsu T, Orii N, Yamamoto M and lino H, Effects of yogurt intake on defecation frequency & stool properties of female students Article No. 2, Japanese Journal of Medicine and Pharmaceutical Science. 1998; 39(5): 951-959 (English translation)
- 11. Yamamoto M, Otsu T, Orii N and lino H. Effects of yogurt intake on defecation frequency & stool properties of female students , (Journal of Nutritional Food) 1998; 1(2): (English translation)
- **12.** Daniel J. Lisko, G. Patricia Johnston, Carl G. Johnston. Effects of Dietary Yogurt on the Healthy Human Gastrointestinal (GI) Microbiome Microorganisms. 2017 Mar; 5(1): 6. Published online 2017 Feb 15.