**Yeast as a probiotic**

Probiotics are defined as live microorganisms that provide beneficial effects to the host when consumed in sufficient quantities.

Such microorganisms may be autochthonous or allochthonous, the first category appear by the contact of the newborn with the microbiota of the mother, and the second comprises those microorganisms that have been incorporated into the digestive system through the diet . S. cerevisiae and S. boulardii strains are currently used as probiotic yeast species.

Yeasts can live in different niches such as plants, animals, soil and water and they are associated with the skin, gastrointestinal tract of animals, including aquatic animals, as well as fermented foods

The supplementation of S. cerevisiae live cultures in animals improve growth, health and immune response in the hosts.

**Resistance to gastrointestinal conditions**

The primary barrier in the stomach is gastric acid, which has an inhibitory action related to its low pH and enzyme presence. The yeasts isolated from fecal matter and kefir are characterized by a high adaptability to conditions of the human gastrointestinal tract: when exposed to pH 2.5 for 8h at 37° C, the survival rate was of 86-97%.

**Antibiotic resistance**

Yeasts show a natural resistance.

Although most probiotics are bacteria, one strain of yeast, Saccharomyces boulardii,  which has been extensively studied for its probiotic effects.

Saccharomyces boulardii is unique probiotic and biotherapeutic yeast, known to survive in gastric acidity and it is not adversely affected or inhibited by antibiotics or does not alter or adversely affect the normal microbiota. S. boulardii has been utilized worldwide as a probiotic supplement to support gastrointestinal health.