**Review article:**

**Probiotics - A ray of hope**

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**Abstract**:

Probiotics are a form of ‘good bacteria’ that provide health benefits for the host. For over 100 years, probiotics have been scientifically proven to be beneficial in a wide variety of health conditions. Yet it took generations to apply the benefits of probiotics to dental advantages.This article gives an insight to scientific literature going on in this upcoming field which holds great promises in the future of dentistry.

**Keywords**: Probiotics, Prebiotics