1. Introduction

Moderate exercise has many health benefits and has been postulated to enhance resistance to microbial infection. However, intense or prolonged exercise associated with professional sports may carry adverse health risks due to a suppressed immune system (Mackinnon, 2000; Nieman, 2003; Pedersen and Saltin, 2006; Pyne, et al., 2014). It has been proposed that lowering immunity may lower the general health status, which in turn could impact sporting performance of active individuals (Gleeson, 2006a; Pyne, et al., 2014). Nutrition is known to influence immunity and overall well-being (Gleeson, 2006b, 2007). The probiotics concept was initiated at the end of 19th century by Metchnikoff (1905) at the Pasteur Institute in Paris. Since then, research on the beneficial effects of probiotics has been reported in both animal models and clinical trials. Probiotic supplementation has been reported to enhance immune functions by modulating the intestinal microbiota (ILSI Europe, 2013; Petrof et al., 2013). Probiotics are generally of the genera Lactobacillus and Bifidobacterium. They have the capacity to maintain the intestinal microbiota balance (Heczko et al., 2006) and interact with the immune system at many levels, including production of cytokines.