International Journal of Current Microbiology and Applied Sciences (IJCMAS) NAAS RATING-5.38, ICV-95.39 ISSN: 2319-7692 (Print) ISSN 2319-7706 (Online) An International, Monthly, Online, Free Access, Peer Reviewed, Indexed, fast track Scientific Research Journal

Certificate of Publication

This is to certify that the following article reviewed by editorial board and published in International Journal of Current Microbiology and Applied Sciences (IJCMAS) ISSN: 2319-7692 (Print) ISSN 2319-7706 (Online).

Int.J.Curr.Microbiol.App.Sci.2018.7.(8):2815-2822 https://doi.org/10.20546/ijcmas.2018.708.296

Psychological Impact of Probiotics and Fermented Foods on Mental Health of Human in Integrated Healthy Lifestyle

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Dr. M.Prakash Editor-in-chief International Journal of Current Microbiology and Applied Sciences www.ijcmas.com www.excellentpublishers.com

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