

BIBLIOGRAPHIE

1. Martin SA, Pence BD, Woods JA. Exercise and respiratory tract viral infections. *Exerc Sport Sci Rev* 2009 ; 37 : 157-64.
2. ESPGHAN Committee on Nutrition. Supplementation of infant formula with probiotics and/or prebiotics: a systematic review and comment by the ESPGHAN Committee on Nutrition. *J Pediatr Gastroenterol Nutr* 2011 ; 52 : 238-50.
3. Marteau P. Facteurs de contrôle de la flore. Définitions et mode d'action des probiotiques et prébiotiques. In Rambaud JC, Buts JP, Corthier G, Flourié B. Flore microbienne intestinale, John Libbey Eurotext, 2004.
4. Walsh NP, Gleeson M, Pyne DB et al. Position statement. Part two: Maintaining immune health. *Exerc Immunol Rev* 2011 ; 17 : 64-103.
5. Goulet O. Archives de Pédiatrie 2009 ; 16 : 1-6.
6. Thomas DW, Greer FR, American Academy of Pediatrics Committee on Nutrition. Probiotics and prebiotics in pediatrics. *Pediatrics* 2010 ; 126 : 1217-31.
7. Nichols AW. Probiotics and athletic performance: a systematic review. *Curr Sports Med Rep* 2007 ; 6 : 269-73.
8. Gleeson M. Can nutrition limit exercise-induced immunodepression? *Nutr Rev* 2006 ; 64 : 119-31.
9. Gleeson M, Bishop NC, Oliveira M, Tauler P. Daily probiotic's (*Lactobacillus casei Shirota*) reduction of infection incidence in athletes. *Int J Sport Nutr Exerc Metab* 2011 ; 21 :55-64.
10. Cox AJ, Pyne DB, Saunders PU, Fricker PA. Oral administration of the probiotic *Lactobacillus fermentum VRI-003* and mucosal immunity in endurance athletes. *Br J Sports Med* 2010 ; 44 : 222-6.