

Background: Probiotics are viable microorganisms thought to have beneficial health effects if ingested correctly. Prebiotics are non-digestible foods that positively affect health by stimulating the growth and or activity of certain microorganisms. Synbiotics are mixtures of probiotics and prebiotics.

Objectives: To assess the knowledge and awareness of Palestinian healthcare professionals towards the terms probiotics, prebiotics, and synbiotics.

Methods: A cross-sectional was performed from all over the west bank. Data was collected by structured questionnaire and descriptive analysis was conducted using SPSS.

Results: The obtained results showed that 68.5% and 83.4% of physicians and pharmacists were aware of probiotics, while 37% of physicians and 48% of pharmacist had knowledge about prebiotics. Only 20% of physicians and 26.6% of pharmacists were aware of synbiotics.

Conclusion: These findings showed a good knowledge of probiotics but very limited knowledge about the other two products, which strongly limit their use. Knowledge of these products could be improved through seminars, and continuing education, and medical representatives.

Keywords: Probiotics, Prebiotics, Synbiotics, Knowledge, Awareness, Palestinian.