



Bacteria and Yeast Strains Found in Milk Kefir Grains

This is a list of the bacteria found in milk kefir grains. Some like *L. plantarum* and *L. rhamnosus* are found in other fermented foods. Others such as *L. kefiranofaciens* or *L. kefiri* are unique to milk kefir grains. The sheer number of strains found in these grains make it truly unique and consuming milk kefir should be a first choice for improving overall digestive and intestinal health and for many other health benefits.

Bacteria Strains:

Lactobacillus helveticus
Lactobacillus kefiranofaciens subsp. *kefiranofaciens*
Lactobacillus kefiri
Lactobacillus paracasei subsp. *paracasei*
Lactobacillus plantarum
Lactobacillus rhamnosus
Lactobacillus sake
Lactococcus lactis subsp. *cremoris*
Lactococcus lactis subsp. *lactis*
Lactococcus lactis
Leuconostoc mesenteroides subsp. *cremoris*
Leuconostoc mesenteroides subsp. *dextranicum*
Leuconostoc mesenteroides subsp. *mesenteroides*
Pseudomonas
Pseudomonas fluorescens
Pseudomonas putida
Streptococcus thermophilus

Yeast Strains

Candida humilis
Kazachstania unispora
Kazachstania exigua
Kluyveromyces siamensis
Kluyveromyces lactis
Kluyveromyces marxianus
Saccharomyces cerevisiae
Saccharomyces martiniae
Saccharomyces unisporus