

Bacteria Strains In Sauerkraut

Weissella species
Lactobacillus plantarum
Lactobacillus curvatus
Lactobacillus sakei
Lactobacillus paraplantarum
Lactobacillus coryniformis
Lactobacillus brevis
Lactococcus lactis subsp lactis
Leuconostoc mesenteroides
Leuconostoc fallax
Leuconostoc citreum
Leuconostoc argentinum
Pediococcus pentosaceus

Bacteria Strains Found In Kimchi

Weissella koreensis
Leuconostoc gasicomitatum
Leuconostoc gelidum
Leuconostoc mesenteroides
Leuconostoc carnosum
Leuconostoc inhae
Leuconostoc kimchii 1.9
Lactobacillus sakei 13
Lactobacillus curvatus [Type text]
Lactobacillus brevis
Lactobacillus algidus
Bacillus pumilus

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. kefirianofaciens* or *L. kefiri* are unique to milk kefir grains. The sheer number of strain 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 kefir
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

Bacteria and Yeast Strains Found In Water Kefir

Species Lactobacillus

L. brevis
L. casei
L. hilgardii
L. hordei
L. nagelii

Species Leuconostoc

L. citreum
L. mesenteroides

Species Acetobacter

A. fabarum
A. orientalis

Species Streptococcus

S. lactis

Yeasts

Hanseniaospora valbyensis

Lachancea fermentati

Saccharomyces cerevisiae

Zygotulasporea florentina

Bacteria and Yeast Strains in Kombucha:

Bacterium gluconicum

Bacterium xylinum

Acetobacter xylinum

Acetobacter xylinoides

Acetobacter Ketogenum

Lactobacillus aerobic

Yeast Strains:

Saccharomycodes ludwigii

Saccharomycodes apiculatus

Schizosaccharomyces pombe

Zygosaccharomyes

Saccharomyces cerevisiae

Acids and others:

Acetic acid

Acetoacetic acid

Benzoic acid

propenyl ester

Benzonitrile

Butanoic acid

Caffeine

Citric acid

Cyanocobalamin

Decanoic acid

Ethyl Acetate

Fructose

d-Gluconic acid

Glucose

Hexanoic acid

Itaconic acid

2-Keto-gluconic acid

5-Keto-gluconic acid

2-Keto-3-deoxy-gluconic Lactic acid

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Niacinamide
Nicotinic acid
Pantothenic acid
Phenethyl Alcohol
Phenol, 4-ethyl
6-Phospho gluconate
Propionic acid
Octanoic acid
Oxalic acid
Riboflavin
d-Saccharic acid
(Glucaric acid)
Succinic acid
Thiamin