

0:20A:0 A i B i <0F>=8



0:20A:0 A i B i <0F>=8 0@54A B02;05B A>1>9 ;8>D8;878@>20==CN A<5AL 70:20A>G=KE :C;LBC
 ?@83>B>2;5=8O B@048F8>==>3> 0@<O=A:>3> :8A;><>;>G=>3> =0?8B:0, 7=0<5=8B>3> A2>8<8 F

59B8=3: 5B @59B8=30

&5=0:
 &5=0 A> A:84:>9:
 43,00 @C1

[_0409B5 2>?@>A ?> _MB><C B>20@C](#)

?8A0=85

>4@>1=>5 >?8A0=85 ?@5?0@0B0

0:20A>G=CN :C;LBC@A i B i <0F>=8 :C?8BL >A>15==> @5:><5=4C5BAO 4;O ?@>D8;0:B8:8/;5G
 " A?>A>1AB2C5B 2>AAB0=>2;5=8N 74>@>2>9 <8:@>D;>@K;
 " =>@<0;87C5B ABC;;
 " ;>:0;87C5B 30AB@8B, ?0=:@50B8B 8 8=K5 701>;520=8O ";
 " CA8;8205B 8<<C=8B5B.
 >B>2K9 9 8 <0F>=8 >B;8G05BAO =0AKI5==K< :8A;><>;>G=K< 2:CA><, >

!>AB02

A i B i <0F>=8 2;;NG05B 2 A51O Lactobacillus bulgaricus (1>;30@A:CN ?0;>G:C) 8 Streptococcus

>78@>2:0 8 A?>A>1K ?@83>B>2;5=8O

@>F5AA ?@83>B>2;5=8O 4><0H=53> <0F>=8:
 " ?>43>B>28BL AB5@8;87>20==CN ?>AC4C;
 " 225AB8 70:20A:C A i B i <0F>=8 (3 3 =0 1-3 ; <>;>:0) 2 :8?OG5==>5 <>;>: >:<=0B=>9 B5<?5@0
 " ?5@5<5H0BL 4> ?>;=>3> @0AB2>@5=8O 3@0=C;/?>@>H:0;

" =0:@KBL 5<:>ABL 8 >AB028BL A:20H820BLAO ?@8 22-24°! =0 16-18 G0A>2 (2 9>3C@B=8F5 -
" A:20H5==K9 ?@>4C:B (=5 ?5@5<5H820O) ?>AB028BL =0 2 G0A0 2 E>;>48;L=8: 4;O 4>7@520=8

\$>@<0 2K?CA:0

0:20A:C A i B i <0F>=8 F5=0 :>B>@>3> C:070=0 70 >48= ?0:5B8:, ?@>40NB 2 :0

!@>: 3>4=>AB8 8 CA;>28O E@0=5=8O

0:20A:0 E@0=8BAO 2 =5?>2@5645==KE AB8:0E ?@8 =87:8E B5<?5@0BC@0E. 0:A8<0;L=K9 A@
>B>2K9 <0F>=8 <>6=> E@0=8BL 2 E>;>48;L=8:5 4> 5 4=59, 240;5:5 >B ?@>4C:B>2 A A8;L=K<8