

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



0:20A:0 A i B i <0F>=8 B02;O5B 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 : 8 4 : > 9 :
43,00 @ C 1

0409B5 2>?@>A ?> MB><C B>20@C

?8A0=85

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

0:20A>G=C N :C;LBC @A i B i <0F>=8 :C?8BL >A>15==> @5:><5=4C5BAO 4;O ?@>D8;0:B8:8/;5G5
" 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 =0AK15==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;

C ? 8 B L 7 0 : 2 0 A : C A i B i 0 F > = 8 ? > 2 K 3 > 4 = > 9 F !

" = 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 2 K ? C A : 0

0:20A:C

A i B i < 0 F > = 8 F 5 = 0

:>B > @ > 3 > C:0 7 0 = 0 7 0 > 4 8 = ? 0:5 B 8:, ? @ > 4 0 N B 2 : 0

! @ >: 3 > 4 => A B 8 8 C A ;> 2 8 O E @ 0 = 5 = 8 O

0:20A:0 E @ 0 = 8 B A O 2 = 5 ? > 2 @ 5 6 4 5 == K E A B 8:0 E ? @ 8 = 8 7:8 E B 5 < ? 5 @ 0 B C @ 0 E . 0:A 8 < 0; L=K 9 A @>B > 2 K 9 < 0 F > = 8 <> 6 => E @ 0 = 8 B L 2 E >;> 4 8; L=8:5 4 > 5 4 = 5 9, 2 4 0; 5:5 > B ? @ > 4 C:B > 2 A A 8; L=K < 8