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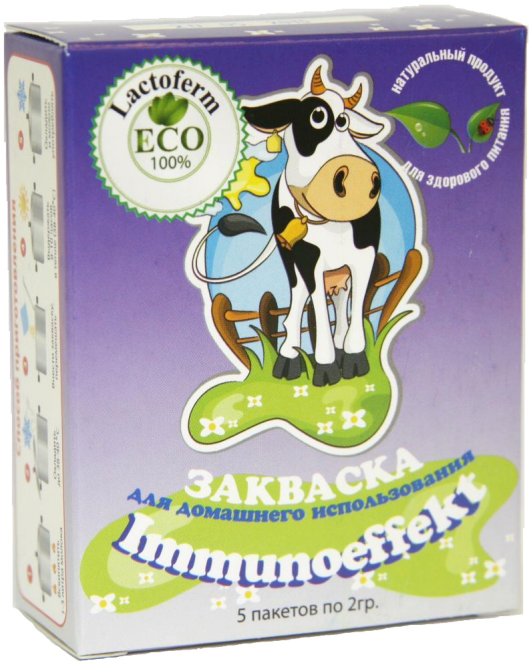



0:20A:0 0:B>D5@< 8<5=O5BAO 4;O ?@83>B>2;5=8O =0BC@0;L=>3> 9>3C@B0 A 2KA>:>;0:B>-, 18D84>- 8 ?@>?8>=>2>:8A;KE <8:@>>@30=87<>2. ><0H=89 ?@>4C:B ?>2KH05B 8<<C=874>@>2CN <8:@>D;>@C :8H5G=8:0 C 45B59 8 27@>A;KE. &5=0 C:070=0 70 1 ?0:5B8:. C?0:>

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

&5=0:
&5=0 A> A:84:>9:
59,00 @C1

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

?8A0=85

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

0:20A:0 0:B>D5@< <<C=>MDD5:B 8?@>18>B8G5A:89 ?@>4C:B, >A>15==> 206=K9 2 @0F8>=5 4

!>AB02

8D84>10B5@88: B. bifidum, B. infantis, B. breve, B. adolescentis, B. longum. 0:B>10:B5@88:

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

0:20A:0 0:B>D5@< <<C=>MDD5:B @072>48!, BAO>2 1-8 68>0B10 B5<5@8 B<>3C A<5A8, 8A?>;L7C
>6=> ?@8=8<0BL 2 2845 @0AB2>@0 (1?. 70:20A:8 E>@>H> @071>;B0BL 2 20<; 2>4K). 8BL ?>

$>@<0 2K?CA:0

0:B>D5@< -:> :C?8BL <>6=> 2 ?0G:0E ?> 5 ?0:5B8:>2, :064K9 <0AA>9 ?> 23.

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

>45= 13>4 ?@8 0+6°!, 8 2 3>40 - ?@8 -10 -18°!. A:@KBK9 ?@5?0@0B 3>45= B>;L:> 24G