



D

; <22¢42<22	XGGING JQVGN JCPI \ JQW	
: <52¢ : <62	Qrgpkpi kpvtqfwekqp. Rtqh0 Jctlkpfgt Ukpj *Jgcf qh vjg Uejqqn qh Hqqf Uekgpeg cpf Pwvtkvkqp. Ocuug{ Wpkxgtukv{. Pgy \gncpf+	
: <62¢ : <72	Ygnejog urggej. Rtqh0 Ygp \jcp Fck *Xkeg Rtgukgpvh qh \jglkpci Iqpiujcpi Wpkxgtukv{+	
: <72¢ ; <22	Rjqvq vqigvjgt	
; <22¢ ; <57	Ft0 Cpygujc Uctmet *Wpkxgtukv{ qh Nggfu. WM+	Qtcn vtkdqni { qh oketqign rctvkengu
; <57¢32<32	Rtqh0 [kswp [w *Hwfcv Wpkxgtukv{. Ejkc+	Vjg cevxcvkqp ogejcpkuo cpf ogejcpqugpukvkv{ qh qfqtcpv tgegrvqtu
32<32¢32<62	Vgc dtgcm	
32<62¢33<27	Rtqh0 Htcpekueq Iq{eqqngc *Hqqf Ejjokuvt{ Itqwr ngcftg. Wpkxgtukv{ qh Nggfu. WM+	Dkqkpurktgf hqqf ycuvg/dcugf uechhqnfu vq gpikpggt pqxgn hqqf vgzvwtgu
33<27¢33<52	Ft0 Cnglcpftc Hcpk *Ocuug{ Wpkxgtukv{. Pgy \gncpf+	Pcpquvtwewtgf hqqf/itcfg ocvgtkcnu hqt rtqfwekpi pqxgn cevkg hqqf rcemciki
33<52¢33<77	Ft0 Gngpc Uk o qpg *Wpkxgtukv{ qh Nggfu. WM+	C hqqf et{ucn gpikpggtkpi crrtqcej hqt vjg rtgfkevkg fgukip qh eqo rngz hqqf uvtwewtgu
33<77¢35<37	Nwpej cpf Dtgc	



35<37<35<62	Ft0 Mgpvctq Ocvuwok{c *M{qvq Wpkxgtukv{. Lcrep+	Oketqigncvkqp k o rctvu g o wnukh{kpi cdknkv{ vq uwthceg/kpcevkg rqn{uceejctkfgu
35<62<36<27	Ft0 Ktku Lq{g *Wpkxgtukv{ qh Iwgnrj . Ecpcfc+	Egtgen Dkqrqn{ ogtu< c Tkej Eqnngevkqp qh Uvtwevwtg Dwknfkpi Rqn{ ogtu
36<27<36<52	Ft0 \jknk Ycp *Uqvwj Ejkc Wpkxgtukv{ qh Vgejppnqi{. Ejkc+	Ugnh/cuug o dn{ qh hqqf/i tefg kpi tgfkgpvu hqt vjg fgukip qh uvcdng cpf uoctv tgurqpukxg o wnvkrjcug uqhv o cvgtkenu
36<52<36<77	\jko kpi Icq *Jwdgk Wpkxgtukv{ qh Vgejppnqi{. Ejkc+	Kpvgthcekn cpf Go wnukh{kpi Rtqrgtvkgu qh vjg Gngevtquvcvke Eqo rngz qh /Ncevinqdwnkp Hkdtkn cpf Iwo Ctcdke *Cecekc Ug{cn+
36<77<38<22	Vgc dtgcm cpf	
38<22<38<47	Rtqh0 Ocpqjct Icti *Ocuug{ Wpkxgtukv{. Pgy \gcnepf+	Hqqf uqwtegu tevjgt vjcp ucwvtcvgf hev eqpvgpv fgvgt okpgu vjgkt jgcnvj ghggev
38<47<38<72	Ft0 Gfactfq Ecrwcpq *Ycigpkpigp Wpkxgtukv{. Vjg Pgvjgtncpfu+	Egmn ycn kpvgitkv{ cpf pwtkgpvu dkqcxckncdknkv{ kp rncpv/dcugf hqqfu
38<72<39<32	Ft0 Swcpwcp Nkp *\jglkpi Iqpiujcpi Wpkxgtukv{. Ejkc+	Kphnwgpeg qh rj{ukecnl ogejcpekn rtqrgtvkgu qh ignu qp vjg fki guvkqp dgjcxkqtu cpf vjg dkqceeguukdknkv{ qh /ectqvpgp kp g o wnukqpu uvcdknk gf d{ QUC/oqfkhkgf uvtejgu
39<32<3: <22		
: <52< : <77	Rtqh0 [wcp Nkw *Ujcpijck Lkcqvqpi Wpkxgtukv{. Ejkc+	Vjg fgxgnqr o gpv cpf tghngevkqp qh wocok tgugtej rtqitguu kp hqqfu



:<77¢;<42	Ft0 Octmwu Uvkgigt *Ycigpkpi Wpkxgtukv{. vjg Pgvjgtnepfu+	Hqqf qtcn rtqeguukpi< Htq o hqqf uvtwevwtg vq ugpuqt{ rgtegrvkqp cpf rngcuwtg
; <42¢;<77	Ft0 \ jkjcw Rcpj *Dgklkpi Vgejpnqii{ (Dwukpguu Wpkxgtukv{. Ejkpc+	Ghhgev qh fkhgtgpv v{ rgu qh o knm rtqvgkpu qp vjg rj {ukecn rtqrgtvkgu qh uq{ o knm ign
; <77/32<37	Ot0 Okqftci Inwoce *\jglkcpj Iqpiujcpi Wpkxgtukv{. Ejkpc+	Ucnkxc eqwnf cev cu cp g o wnuhkgf fwtkpi qtcn rtqeguukpi qh qknlhev
32<37¢32<67	Vgc dtgcm	

32<67¢33<32	Ft0 Ocw Oqqtg *Wpkxgtukv{ qh Ocuucej wugvuu. WUC+	Fgvgevkqp. uvwf{. cpf eqpvtqn qh hqqfdqtpg xktwugu
33<32¢33<57	Ft0 Iwepizw Tgp *Ejkpc Cecfg o{ qh Citkewnwvtg Uekgpeg. Ejkpc+	Cr rnkecvkqp qh hqqf pwvkvkqp kp vjg enkpkecn vtgecv o gpv qh ngwmg o kc
33<57¢34<22	Rtqh0 Rkpi Nk *\jglkcpj Iqpiujcpi Wpkxgtukv{. Ejkpc+	Cpvk o ketqdkcn ogejcpku o cpf o qngewnet vetigv qh RNPE:. c vyq/rgrvkgf dcevgtkqekp htq o <i>Lactobacillus plantarum</i>
34<22¢35<37	Nwpej cpf Dtgcm	

35<37¢35<62	Ft0 [cp Nk *Lkpi pcp Wpkxgtukv{. Ejkpc+	Igpkrqukfg tgiwncvgu inweqg jq o gquvcuku xkc vetigvki HqzQ31RFM6 kp umngvcn o wueng
35<62¢36<27	Ft0 Ogpi \ jcq *Jwdgk Wpkxgtukv{ qh Vgejpnqii{. Ejkpc+	Vjg rtqvgevkqp qh rtqvgkplr tqvgkp eqcegtxcvg qp rtqdkvkeu
36<27¢36<52	Ft0 Pcp Hw *Uqqejqy Wpkxgtukv{. Ejkpc+	Ogejcpku ou wpfgtn{kpi vjg rtqvgevkxg ghhgevu qh ecttkgt o cvgtken fwtkpi rtqfwevkqp qh cevkg ft{ rtqdkvkeu xkc urte{ ft{kpi
36<52/36<72	Ou0 Uctej Rtkqwt *Ocuug{ Wpkxgtukv{. Pgy \ gncp f+	Uwict wrvcmg d{ ncevdceknwu tjc o pquwu cpf kvu ko rcev qp ujgnh nkgh



36<72<37<42	Vgc dtgcm	
37<42<37<77	Rtqh0 Mgplk Ucvq *M{qvq Wpkxgtukv{. Lcrep+	Hqqf/fgtkxgf rgrvkfgu kp dqf{óUvtwewtg cpf dkqnqikecn cevkvkkgu
37<77<38<52	Rtqh0 Okejc Rngi *Ocuucejwugvwu Wpkxgtukv{. WUC+	Kuuwgu kp tjgqnqikecn ogcuwtgogpvu cpf rgtegxgf vgzvwtg
38<52		