

Water Kefir Strains

Strains of bacteria & yeast found in Kefir Grains (and kefir itself):

Cultured gelato has 4 billion CFU's (Colony Forming Units)
of these strains per 100g serve.

Water kefir is typically composed of Lactobacillus, Streptococcus, Pediococcus and Leuconostoc bacteria with yeasts from Saccharomyces, Candida, Kloeckera and possibly other minor yeasts.

BACTERIA

Species Acetobacter

A. fabarum
A. orientalis

Species Bacillus

B. subtilis
B. graveolus

Species Lactobacillus

L. acidophilus
L. alactosus
L. brevis
L. bulgaricus
L. casei subsp. casei
L. casei subsp. pseudopantarum
L. casei subsp. rhamnosus
L. casei subsp. tolerans
L. coryneformis subsp. torquens
L. fructosus
L. hilgardii
L. homohiochi
L. hordei
L. nagelii
L. plantarum
L. psuedopantarum
L. reuteri
L. yamanashiensis

Species Leuconostoc

L. citreum
L. mesenteroides

Species Pediococcus

P. damnosus

Species Streptococcus

S. agalactiae
Sr. bovis
S. cremoris
S. faecalis

S. lactis
S. mutans
S. pneumoniae
S. pyogenes
S. salivarius
S. sanguinis
S. suis
S. viridans

YEASTS

Species Saccharomyces

S. bayanus
S. boullardii
S. cerevisiae
S. florentinus
S. pretoriensis
S. uvarum

Species Kloeckera

K. apiculata

Species Hansenula

Hanseniaspora uvarum

Species Candida*

C. guereana
C. lamica
C. valida

*does not contain *C. albicans* nor *T. glabrata* - the yeasts associated with human yeast infections and 'candida' in general

Species Torulopsis*

T. inconspicua

Lachancea fermentati

Zygorhynchus florentinus

*This is a general list and not tested by us.
It is sourced from the internet including
Cultures for Health and Yemoos.com*

