

Fermenting Quick Guide

Non-dairy will work for all of the Milk ferments!

Strain	Brew Temp	Brew Time	Produces CO2/fizz or Yogurt-like	Brew Medium	Notes/Primary Target/Organ System	Ease of Use (1=easy, 5=hard)
<u>Skvr</u>	110-115°F	8-10 hrs	Greek Yogurt-like	Milk	This product creates a thick Greek-style yogurt-like ferment without straining, even on plain soy milk. It also has a mild, non-tart taste, making it perfect for someone who is yogurt-averse. Confirmed by both Angel and her husband as noticeably less tart than traditional yogurt or kefir. Non-dairy: add 3-3.5 T turbinado sugar per quart to feed the culture (optional).	1
<u>Yogurt Greek Yogurt</u>	110-115°F	4-7 hrs	Yogurt	Milk	Gut/GI, general digestive support. Non-dairy: add 3-3.5 T turbinado sugar per quart to feed the culture (optional).	1
<u>L. reuteri (LRDR) (MyReuteri)</u>	100°F	36 hrs	Yogurt-like	Milk	Skin (dermal thickness/wound healing) and oxytocin, ¹ and abdominal fat reduction ² — these specific effects come from mouse studies (strain ATCC 6475), not yet confirmed in humans. Gut/GI support is the more general, better-established claim. Add 1-2 T Inulin to a quart. Non-dairy: add 3- 3.5 T turbinado sugar per quart to feed the culture, and 1- 2 T guar gum for thickness with cashew cream.	2
<u>L. gasseri (BNR17)</u>	~100°F	36 hrs	Yogurt-like	Milk	Visceral fat and waist circumference reduction shown in a human clinical trial; ³ broader metabolic/blood sugar effects are less established. Add 1-2 T Inulin to a quart. Non-dairy: add 3-3.5 T turbinado sugar per quart to feed the culture and 1-2 T guar gum for thickness with cashew cream.	2
<u>L. casei Shirota (Yakult)</u>	104°F	24-36 hrs	Yogurt-like	Milk	Respiratory tract (immune defense) and lower cortisol shown in a human study of exam-stressed students; ⁴ that same study did NOT find reduced subjective anxiety — treat the “mood” claim cautiously. L. casei Shirota (Yakult) — add about 2 tablespoons inulin (or raw potato starch as a swap) per quart of milk, with roughly one 2 oz bottle of Yakult as the starter. Non-dairy: add 3-3.5 T turbinado sugar per quart to feed the culture.	2

Strain	Brew Temp	Brew Time	Produces CO2/fizz or Yogurt-like	Brew Medium	Notes/Primary Target/Organ System	Ease of Use (1=easy, 5=hard)
<u>Bacillus subtilis HU58</u>	~100°F	24-30 hrs	Yogurt-like	Milk	Gut — spore-forming, broad GI support; a small human trial found reduced antibiotic-associated diarrhea symptoms. ⁵ Bacillus subtilis HU58 — add 1-2 tablespoons inulin per quart, one capsule as the starter. Same logic as reuteri/gasseri in both cases: plain milk's sugars run out well before the 24-36 hour ferment is done, so the added fiber keeps the bacteria fed and multiplying the whole time. Non-dairy: add 3-3.5 T turbinado sugar per quart to feed the culture.	2
<u>L. crispatus (MyCrispatus)</u>	100°F	36 hrs	Yogurt-like	Milk	Vaginal/urogenital microbiome — an active, growing area of clinical research. ⁶ Add 1-2 T Inulin to a quart. Non-dairy: add 3-3.5 T turbinado sugar per quart to feed the culture.	2
<u>Milk Kefir Starter</u> <u>Milk Kefir Grains</u>	106°F	36 hrs	Yogurt-like	Milk	Broad multi-species gut restoration. Non-dairy: use 3-3.5 T turbinado sugar per quart.	2
Clabber	68-85°F	1-5 days	Non-fizzy, thickens	Raw milk only	Pasteurized milk will not clabber — it spoils instead. Relies on raw dairy milk's own native bacteria, so this one doesn't have a non-dairy version.	3
Traditional Clabbered Cottage Cheese	Room temp, then heated	1-5 days clabbering, then gentle heat	Non-fizzy, curdles	Milk	Curds cut and drained, NOT pressed; dressing/cream often added back — wet, spoonable. Same raw-milk clabbering step as Clabber above, so no non-dairy version.	3
Cultured Buttermilk	70-75°F	12-24 hrs	Non-fizzy, thickens	Milk + live buttermilk culture (or leftover whey/buttermilk from a prior batch)	Traditionally the liquid byproduct of churning cultured cream into butter; can also be cultured directly as its own ferment. There is, as of yet, no non-dairy cultured version.	2
Traditional Farmer's Cheese	Room temp, then heated	1-5 days clabbering, then gentle heat	Non-fizzy, curdles	Milk	Curds pressed, no dressing added — dry, firm, crumbly; holds shape for baking/filling. Same raw-milk clabbering step as Clabber above, so no non-dairy version.	3
Crème Fraîche	70-75°F	12-24 hrs (up to 36-48 hrs cooler)	Non-fizzy, thickens	Heavy cream + cultured buttermilk or yogurt	Must use live-culture buttermilk, not a vinegar-milk substitute. Non-dairy: cashew or coconut cream, any live culture as starter, 24-48 hrs room temp — no added sugar needed	2

Strain	Brew Temp	Brew Time	Produces CO2/fizz or Yogurt-like	Brew Medium	Notes/Primary Target/Organ System	Ease of Use (1=easy, 5=hard)
Aged/Rennet Cheese	50-55°F general aging (some, like brie/blue, need 40-45°F)	varies drastically by type — semi-hard (gouda) 4-8 weeks; hard (cheddar, parmesan) 6 months-2+ years	Non-fizzy	milk + rennet coagulant + specific mold/bacteria cultures	Distinct from fresh cheeses — involves rennet (not just acid), a rind, and long controlled aging in humidity-managed conditions (“cave” environment)	5
Vegan Fermented Cheese	Room temp (~70°F)	24-48 hrs	Non-fizzy, thickens	Soaked nuts + probiotic starter (rejuvelac, kombucha, capsules)	Same acidification logic as dairy farmer's cheese	3
Vegan Strained Yogurt Cheese (labneh-style)	Room temp or fridge	24-48 hrs straining	Non-fizzy, thickens	Plant-based yogurt, strained	Secondary process — takes already-fermented yogurt and concentrates it; same logic as dairy labneh/yogurt cheese	2
Cultured Butter	70-75°F	24-48+ hrs	Non-fizzy, thickens then churns	Heavy cream + cultured buttermilk/yogurt/ crème fraîche	Same base ferment as crème fraîche, churned further into butter	3
S. boulardii (Florastor)	Room temp (~70°F)	48 hrs	Fizzy	Juice	Gut/GI — solid evidence for antibiotic-associated diarrhea. ⁷ Evidence specifically for C. diff prevention is limited/mixed, stronger for secondary than primary prevention. ⁸ Shown to ease side effects during H. pylori treatment, though it hasn't been shown to improve eradication rates on its own. ⁷	2
Bacillus subtilis DE111 (Aldi's VitaLife Organic Kombucha is one source.)	90°F	60 hrs	Fizzy	Juice	Gut — used for sparkling juice ferments	2
Water Kefir Grains	1st Ferment Room temp (~70°F) 2nd ferment sealed bottles	24-48 hrs 1-3 days	Fizzy Fizzy	Sugar water 1st ferment liquid with grains strained off + fruit/juice	Gut/GI, dairy-free probiotic diversity	2
Kombucha	1st Ferment 75-80°F 2nd Ferment 74-84°F sealed bottles	7-14 days 2-4 days	Fizzy Fizzy	Sweet black/ green tea 1st ferment liquid (minus the scoby) + added sugar/fruit	Gut/GI, liver support (traditional claims)	2

Strain	Brew Temp	Brew Time	Produces CO2/fizz or Yogurt-like	Brew Medium	Notes/Primary Target/Organ System	Ease of Use (1=easy, 5=hard)
Jun Tea	1st Ferment 65-75°F (cooler than kombucha)	4-7 days	Fizzy	Green tea + raw honey + Jun SCOBY	“Champagne of kombucha” — ferments faster and is fizzier than standard kombucha; needs its own dedicated SCOBY, not interchangeable with a kombucha one long-term	3
	2nd Ferment Room temp, sealed bottles	1-3 days	Fizzy	1st ferment liquid + added fruit/flavoring	Same bottling logic as kombucha 2nd ferment; contains slightly more residual alcohol (1-2%) than kombucha Jun's is traditionally treated as its own culture, but the honest answer (per Cultures for Health and others) is that a "jun SCOBY" is really just a kombucha SCOBY that's been retrained onto green tea + honey instead of black tea + sugar — the two cultures aren't clearly established as genetically distinct, they're likely the same base organisms adapted to a different food source	
Ginger Bug	1st Ferment Room temp (~70°F)	5-7 days 1 time a day feeding	Fizzy	Ginger diced fine + water + sugar	Gut/GI, dairy-free probiotic diversity	2
	2nd Ferment Room temp (~70°F)	2-3 days	Fizzy	1st ferment liquid + juice/fruit		
Beet Kvass	65-70°F room temp	3-7 days (up to 2 weeks without starter)	Mild fizz — burp jar	Raw beets + salt + water	Traditional liver/digestive tonic; take in small doses, not large servings	1
Rejuvelac	Room temp (~70°F)	Dark 1-2 days sprouting, then 1-3 days fermenting	Mild fizz	Sprouted grain (wheat, quinoa, etc.) + water	No salt or sugar; also used as a starter for vegan cultured cheese	2
<u>Amazake</u>	122-140°F	8-14 hrs	Non-fizzy	Koji rice + water	No yeast — pure enzymatic starch-to-sugar conversion; non-alcoholic	2
Sour Dough <u>Sour Dough Starter</u>	Starter Feeding/Maintenance Room temp (~70°F)	8-12 hrs between feedings	Leavening	Flour + water (equal weights)	Gut/GI, easier digestibility of grain (approx. 5-7 days to create)	2
	bulk ferment, dough 70-75°F	4-12 hrs (or 12-48 hrs cold retard at ~38°F)	Rise/leavening	Flour + water + starter + any other ingredients the recipe calls for		

Strain	Brew Temp	Brew Time	Produces CO2/fizz or Yogurt-like	Brew Medium	Notes/Primary Target/Organ System	Ease of Use (1=easy, 5=hard)
Amish Friendship Bread Starter (Modern)	75-85°F	room temp, 10-day cycle (fed every 5 days, divided/shared every 10)	Bubbly, mild rise	Flour + sugar + milk (+ a small amount of yeast to kickstart it)	Not a true wild sourdough — most traditional versions start with a pinch of commercial yeast, then the mix self-sustains via daily feeding; passed hand-to-hand between neighbors, which is the “friendship” part	1
Amish Friendship Bread Starter (Traditional)	75-85°F	10-day cycle (fed every 5 days, divided every 10)	Bubbly, mild rise	Flour + sugar + milk (wild-caught yeast, no added yeast)	True wild ferment — the commercial-yeast version widely posted online is a modern shortcut, not the traditional method; milk and sugar make it sweeter/milder than standard sourdough	2
Panettone (Lievito Madre)	82-86°F for starter refreshments; 68-79°F for dough fermentation	Starter takes 10-15 days to establish; then 8-20 hrs first dough ferment + additional rise stages — full process spans 2-3 days per batch	Yeast-free rise, bubbly	Flour + water (stiff, low-hydration starter), enriched later with butter, eggs, sugar for the dough	One of the most demanding home ferments on your entire chart — a stiff wild sourdough culture requiring near-constant temperature precision; Italian regulation requires the starter to be trained at least 7 days before use in commercial “artisanal” panettone	5
Bread Kvass	Room temp (68-75°F)	24-48 hrs	Mild fizz	Stale sourdough bread + water + honey	Low-alcohol; great use for sourdough scraps	1
Salt-Rising Bread	100-115°F	8-16 hrs (starter stage)	Yeast-free rise via bacteria, not gas-fizz	Potato or cornmeal + milk/water	Leavened by naturally occurring bacteria including Clostridium perfringens — sounds alarming, but the strains involved in this ferment don't carry the genes for the toxins that cause food poisoning, and there's no recorded history of salt-rising bread causing illness; baking also reduces bacteria to safe levels. ¹² Still notoriously finicky and prone to failure.	4
Sofkee (match for grandmother's starter)	Room temp (~70°F)	~1 day per feeding cycle	Mild fizz/bubbly when ready	Corn flour (or wheat, per family adaptation) + water	Traditional Southeastern/Cherokee fermented corn starter; perpetual, fed and replenished like sourdough	2
Soaked Grains/Flour	Room temp (~70°F)	7-24 hrs	Non-fizzy	Grain/flour + acidic medium (whey, buttermilk, yogurt)	About mineral bioavailability, not probiotics	1
Idli/Dosa Batter	75-85°F	8-12 hrs (14-16 hrs below 70°F)	Yeast-free rise, bubbly	Rice + urad dal + fenugreek	Leavened by wild LAB/yeast on the lentils, not added yeast	2
Injera (Teff)	68-75°F	2-3 days	Yeast-free rise, sour	Teff flour + water	Wild-fermented using a back-slop starter (ersho); no yeast packet	2
Sauerkraut	65-75°F (room temp)	2-4 weeks	Non-fizzy ferment	Cabbage + salt (brine water if needed)	Gut/GI, vitamin C/K, immune support ⁹	1

Strain	Brew Temp	Brew Time	Produces CO2/fizz or Yogurt-like	Brew Medium	Notes/Primary Target/Organ System	Ease of Use (1=easy, 5=hard)
Brined Vegetables	65-75°F (room temp)	1-4 weeks	Non-fizzy ferment	Vegetables + salt brine	Olives and lemons follow the same method but take longer (olives specifically: 3-6 months due to the oleuropein breakdown). Associated in research reviews with antibacterial effects and regulation of gut bacterial populations; some reviews also report anti-cancer, anti-diabetes, and immune-regulating effects, though much of this evidence is preliminary/mechanistic rather than large human trials. ⁹ Provides vitamin B12 — produced by bacteria during fermentation, not by the vegetables themselves. ¹⁰	1
Kimchi	65-75°F (room temp)	1-5 days at room temp, then 2-6 weeks refrigerated	Non-fizzy ferment	Vegetables + spices + salt brine (+ fish for non-vegan)	Continues slowly souring in the fridge — no fixed “done” point	2
Poi	75-85°F (Hawaii ambient)	24-48 hrs initial, up to 2-4 days for full sourness	Mild	Cooked, mashed taro + water	No salt, sugar, or added culture — wild LAB from the taro/environment	2
Fire Cider	65-75°F (room temp)	1 month	Non-fizzy ferment	Vegetables + Fruits + spices + honey (see specific recipe)	Long history of traditional use for immune support; individual ingredients (garlic, ACV, ginger, capsaicin) have supporting research; the blend itself hasn't been clinically trialed	1
Hot Sauce	65-75°F (room temp)	5-14 days (up to months for depth)	Mild gas (burp jars)	Peppers + brine	Longer = mellower heat, more complex flavor	1
Ketchup	65-75°F (room temp)	2-3 days, then refrigerate	Mild gas (burp if no airlock)	Tomato paste + whey/brine starter	Uses existing ferment liquid as starter, not wild fermentation	1
Mustard	65-75°F (room temp)	2-3 days, then blend	Minimal	Mustard seeds + acid/brine starter	Also starter-culture based, same reason it's fast	1
Gochujang	68-77°F, sunlight	3-6+ months	Non-fizzy	Meju powder + glutinous rice + chili powder + malt + salt	Traditionally fermented seasonally (winter start) in Korea	5
Fish Sauce	Room temp; some traditions use warmer temperatures (104-122°F for faster methods)	1 month minimum; traditional versions 6-18 months	Non-fizzy	Whole small fish (anchovies, etc.) + salt (roughly 2:1 to 4:1 fish-to-salt)	Self-digesting via the fish's own enzymes (autolysis), not a bacterial culture in the same sense as other ferments.	4
Miso	65-75°F (room temp)	3 weeks (white/shiro) 1-2+ years (red/aka)	Non-fizzy ferment	Soybeans + koji + salt	Fermentation releases bioactive peptides; one study linked miso consumption to reduced nighttime blood pressure. ¹¹	3
Doenjang	Cool room temp	2 months minimum	Non-fizzy	Meju brick + brine	Liquid byproduct becomes soy sauce (ganjang). This is a cousin of miso.	4

Strain	Brew Temp	Brew Time	Produces CO2/fizz or Yogurt-like	Brew Medium	Notes/Primary Target/Organ System	Ease of Use (1=easy, 5=hard)
		1-3+ years traditional				
Soy Sauce/Tamari	77-95°F koji stage, then 68-86°F during moromi fermentation	2-3 days koji-making, then 4-8 months moromi fermentation/aging	Non-fizzy	Soybeans (+ roasted wheat for soy sauce; wheat-free for tamari) + koji mold + salt brine	Tamari is the wheat-free, soybean-heavy cousin — traditionally the liquid drained from miso-making; genuine cousin of both Miso and Doenjang already on your chart	4
Tempeh	85-90°F	24-48 hrs	Non-fizzy ferment	Soybeans + starter culture	Mold-based (not gas). Self-heating as it ferments — needs monitoring so it doesn't overheat	3
Natto	100-108°F	18-24 hrs	Non-fizzy ferment	Soybeans + B. subtilis natto	Needs good airflow; overheating or over-fermenting causes an ammonia smell (sticky/stringy texture)	3
Homemade Vinegar	70-85°F	3-8 weeks Optional Aging: 4-6 months (up to 2 years) in a cool, dark place mellows harshness and deepens flavor	Minimal gas	any base — apple, wine, fruit scraps, or leftover wine + “mother” starter	Produces a “mother” (a cellulose/bacteria mat) as a visible sign of active fermentation — this is normal, not spoilage, and can be reused to start your next batch. Two-stage: alcohol first (if not starting from wine), then acetic acid conversion	2
Homemade Wine	65-75°F (72°F ideal)	Primary fermentation: 5-10 days. This is the vigorous, bubbling stage where yeast converts most of the sugar to alcohol. Secondary fermentation: 1-4 weeks, much slower and quieter, finishing the remaining conversion and allowing sediment to settle (“racking”).	Vigorous CO2 during primary — needs airlock	Fruit + sugar water (wild yeast from fruit skins, or added yeast)	This is NOT a probiotic food! Not typically framed as a “gut health” ferment — final product is alcoholic, live cultures don't carry through to drinking. Doneness is measured by a stable hydrometer reading (specific gravity), not just when bubbling slows.	3

Strain	Brew Temp	Brew Time	Produces CO2/fizz or Yogurt-like	Brew Medium	Notes/Primary Target/Organ System	Ease of Use (1=easy, 5=hard)
		Clearing/aging: additional 2-4+ weeks after fermentation stops, or longer for better flavor development.				
Homemade Beer (Ale, incl. IPA)	62-75°F	2-7 days primary, + 2-3+ weeks conditioning (IPA: + 3-7 days dry-hopping in secondary)	Vigorous CO2 — needs airlock	Malted grain + hops + yeast IPA = same process, heavier hop load + dry-hopping step; not a probiotic ferment	Not a probiotic ferment — alcohol is the end product	3
Homemade Beer (Lager)	45-55°F	2-3 weeks primary, + weeks-months cold conditioning	Vigorous CO2 — needs airlock	Malted grain + hops + yeast	Much slower/colder than ale. Not a probiotic ferment — alcohol is the end product	4
Mead	60-75°F	2-4 wks primary, + 6 wks-6+ months secondary/aging	Vigorous CO2 — needs airlock	Honey + water + wine yeast	Not a probiotic ferment — alcohol is the end product	3
Hard Cider	60-75°F (65°F ideal)	5-9 days primary, optional 2 wks-4 months aging	Vigorous CO2 — needs airlock	Apple juice/cider	Not a probiotic ferment — alcohol is the end product	3
Sake	41-48°F	48 hrs koji-making, + 18-35 days main ferment	Vigorous CO2	Polished rice + koji mold + water + yeast	“Multiple parallel fermentation” — starch-to-sugar and sugar-to-alcohol happen simultaneously; not probiotic — alcohol is the end product	5
Cured/Fermented Sausage (Salami)	68-75°F ferment, then ~50°F drying	48 hrs-7 days ferment, + weeks drying	Non-fizzy	Ground meat + fat + salt + LAB starter	Requires pH monitoring (below 5.3) and curing salts (nitrites) for safety — not a beginner home ferment like sauerkraut	5

Basic tools — needed for almost everything in the guide

Item	Why you need it
Wide-mouth glass jars (quart & half-gallon)	The vessel for yogurt, kefir, sauerkraut, kimchi, kombucha starters, etc.
Fermentation kit with weights and airlocks	This is a mixed kit that I love.
Fermentation weights (glass)	Keeps vegetables submerged under brine so they don't mold
Airlock lids or pickle pipes	Lets CO2 escape without letting air/mold spores in, for veggie ferments
Digital kitchen scale	Brine ratios (salt-to-water/vegetable weight) need to be precise, not eyeballed
Instant-read or probe thermometer	Dairy ferments live and die by hitting the right incubation temp
Fine-mesh strainer	Straining kefir grains, water kefir, whey off yogurt
Cheesecloth	Straining, covering jars during active ferments, cheese-making
pH strips	Confirms a ferment (esp. vegetables) has dropped to a safe acidity

Dairy / yogurt-style ferments (Skyr, yogurt, reuteri, gasseri, Shirota, HU58, kefir, etc.)

Item	Why you need it
Yogurt maker (Sm), Yogurt Maker XL , or sous vide immersion circulator	Holds a steady 100-115°F for 8-36+ hours, which a normal kitchen can't do reliably
Non-dairy milk maker	For anyone doing non-dairy versions from whole nuts/beans

Vegetable ferments (sauerkraut, kimchi, brined vegetables, hot sauce, etc.)

Item	Why you need it
Fermentation crock	Traditional wide vessel with a water-sealed lid, good for larger batches Personally, I love my half-gallon wide-mouth jars and the airlock. They come out perfectly every time!
Non-iodized salt	Iodized/anti-caking salt can inhibit fermentation or cloud the brine

Kombucha / tea ferments (kombucha, Jun)

Item	Why you need it
Large glass brewing vessel	Needs to be glass or ceramic — metal reacts with the acid
Flip-top/swing-top bottles	Airtight bottles for second-ferment carbonation
Brewing Starter Kit	USDA Certified Organic SCOBY & Tea, Complete Home Kombucha Making Kit with Culture (still need flip-top bottles for second brew)

Grain ferments (sourdough, amazake)

Item	Why you need it
Sourdough Starter Kit	This kit has everything you need except the dutch oven!
Dutch oven	Standard for baking a properly-crustured sourdough loaf

Alcohol ferments (wine, mead, beer, hard cider)

Item	Why you need it
Glass carboy or food-grade fermenting bucket	Primary/secondary fermentation vessel This kit that I have linked has the 1 gallon brewing jar and an airlock lid
Hydrometer	Measures sugar conversion — the real way to know when fermentation is actually done
Flip-top/swing-top bottles	Airtight bottles for second-ferment carbonation

References

Citation numbers in the Notes column above correspond to the sources below. Three references (marked with an asterisk) are lower-confidence — secondary/summary sources rather than a directly-verified primary study — and are flagged for your own follow-up check before publishing.*

1. Poutahidis T, Kearney SM, Levkovich T, et al. “Microbial Symbionts Accelerate Wound Healing via the Neuropeptide Hormone Oxytocin.” PLOS ONE. 2013;8(10):e78898. (mouse study, *L. reuteri* strain ATCC 6475)
2. Poutahidis T, Kleinewietfeld M, Smillie C, et al. “Microbial Reprogramming Inhibits Western Diet-Associated Obesity.” PLOS ONE. 2013;8(7):e68596. (mouse study, *L. reuteri* strain ATCC 6475)
3. Kim J, Yun JM, Kim MK, Kwon O, Cho B. “Lactobacillus gasseri BNR17 Supplementation Reduces the Visceral Fat Accumulation and Waist Circumference in Obese Adults: A Randomized, Double-Blind, Placebo-Controlled Trial.” Journal of Medicinal Food. 2018;21(5):454–461.
4. Takada M, Nishida K, Kataoka-Kato A, et al. “Probiotic Lactobacillus casei strain Shirota relieves stress-associated symptoms by modulating the gut–brain interaction in human and animal models.” Neurogastroenterology & Motility. 2016;28:1027–1036.
5. Mehta DS, De Souza A, Jadhav SS, Devale M. “An Open Labeled, Placebo Controlled Trial to Evaluate the Role of Probiotics — *Bacillus subtilis* HU58 and *Bacillus coagulans* SC208 on Antibiotic Associated Diarrhoea in Humans.” Biomedical Journal of Scientific & Technical Research. 2020;29(4):22679–22684.
- 6.* Lactobacillus crispatus for vaginal/urogenital health is an active area of ongoing clinical research (e.g. randomized trials of *L. crispatus*-based vaginal probiotics published in npj Biofilms and Microbiomes, 2025). This entry is lower-confidence than the others — recommend confirming current sources before publishing.
7. Zhao Y, et al. “Saccharomyces boulardii Combined With Quadruple Therapy for Helicobacter pylori Eradication: Effects on Antibiotic-Associated Side Effects.” Frontiers in Medicine. 2021;8:776955.
8. Tung JM, Dolovich LR, Lee CH. “Prevention of Clostridium difficile infection with Saccharomyces boulardii: a systematic review.” Canadian Journal of Gastroenterology. 2009;23(12):817–821.
- 9.* Liu, et al. “The health benefits of fermented fruits and vegetables and their underlying mechanisms.” Comprehensive Reviews in Food Science and Food Safety. 2024. (Bibliographic details confirmed via index; full text not independently verified — recommend a final check given the strength of the anti-cancer/anti-diabetes language before publishing.)
- 10.* University of Helsinki. “Fermentation adds vitamin B12 to plant-based foods naturally.” Press release summarizing peer-reviewed research on microbial vitamin B12 production during fermentation.
11. Künili IE, Akdeniz V, Akpınar A, et al. “Bioactive compounds in fermented foods: a systematic narrative review.” Frontiers in Nutrition. 2025;12:1625816.
12. “Salt-rising bread.” Wikipedia, The Free Encyclopedia. Summarizes published microbiology findings that the Clostridium perfringens strains involved lack toxin genes and that salt-rising bread has no recorded history of causing illness.