Prebiotic Effect

In-house study data

The fermented vegetable extract OM-X (OM-X extract) promotes the proliferation of various lactic acid bacteria which in turn plays a role of prebiotics

Objective

We examined the OM-X extract to see if it stimulates the proliferation of lactic acid bacteria which are typical good bacteria (prebiotics effect).

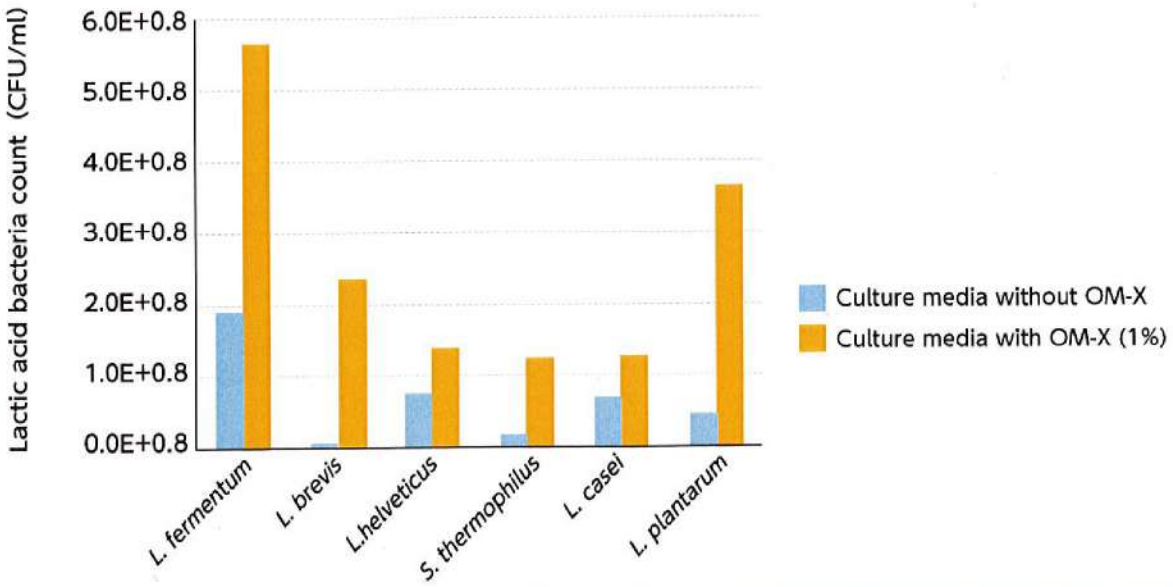
Methods

We conducted this study on 6 different strains of lactic acid bacteria. We prepared 2 types of culture media for the proliferation of lactic acid bacteria: a medium with the application of 1% of the OM-X extract and a medium without OM-X. Then, we observed the proliferating potential of each strain.

Results

Genus lactobacillus (*Lactobacillus fermentum, L. brevis, L. halveticus, L. casei and L. plantarum*) and genus streptococcus (*Streptococcus thermophilus*) showed greater proliferation potencies in the culture medium where the OM-X extract was applied than the other medium without OM-X. In the previous study, we observed greater proliferation potencies in the culture medium where the OM-X extract was applied than other media with applying dietary fiber or oligosaccharides. These results suggested that the OM-X extract plays a role of prebiotics for good bacteria.

The proliferation of lactic acid bacteria with application of OM-X



The fermented extract OM-X plays an excellent role of prebiotics for various lactic acid bacteria.