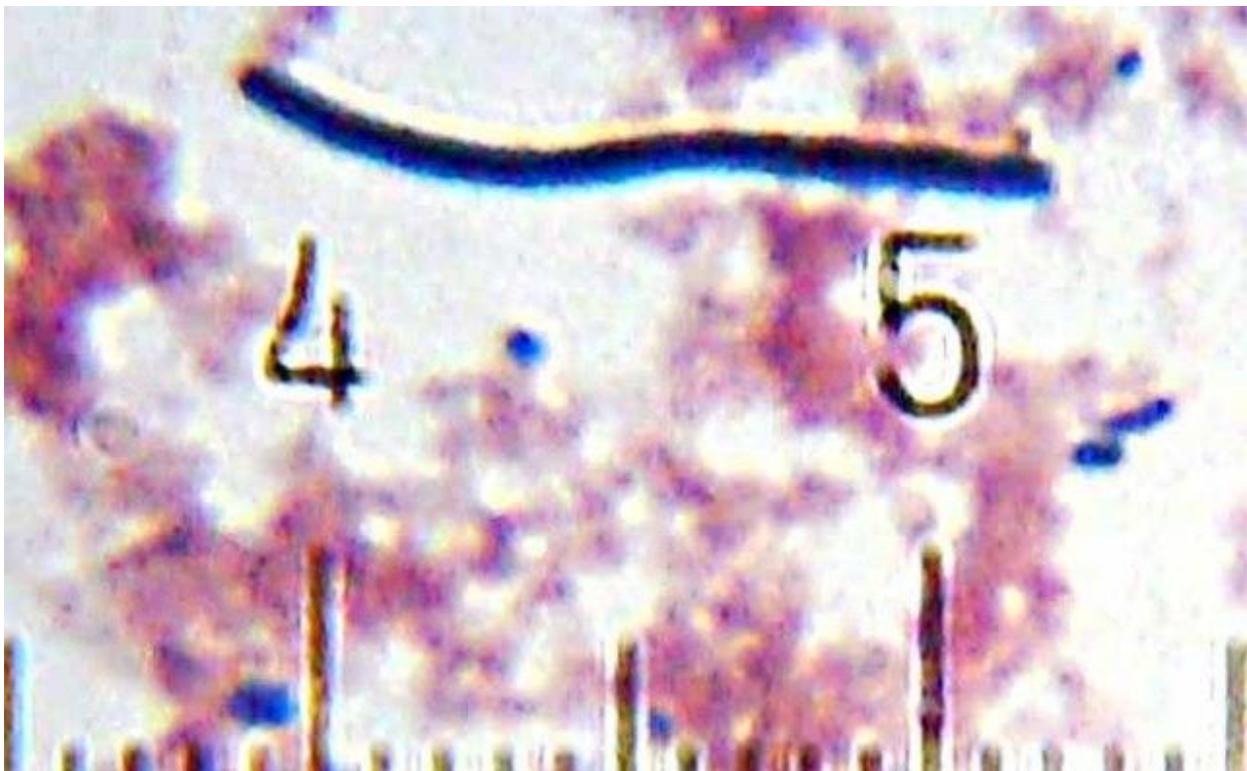


7

Lactobacillus bulgaricus (*Lactobacillus delbrueckii* SSP *Bulgaricus*) or the Bulgarian stick (so called because of its rod-like appearance).

It is one of the most famous beneficial lactobacilli. The Bulgarian doctor Stamen Grigorov first identified the bacterium *Lactobacillus bulgaricus* in 1905. It is rod-shaped with a width of 2 microns. It grows and develops up to 40–43 ° C. Above this temperature and below 15 ° C, the bacterium dies or changes.

The bacterium feeds on lactose and during fermentation, lactic acid is produced and not only but vitamins, minerals, essential amino acids and other biologically active substances.



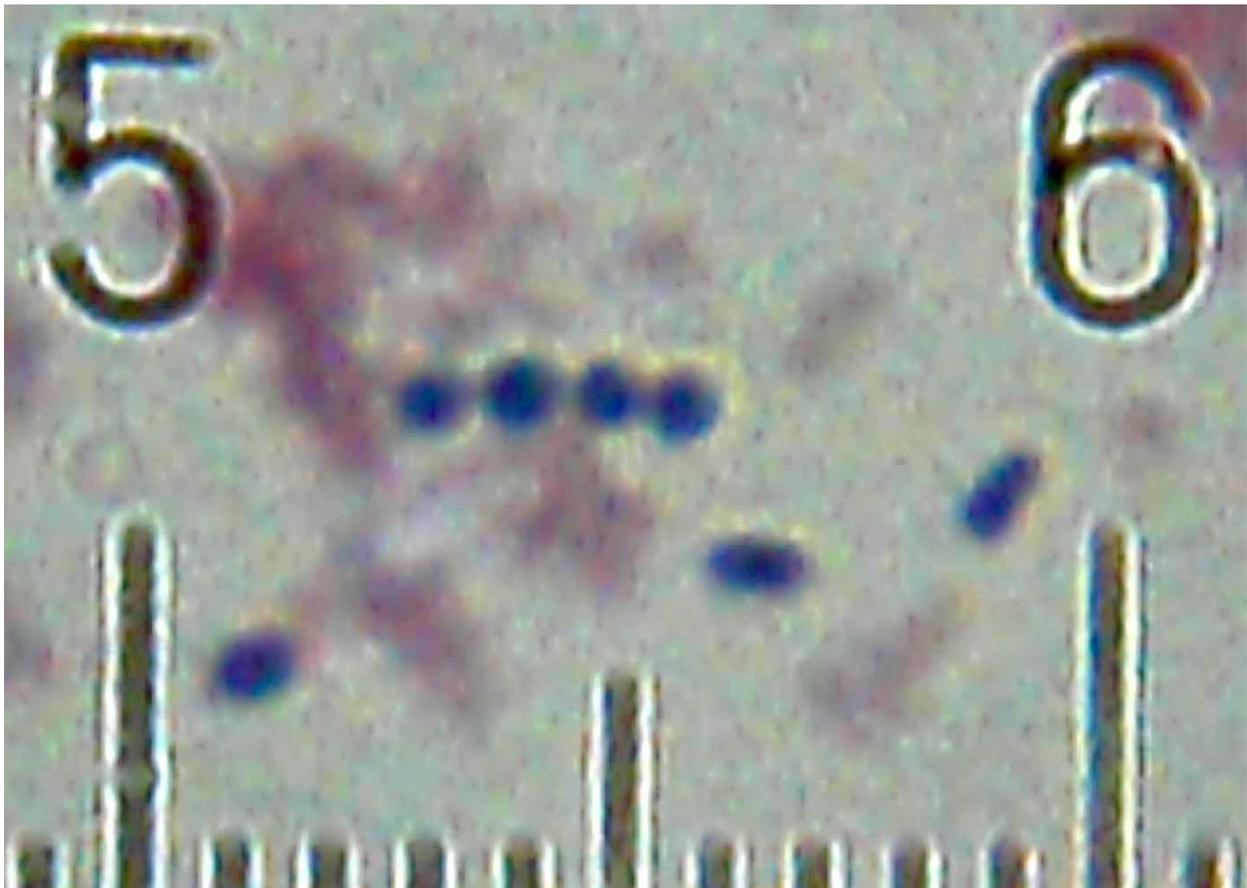
20101210_014809_LactobacillusBulgaricus

4

Streptococcus thermophilus bacterial cells are spherical or oval, 0.7–0.9 microns in diameter. They are arranged in pairs, in short and long chains. The temperature for growth is between 40 and 45 ° C. Above it and below 20 ° C it becomes hibernating or dies.

Streptococcus thermophilus rapidly increases the acidity of milk. The polysaccharides that are synthesized by this bacterium contribute to the formation of a dense smooth texture of dairy products with the characteristic pleasant sour taste and smell.

Streptococcus Thermophilus has a beneficial effect on the human body. Once in the stomach, it reduces the number of microbes, which leads to the normalization of the microflora.



20101210_020132_StreptococcusThermophilus