

PROBIOTIC CONTENT GUIDE

Fermented Vegetable Reference Chart

VEGETABLE TYPE	PRIMARY STRAINS	CFU POTENTIAL	KEY BENEFIT
Sauerkraut	L. Plantarum	High	Immune Support
Kimchi	L. Mesenteroides	Very High	Metabolic Health
Sour Pickles	L. Brevis	Moderate	Digestive Aid
Cultured Beets	L. Acidophilus	Moderate	Blood Purification
Cortido	P. Acidilactici	High	Anti-inflammatory

Print Chart