

Water Kefir Strains

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

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. pseudopantarum
L. reuteri etc
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