

Supplementary Table 1. Descriptions of codes of samples.

Sample	Description
Slh	Soy drink* fermented with 7 Log ₁₀ cells/mL load of <i>Lactobacillus helveticus</i> CBNL (lh)
Slr	Soy drink fermented with 7 Log ₁₀ cells/mL load of <i>L. rhamnosus</i> C243 (lr)
Sbb	Soy drink fermented with 7 Log ₁₀ cells/mL load of <i>Bifidobacterium bifidum</i> B700795 (bb)
Sm1	Soy drink fermented with 7 Log ₁₀ cells/mL load of a mix equally containing lh, lr, and bb (m1)
Sbl	Soy drink fermented with 7 Log ₁₀ cells/mL of <i>B. longum</i> BI12 (bl)
Sm2	Soy drink fermented with 7 Log ₁₀ cells/mL of a mix equally containing lh, lr, bb, and bl (m2)
Rlh	Rice drink** fermented with 7 Log ₁₀ cells/mL load of lh
Rlr	Rice drink fermented with 7 Log ₁₀ cells/mL load of lr
Rbb	Rice drink fermented with 57 Log ₁₀ cells/mL load of bb
Rm1	Rice drink fermented with 7 Log ₁₀ cells/mL load of m1
Rbl	Rice drink fermented with 7 Log ₁₀ cells/mL load of bl
Rm2	Rice drink fermented with 7 Log ₁₀ cells/mL load of m2
SR25lh	Soy/Rice (25/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of lh
SR25lr	Soy/Rice (25/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of lr
SR25bb	Soy/Rice (25/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of bb
SR25m1	Soy/Rice (25/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of m1
SR25bl	Soy/Rice (25/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of bl
SR25m2	Soy/Rice (25/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of m2
SR50lh	Soy/Rice (50/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of lh
SR50lr	Soy/Rice (50/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of lr
SR50bb	Soy/Rice (50/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of bb
SR50m1	Soy/Rice (50/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of m1
SR50bl	Soy/Rice (50/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of bl
SR50m2	Soy/Rice (50/75 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of m2
SR75lh	Soy/Rice (75/25 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of lh
SR75lr	Soy/Rice (75/25 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of lr
SR75bb	Soy/Rice (75/25 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of bb
SR75m1	Soy/Rice (75/25 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of m1
SR75bl	Soy/Rice (75/25 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of bl
SR75m2	Soy/Rice (75/25 % v/v) drink fermented with 7 Log ₁₀ cells/mL load of m2

* and ** indicates commercial products from Alinor, Ripalta Cremasca, Italy

Supplementary Table 2. Quantification means of bacterial cells during fermentation of drinks.

Sample	Log ₁₀ cells/mL						Delta Log ₁₀ cells/mL			
	0 h		6 h		24 h		6 h		24 h	
Slh	7.12	± 0.14 ^d	8.45	± 0.29 ^c	9.87	± 0.23 ^a	1.33	± 0.13 [†]	2.75	± 0.36 [†]
Slr	7.14	± 0.18 ^d	8.71	± 0.32 ^c	9.33	± 0.31 ^b	1.57	± 0.11 [†]	2.19	± 0.19 ^{††}
Sbb	7.04	± 0.11 ^d	8.61	± 0.24 ^c	9.63	± 0.36 ^b	1.57	± 0.13 ^{**}	2.59	± 0.12 [†]
Sm1	7.10	± 0.27 ^d	8.89	± 0.21 ^c	10.20	± 0.32 ^a	1.79	± 0.11 ^{**}	3.10	± 0.13 ^{††}
Sbl	7.09	± 0.09 ^d	8.30	± 0.25 ^c	9.19	± 0.21 ^b	1.21	± 0.20 ^{**}	2.10	± 0.26 [†]
Sm2	7.14	± 0.22 ^d	8.51	± 0.18 ^c	10.11	± 0.24 ^a	1.37	± 0.15 ^{**}	2.97	± 0.38 ^{††}
Rlh	7.17	± 0.14 ^d	7.98	± 0.19 ^a	9.16	± 0.26 ^b	0.81	± 0.09 [*]	1.99	± 0.24 [†]
Rlr	7.30	± 0.25 ^d	8.20	± 0.23 ^c	9.11	± 0.20 ^b	0.90	± 0.06 ^{**}	1.81	± 0.14 ^{**}
Rbb	7.28	± 0.07 ^d	7.82	± 0.19 ^a	9.83	± 0.22 ^a	0.54	± 0.12 [*]	2.55	± 0.10 [†]
Rm1	7.32	± 0.17 ^d	7.97	± 0.15 ^a	9.77	± 0.18 ^b	0.65	± 0.18 [*]	2.45	± 0.12 [†]
Rbl	7.25	± 0.21 ^d	8.54	± 0.22 ^c	10.05	± 0.28 ^a	1.29	± 0.21 ^{**}	2.80	± 0.16 [†]
Rm2	7.13	± 0.32 ^d	8.14	± 0.30 ^c	9.97	± 0.22 ^a	1.01	± 0.22 ^{**}	2.84	± 0.23 [†]
SR25lh	7.03	± 0.14 ^d	9.15	± 0.22 ^b	9.62	± 0.19 ^b	2.12	± 0.11 [†]	2.59	± 0.21 [†]
SR25lr	7.05	± 0.23 ^d	9.88	± 0.15 ^a	9.68	± 0.21 ^b	2.83	± 0.12 [†]	2.63	± 0.34 [†]
SR25bb	6.98	± 0.13 ^d	8.48	± 0.26 ^c	10.17	± 0.24 ^a	1.50	± 0.12 ^{**}	3.19	± 0.23 ^{††}
SR25m1	6.97	± 0.20 ^d	9.04	± 0.15 ^c	9.86	± 0.14 ^a	2.07	± 0.18 [†]	2.89	± 0.28 [†]
SR25bl	7.02	± 0.12 ^d	9.28	± 0.17 ^b	9.45	± 0.15 ^b	2.26	± 0.15 [†]	2.43	± 0.25 [†]
SR25m2	7.08	± 0.25 ^d	9.45	± 0.18 ^b	9.88	± 0.16 ^a	2.37	± 0.08 [†]	2.82	± 0.31 [†]
SR50lh	7.01	± 0.12 ^d	9.65	± 0.14 ^b	10.09	± 0.21 ^a	2.64	± 0.08 [†]	3.08	± 0.32 ^{††}
SR50lr	6.95	± 0.16 ^d	9.34	± 0.07 ^b	9.71	± 0.22 ^b	2.39	± 0.15 ^{**}	2.76	± 0.13 [†]
SR50bb	7.13	± 0.19 ^d	8.30	± 0.22 ^c	10.18	± 0.29 ^a	1.17	± 0.09 ^{**}	3.05	± 0.08 ^{††}
SR50m1	7.07	± 0.11 ^d	9.36	± 0.31 ^b	10.15	± 0.14 ^a	2.29	± 0.13 ^{**}	3.08	± 0.19 ^{††}
SR50bl	6.97	± 0.13 ^d	9.83	± 0.30 ^a	10.03	± 0.13 ^a	2.86	± 0.19 [†]	3.06	± 0.20 ^{††}
SR50m2	7.17	± 0.17 ^d	9.87	± 0.12 ^a	9.98	± 0.31 ^a	2.70	± 0.11 ^{**}	2.81	± 0.19 [†]
SR75lh	7.09	± 0.12 ^d	9.84	± 0.22 ^a	10.03	± 0.18 ^a	2.75	± 0.27 [†]	2.94	± 0.16 [†]
SR75lr	6.98	± 0.19 ^d	9.43	± 0.32 ^b	9.97	± 0.09 ^a	2.45	± 0.22 ^{**}	2.99	± 0.28 ^{††}
SR75bb	6.96	± 0.18 ^d	8.30	± 0.10 ^c	10.33	± 0.23 ^a	1.34	± 0.07 [*]	3.37	± 0.23 ^{††}
SR75m1	7.13	± 0.28 ^d	9.36	± 0.22 ^b	10.37	± 0.35 ^a	2.23	± 0.10 ^{**}	3.24	± 0.32 ^{††}
SR75bl	7.04	± 0.17 ^d	9.85	± 0.11 ^a	9.90	± 0.17 ^a	2.81	± 0.22 [†]	2.86	± 0.27 [†]
SR75m2	7.11	± 0.12 ^d	9.11	± 0.12 ^b	10.05	± 0.27 ^a	2.03	± 0.18 ^{**}	2.94	± 0.16 [†]

Different letters (for time points values) or symbols (for delta values) indicate significant differences by Tukey's HSD (honestly significant difference) test ($P < 0.05$).

Supplementary Table 3. pH means value of drinks during fermentation

Sample	pH						Delta pH	
	0 h		6 h		24 h		6 h	24 h
Slh	7.14	± 0.04 ^a	5.15	± 0.19 ^b	4.27	± 0.09 ^b	1.99 ± 0.11 [†]	2.87 ± 0.06 [†]
Slr	7.10	± 0.07 ^a	5.30	± 0.21 ^b	4.13	± 0.11 ^b	1.80 ± 0.14 [†]	2.97 ± 0.09 ^{††}
Sbb	7.04	± 0.11 ^a	6.01	± 0.14 ^a	4.21	± 0.16 ^b	1.03 ± 0.13 ^{**}	2.83 ± 0.14 [†]
Sm1	7.10	± 0.19 ^a	5.49	± 0.18 ^a	4.20	± 0.12 ^b	1.61 ± 0.18 ^{**}	2.90 ± 0.15 ^{††}
Sbl	7.09	± 0.31 ^a	5.92	± 0.18 ^a	3.99	± 0.22 ^c	1.17 ± 0.24 ^{**}	3.10 ± 0.26 ^{††}
Sm2	7.14	± 0.52 ^a	5.60	± 0.18 ^a	4.15	± 0.14 ^b	1.54 ± 0.35 ^{**}	2.99 ± 0.33 ^{††}
Rlh	7.27	± 0.03 ^a	4.88	± 0.16 ^b	3.01	± 0.06 ^d	2.39 ± 0.09 [†]	4.26 ± 0.04 ^{††}
Rlr	7.30	± 0.05 ^a	5.10	± 0.27 ^b	3.16	± 0.23 ^d	2.20 ± 0.16	4.14 ± 0.14 ^{††}
Rbb	7.28	± 0.08 ^a	5.52	± 0.16 ^a	3.63	± 0.12 ^c	1.76 ± 0.12 ^{**}	3.65 ± 0.10 ^{††}
Rm1	7.32	± 0.14 ^a	5.17	± 0.20 ^b	3.27	± 0.14 ^c	2.15 ± 0.17 [†]	4.05 ± 0.14 ^{††}
Rbl	7.25	± 0.24 ^a	5.44	± 0.19 ^b	3.69	± 0.08 ^c	1.81 ± 0.21 [†]	3.56 ± 0.16 ^{††}
Rm2	7.32	± 0.39 ^a	5.24	± 0.19 ^b	3.37	± 0.12 ^c	2.09 ± 0.29 [†]	3.95 ± 0.26 ^{††}
SR25lh	6.93	± 0.21 ^a	4.28	± 0.02 ^b	3.71	± 0.11 ^c	2.65 ± 0.11 [†]	3.22 ± 0.11 ^{††}
SR25lr	6.95	± 0.31 ^a	5.45	± 0.01 ^b	4.06	± 0.01 ^c	1.50 ± 0.16 ^{**}	2.89 ± 0.16 [†]
SR25bb	6.97	± 0.02 ^a	6.84	± 0.02 ^a	3.87	± 0.01 ^c	0.13 ± 0.02 [*]	3.10 ± 0.01 ^{††}
SR25m1	6.95	± 0.21 ^a	5.72	± 0.05 ^a	3.74	± 0.05 ^c	1.23 ± 0.13 ^{**}	3.21 ± 0.11 ^{††}
SR25bl	6.98	± 0.09 ^a	4.73	± 0.02 ^b	3.73	± 0.01 ^c	2.25 ± 0.05 [†]	3.25 ± 0.05 ^{††}
SR25m2	6.98	± 0.02 ^a	5.03	± 0.03 ^b	3.71	± 0.04 ^c	1.95 ± 0.02 [†]	3.27 ± 0.01 ^{††}
SR50lh	6.91	± 0.04 ^a	4.51	± 0.06 ^b	3.93	± 0.11 ^c	2.40 ± 0.05 [†]	2.98 ± 0.02 ^{††}
SR50lr	6.92	± 0.06 ^a	5.60	± 0.05 ^a	4.15	± 0.02 ^b	1.32 ± 0.05 ^{**}	2.77 ± 0.04 [†]
SR50bb	6.93	± 0.09 ^a	6.85	± 0.02 ^a	4.15	± 0.09 ^b	0.09 ± 0.05 [*]	2.79 ± 0.06 [†]
SR50m1	6.97	± 0.14 ^a	5.95	± 0.02 ^a	3.87	± 0.13 ^c	1.02 ± 0.08 ^{**}	3.10 ± 0.09 ^{††}
SR50bl	6.98	± 0.23 ^a	5.05	± 0.03 ^b	3.67	± 0.11 ^c	1.93 ± 0.13 [†]	3.31 ± 0.12 ^{††}
SR50m2	6.97	± 0.17 ^a	5.32	± 0.02 ^b	3.74	± 0.32 ^c	1.65 ± 0.10 ^{**}	3.23 ± 0.09 ^{††}
SR75lh	6.89	± 0.12 ^a	4.64	± 0.01 ^b	3.97	± 0.08 ^c	2.25 ± 0.07 [†]	2.92 ± 0.06 [†]
SR75lr	6.95	± 0.13 ^a	5.77	± 0.28 ^a	4.39	± 0.03 ^b	1.18 ± 0.21 ^{**}	2.56 ± 0.08 [†]
SR75bb	6.93	± 0.05 ^a	6.91	± 0.07 ^a	4.37	± 0.09 ^b	0.02 ± 0.06 [*]	2.56 ± 0.03 [†]
SR75m1	6.93	± 0.09 ^a	6.11	± 0.16 ^a	3.90	± 0.11 ^c	0.82 ± 0.12 ^{**}	3.03 ± 0.05 ^{††}
SR75bl	6.94	± 0.14 ^a	5.32	± 0.11 ^b	3.84	± 0.08 ^c	1.62 ± 0.12 ^{**}	3.10 ± 0.07 ^{††}
SR75m2	6.99	± 0.11 ^a	5.68	± 0.09 ^a	3.82	± 0.02 ^c	1.31 ± 0.10 ^{**}	3.16 ± 0.06 ^{††}

Different letters (for time points values) or symbols (for delta values) indicate significant differences by Tukey's HSD (honestly significant difference) test ($P < 0.05$).