

Table S1 Nutritional composition of milk and kefir (per 100 ml of product).

	Milk	Kefir
Energy (kj / kcal)	223 / 53	226 / 54
Carbohydrate (g)	4.5	4.8
<i>of which sugars (g)</i>	4.5	3.7
Fat (g)	2.5	2.5
<i>of which saturated fats (g)</i>	1.7	1.5
Protein (g)	3.2	3.2
Salt (g)	0.1	0.1
Lactic acid (%)	0	>0.6
Specific starter with lactic acid bacteria (CFU/g)	0	>10 ⁷
Yeast count (CFU/g)	0	>10 ²