Fermented food & supplements

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1. Introduction
By fermentation a substance is divided into simpler components until they reach their basic form. The process can stimulate vitamin and mineral absorption, can generate vitamins from B complex (including B₁₂), vitamin K, enzymes, pre/pro/para/post biotics.

Fermented drinks are the most popular liquids that contain probiotics. For example, beer and wine (with alcohol), cider, hydromel, kombucha tea (without alcohol) contain yeasts which help the metabolization of the sugars from fruits to produce alcohol in its natural form.

2. Materials and Methods
Our range 3 x Biotics contain: herbs, bee products, medicinal mushrooms fermented in SCOBY cultures.

Col-Kefir® (bovine colostrum fermented with simple & enhanced kefir granules), is conditioned in powder by atomization and formulated as a tri-biotic product.

Amrita® (polifloral pollen fermented in symbiotic bacteria and yeasts cultures) which can be found in all the Kombucell 3xBiotics products made by Pro-Natura.

3. Results and Discussion
The aerobic and anaerobic fermentation in SCOBY cultures break down pollen particles, making a wide variety of proteins, oligopeptides and all essential amino acids, hundred enzymes, vitamins, SCFA, flavonoids, polyphenols, phytosterols, auxins and nucleic acids, organic silicium, minerals.

The fermented product contains low molecular weight (LMW) peptides that have been isolated and characterized, Our study evaluated the potential of these peptides in the prevention of certain diseases so as to be considered active principles in formulas of some nutraceuticals and cosmeceuticals.

4. Figures and tables

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5. Conclusion
Due the fermentation, the products offer a variety of nutrients with veterinary and human therapeutic effects, while at the same time being a great pre/pro/post biotic complex for dermatocosmetics, food supplements.

Fermented drinks should be introduced in our daily diet and this change will bring a wide variety of benefits that include, but are not limited to: strengthening the immune system, helping with weight loss, lowering fatigue, maintaining bone, muscle, joint health (due to high vitamins, minerals, enzymes and probiotic contents).

6. References