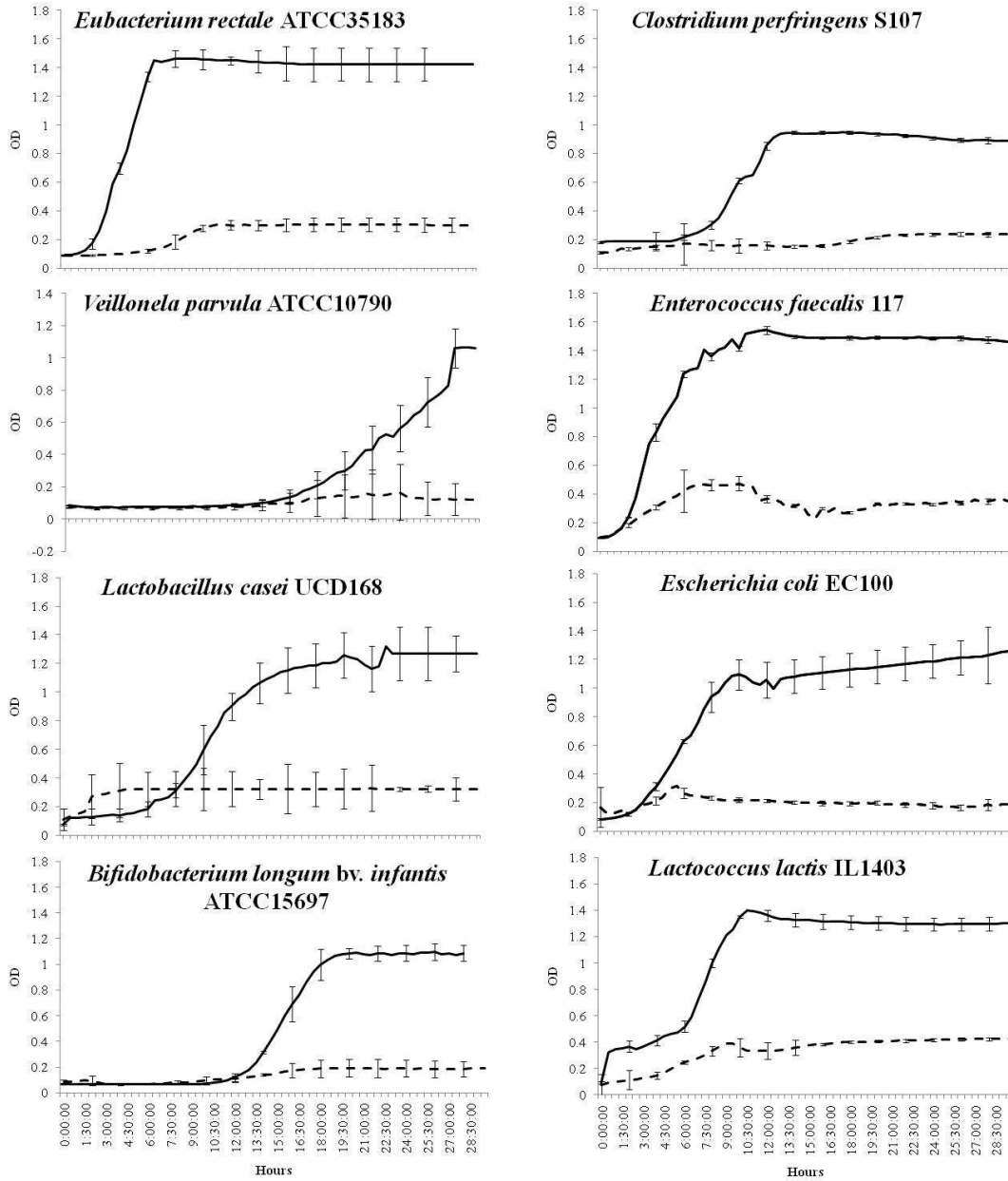


1

2 **Supplementary Figure 1.** Growth curves of *Streptococcus thermophilus* MTC330 using MRS and
 3 ZMB1 in the presence or absence of glucose



1

2 **Supplementary Figure 2.** Example of growth curves of strain belonged to gut-related species,

3 when ZMB1 (glucose 2%) (solid line) and ZMB1 without sugar (dashed line) are used as

4 culture media.

5