

**Table S1. Absolute abundances of bacteria and fungi in kefir samples after 0, 8 and 24 hours of fermentation, as determined by quantitative PCR (qPCR) measurements.**

| <b>Sample</b> | <b>Total fungi (ng of fungal DNA)</b> | <b>Total bacteria (copies of 16S rRNA gene)</b> |
|---------------|---------------------------------------|---|
| Milk 0 h      | 0.0016                                | 1.78E+05  |
| Fr1 08 h      | 0.1386                                | 7.64E+07  |
| Fr1 24 h      | 0.2179                                | 2.49E+08  |
| Ick 08 h      | 0.0542                                | 2.62E+08  |
| Ick 24 h      | 0.0972                                | 1.63E+08  |
| UK3 08 h      | 0.0896                                | 7.86E+07  |
| Uk3 24 h      | 0.3933                                | 4.22E+08  |