

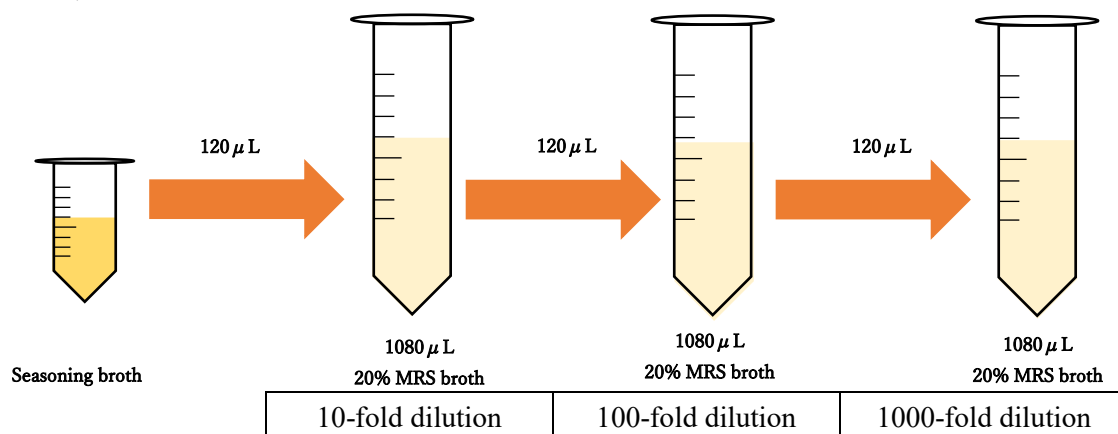
Protocol to improve growth delay of lactic acid bacteria

[Methods]

Use 20% MRS broth in serial dilutions to create samples and drop into Easy Plate.

Example:

1. Add 120 μ L of seasoning sample to 1080 μ L of 20 % MRS broth (10-fold dilution)
2. From the 10-fold dilution, add 120 μ L to 1080 μ L of 20 % MRS broth (100-fold dilution)
3. Add 120 μ L from the 100-fold dilution to the 1080 μ L of 20% MRS broth (1000-fold dilution)



Add 1mL to each Easy Plate from the 3 serial dilution and incubate at 35°C for 48 hours.

(Dilute serially so that the bacterial count is less than or equal to 250 cfu/mL)

[Materials]

Containing BD Difco MRS medium 500g (purchase price in Japan: 12,320 yen)

When culturing lactic acid bacteria, 55g is usually dissolved in 1L.

Cost: 0.3 yen for 1 serial dilution in total of 1.08mL

0.9 yen for 3 serial dilution using 3.24mL

Preparation of 20% MRS broth:

1. 1.1g MRS broth is dissolved in 100mL and autoclaved.
2. 5.5g MRS broth is dissolved in 100mL to make stock solution. Dilute with sterile water to 5-fold at the time of use.

<Improved example>

Example of improvement with *Lactobacillus*-sauce sample

Sterile saline solution	20% MRS diluted solution
