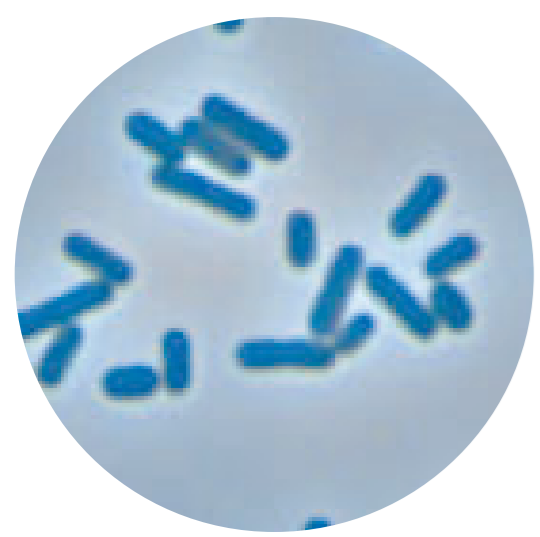
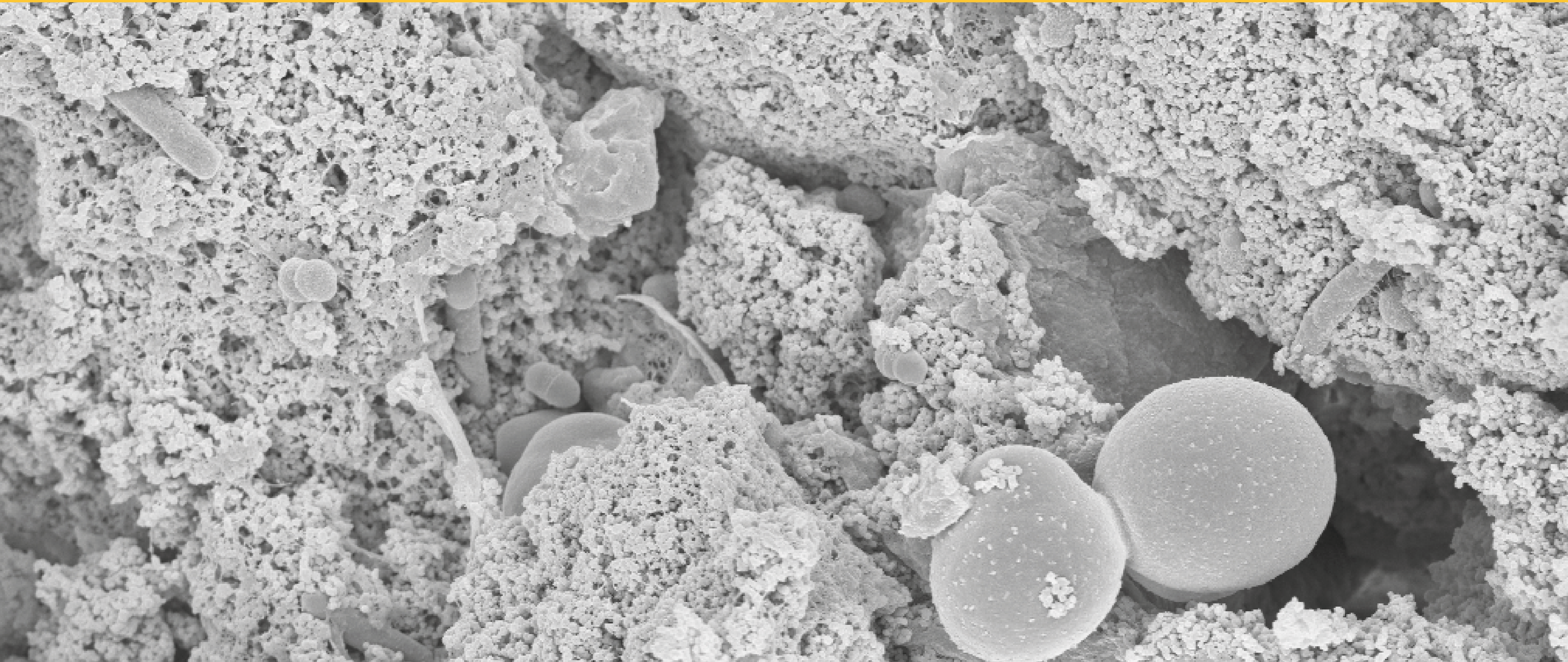


Probiotics

in

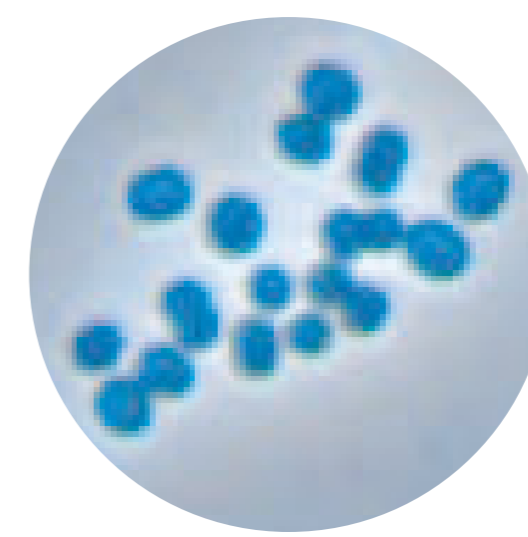
MONGOLIAN DAIRY



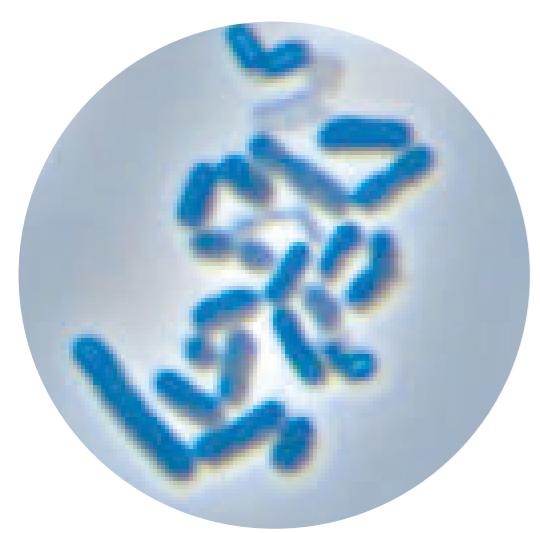
**LACTOBACILLUS
BREVIS**



**LACTOCOCCUS
LACTIS**



**PEDIOCOCCUS
ACIDILACTI**



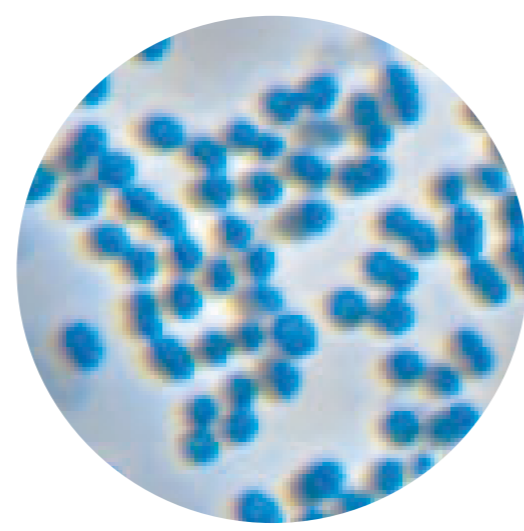
**LACTOBACILLUS
CURVATUS**



**LEUCONOSTOC
MESENTEROIDES**



**WEISSELLA
VIRIDESCENS**



**ENTEROCOCCUS
DURANS**



**LACTOBACILLUS
DELBRUCKII**



PROBIOTICS are beneficial microbes (bacteria and yeasts). They are naturally found in many fermented foods, and they are particularly rich in dairy products, such as yogurts. In Mongolia, these probiotic microbes have been hand cultured by nomadic herders since prehistory, and they are still found today in their dairy products.

By eating traditionally made

MONGOLIAN YOGURT (TAPAᠭ)

you are supporting a 5,000-year-old tradition.



This informational poster was made by the scientists of the Heiroom Microbes Project and the Dairy Cultures Project at the Max Planck Institute for the Science of Human History in partnership with the Khövsgöl Dairy Project.

