

**Table S1.** Antibacterial activity of LAB both as cells or CFSs (expressed as mm) against target bacteria by agar-well diffusion method

Strains		<i>Listeria monocytogenes</i> ATCC 19114	<i>Escherichia coli</i> ATCC 25922	<i>Salmonella</i> Typhimurium ATCC 14026	<i>Pseudomonas aeruginosa</i> ATCC 14026	<i>Staphylococcus aureus</i> ATCC 29213
<i>L. fermentum</i> LBF4	Cells	16.00±1.00	15.50±0.50	13.50±0.70	11.00±0.00	14.00±1.41
	CFS	20.00 0.00	20.00±1.00	15.50±0.70	12.00±1.41	16.00±1.41
<i>L. fermentum</i> LBF5	Cells	16.00±0.00	14.50±0.50	13.00±0.00	13.50±1.50	12.50±0.50
	CFS	19.33±0.57	18.00 ±1.00	14.66±0.57	14.50±0.70	15.33±0.47
<i>L. fermentum</i> LBF15	Cells	14.00±1.00	14.00±1.00	14.50±1.50	10.50±0.70	10.00±1.41
	CFS	18.00±0.00	17.00±1.00	13.00±0.00	11.00±1.00	15.50±0.50
<i>L. rhamnosus</i> LBF16	Cells	15.50±0.70	13.50±0.50	11.00±1.00	10.00±0.00	13.00±1.00
	CFS	18.00±0.00	17.00±1.00	14.16±1.04	14.00±0.00	16.00±0.00
<i>L. fermentum</i> LBF17	Cells	13.00±0.50	12.00±1.00	11.00±1.00	09.00±1.00	09.50±0.50
	CFS	12.66±057	12.00 ±1.00	11.66±0.57	10.00±0.00	10.66±0.57
<i>L. paracasei</i> LBF19	Cells	14.50±1.50	14.00±0.00	9.50±0.50	10.50±0.70	12.50±0.70
	CFS	17.50±0.50	17.00 ±1.00	10.5±0.70	11.50±0.70	14.25±1.06
<i>E. faecium</i> LBF20	Cells	15.50±1.50	15.50±0.50	11.00±1.00	10.00±0.50	14.50±0.70
	CFS	17.00±0.00	17.33 ±0.57	13.00±0.00	10.00±0.70	16.00±0.00

Data are expressed as mean ± standard deviation of three replicates.