

Table S1. Bacterial strains used in this study

Strain	Source	Culture temperature (°C)
<i>Lactiplantibacillus plantarum</i> subsp. <i>plantarum</i> NBRC 15891 ^T	Pickled cabbage	30
<i>Lactiplantibacillus plantarum</i> NCIMB 8826	Human saliva	37
<i>Limosilactobacillus antri</i> JCM 15950 ^T	Human stomach mucosa	37
<i>Lactobacillus gasseri</i> JCM 1131 ^T	Human intestine	37
<i>Leuconostoc mesenteroides</i> subsp. <i>sake</i> NBRC 102481	Moto (seed mash for sake fermentation)	30
<i>Bifidobacterium longum</i> subsp. <i>infantis</i> JCM 1222 ^T	Intestine of infant	37
<i>Bifidobacterium longum</i> subsp. <i>longum</i> JCM 1217 ^T	Intestine of adult	37
<i>Bifidobacterium breve</i> JCM 1192 ^T	Intestine of infant	37