

## 11: MRS MEDIUM

This recipe contains strain-specific modifications for *Lactobacillus helsingborgensis* DSM 26265 \*

Final pH: 6.2 - 6.5

Final volume: 1000 ml

|   |         |     |
|---|---------|-----|
| Casein peptone (tryptic digest)         | 10.00   | g   |
| Meat extract                            | 10.00   | g   |
| Yeast extract                           | 5.00    | g   |
| Glucose                                 | 20.00   | g   |
| Tween 80                                | 1.00    | g   |
| K <sub>2</sub> HPO <sub>4</sub>         | 2.00    | g   |
| Na-acetate                              | 5.00    | g   |
| (NH <sub>4</sub> ) <sub>3</sub> citrate | 2.00    | g   |
| MgSO <sub>4</sub> × 7 H <sub>2</sub> O  | 0.20    | g   |
| MnSO <sub>4</sub> × H <sub>2</sub> O    | 0.05    | g   |
| Fructose                                | 20.00   | g/L |
| Distilled water                         | 1000.00 | ml  |

Adjust pH to 6.2 - 6.5.

\* Plus 20 g/L Fructose