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Antioxidant boost by Tibetan Kefir grains

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Researchers from Tianjin University in China drew this conclusion after evaluating its antioxidative effects *in vitro*, and their mechanisms at molecular level.

For this study, the *in vitro* antioxidant effects of three MA2 samples, the intact cells, fermented supernatant and cell-free extract, were evaluated. It was found that the intact cells had the highest antioxidant potential capacity.

The researchers explained that this could be due to the attribution of some cell surface active compounds such as proteins or polysaccharides and lipotiechoic acid, which were observed in *L. planatarum* C88 and bifidobacteria.

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The probiotic strain *L. plantarum* MA2 could be considered a potential antioxidant strain for application in functional foods.