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NUS researchers create a healthy beer

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The health benefits of probiotics are well known. While good bacteria are often present in food that have been fermented, there are currently no beers in the market that contain probiotics. Developing sufficient counts of live probiotics in beer is a challenging feat as beers contain hop acids that prevent the growth and survival of probiotics.

For this beer, researchers used a lactic acid bacterium as a probiotic micro-organism. It utilizes sugars present in the wort to produce sour-tasting lactic acid, resulting in a beer with sharp and tart flavors. The final product, which takes around a month to brew, has an alcohol content of about 3.5 percent.

The general health benefits associated with consuming food and beverages with probiotic strains have driven demand dramatically. In recent years, consumption of craft or specialty beers has gained popularity too. This new invention is placed in a unique position that caters to these two trends.