o Fermentation is a natural process where microbes convert sugars into simpler compounds, often under anaerobic conditions.o Our relationship with probiotic bacteria is commensalism, with probiotics receiving nutrients from the food but not directly from us. o Industrial fermentation is used in the production of medicines, such as penicillin and insulin.o The next stage depends on the species of microbe, with some converting pyruvate into lactate (lactic acid fermentation) and others into alcohol and carbon dioxide (yeast fermentation).o Fermentation catabolism breaks down molecules to release energy, forming organic acids, peroxides, and bacteriocins.

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