

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.