

Conference Abstract

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Conference Abstract

KOMBUCHA: A FUNCTIONAL BEVERAGE

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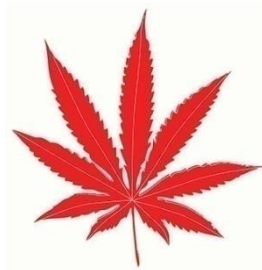
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ABSTRACT

Kombucha is a beverage made by fermenting sugared tea using a symbiotic culture of bacteria and yeasts. Important progress has been made in the past decade concerning research findings on kombucha tea and reports claiming that drinking kombucha can help in the reduction of cholesterol levels and blood pressure, reduction of cancer propagation, the improvement of liver, the immune system, and gastrointestinal functions. The beneficial effects of kombucha are attributed to the presence of bioactive compounds that act synergistically. Bacteria contained in kombucha beverage belongs to the genus *Acetobacter*, *Gluconobacter*, and the yeasts of the genus *Saccharomyces* along with glucuronic acid, contribute to health protection. Health effects on humans under controlled research are merited, because some contraindications have been reported. Thus, supporting the daily consumption of kombucha, existing reports indicate that the beneficial effects of tea are enhanced upon fermentation to kombucha.



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