



# Title: Production and Effects of Green Tea Kombucha with Blueberry and Orange Blossom Honey without caffeine as probiotic inhibitor of pathogenic bacteria

**Authors:** LAGUNA-MORALES, Leslie Asenat, SANTIESTEBAN-LÓPEZ, Norma Angelica and MALDONADO-RESÉNDIZ, Jorge Ángel

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### ECORFAN-México, S.C.

143 – 50 Itzopan Street  
La Florida, Ecatepec Municipality  
Mexico State, 55120 Zipcode  
Phone: +52 1 55 6159 2296  
Skype: ecorfan-mexico.s.c.  
E-mail: contacto@ecorfan.org  
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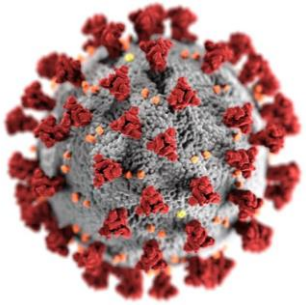
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# INTRODUCCIÓN

The background is a vibrant composition of abstract shapes. It features a large, solid yellow area on the left. To the right, there are overlapping shapes in various shades of orange and yellow. A white, wavy shape is positioned at the top center. In the top right corner, there is a pattern of small, dark blue dots. The bottom right corner is filled with a series of parallel white diagonal lines.



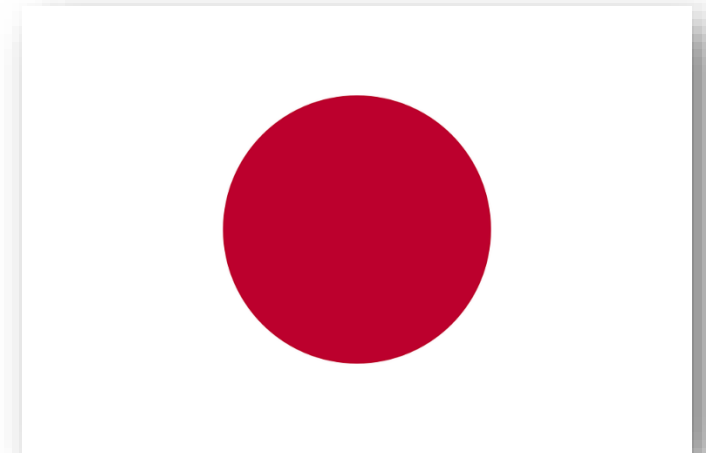
Fuente:  
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Según la encuesta realizada por Sami y colaboradores en 2021, de las 312 personas encuestadas en 2020, un total de 137 apoyaba el consumo de alimentos funcionales como un medio para prevenir una infección (Sami *et al.*, 2021).

## ALIMENTOS FUNCIONALES

- FOSHU (Food with Specific Health Uses)

Aquellas bebidas y alimentos capaces de proveer beneficios a la salud mediante sustancias específicas (Saarela. 2011).



Fuente: <https://pixabay.com/>

# PROBIÓTICOS

- Regulan la homeostasis
- La formación de células T regulatorias
- Ayudan a la producción de metabolitos que inhiben a TNF- $\alpha$  y el complejo proteico NF-kB relacionado a cáncer (Darmawan *et al.*, 2020).

En 2006, la FAO/OMS otorga una definición en base a estas dos ideas, describiendo a los probióticos como aquellos microorganismos vivos que administrados en cantidades adecuadas ( $> 6-7 \log \text{ UFC/g}$ ) son capaces de conferir beneficios a la salud del huésped.



Fuente: <https://www.pexels.com/es-es/>



Fuente: <https://www.pexels.com/es-es/>

# KOMBUCHA

Asociada a:

- Protección contra diversas patologías producidas por ROS
- Efectos antimicrobianos
- Propiedades desintoxicantes
- Generación de bioactivos como vitaminas
- Ayuda ante el daño causado por antibióticos
- Antioxidantes (Uțoiu *et al.*, 2018).

## SCOBY

Symbiotic Colony Of Bacteria  
and Yeast

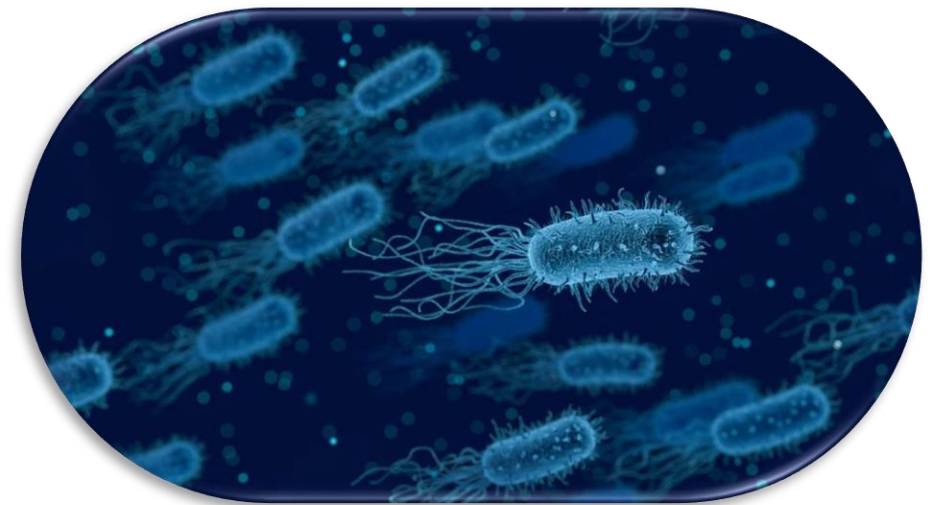


Fuente: <https://www.flickr.com/>

# Composición microbiana

Jayabalan y colaboradores en 2014 indicaron la presencia de 14 aminoácidos, además de aminas biogénicas, purinas, proteínas, pocas enzimas hidrolíticas, pigmentos, lípidos, etanol, materia activa antibióticamente, minerales, aniones, DSL, productos de la levadura y metabolitos bacterianos (Abel, & Andreson, 2020).

- *Bacterium*
- *Gluconoacetobacter*
- *Gluconobacter*
- *Halomonas*
- *Herbaspirillum*
- *Komagataeibacter*



Fuente: <https://pixabay.com/>

Los compuestos varían en torno al tipo de té:  
**El té verde posee una mayor cantidad de estos compuestos.**

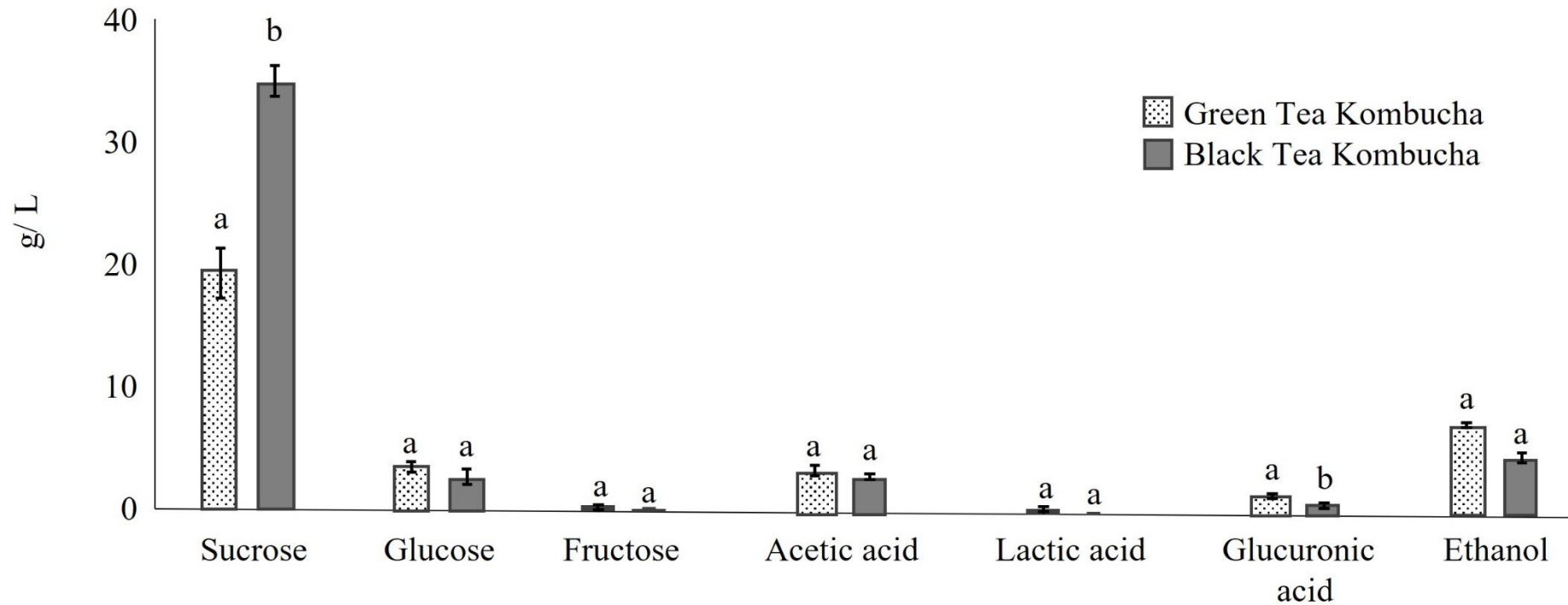


Figura 1. Elaboración propia "Figure 1. Chemical composition of the kombuchas. Results were expressed as mean of three repetitions. Error bars indicate  $\pm$  standard deviation. Means followed by the same letter, for the same análisis, are not significantly different ( $p < 0.05$ ).” Source: (Cardoso et al., 2020).

TABLE. ANTIBACTERIAL ACTIVITY OF KOMBUCHA<sup>a</sup>

Camellia sinensis type	Tested extracts	pH	Inhibition zone diameter (mm) <sup>a</sup> of target bacteria						
			<i>Staphylococcus epidermidis</i>	<i>Staphylococcus aureus</i>	<i>Micrococcus luteus</i>	<i>Salmonella typhimurium</i>	<i>Escherichia coli</i>	<i>Listeria monocytogenes</i>	<i>Pseudomonas aeruginosa</i>
			CIP 106510	ATCC 25923	NCIMB 8166	LT2	ATCC 35218	ATCC 19115	ATCC 27853
Black Tea	Fermented infusion (K <sub>BT</sub> ) <sup>b</sup>	2.59	18.5 ± 2.1	14.5 ± 2.1	16.5 ± 0.7	14.0 ± 1.4	10.5 ± 0.4	18.5 ± 2.1	19.0 ± 1.4
	Neutralized kombucha <sup>c</sup>	7.00	N.A.	9.5 ± 0.7	10.0 ± 0.0	N.A.	N.A.	N.A.	N.A.
	Unfermented infusion <sup>d</sup>	5.14	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.
	Acidified infusion <sup>e</sup>	2.59	N.A.	N.A.	N.A.	N.A.	N.A.	27.0 ± 1.4	15.5 ± 0.70
	Heat-denatured Kombucha <sup>f</sup>	2.59	16.5 ± 0.7	13.5 ± 2.1	13.5 ± 2.1	12.0 ± 0.0	13.0 ± 0.0	N.A.	11 ± 0.0
Green Tea	Fermented tea (Kombucha) <sup>b</sup>	2.54	22.0 ± 1.4	12.0 ± 0.0	22.0 ± 2.8	14.0 ± 1.4	14.5 ± 0.7	21.5 ± 2.1	18.0 ± 0.4
	Neutralized kombucha <sup>c</sup>	7.00	12.5 ± 0.7	N.A.	14.5 ± 0.7	N.A.	N.A.	N.A.	N.A.
	Unfermented tea <sup>d</sup>	5.08	10.0 ± 0.0	N.A.	16.0 ± 0.8	N.A.	N.A.	10.5 ± 0.7	N.A.
	Acidified tea <sup>e</sup>	2.54	27.0 ± 0.0	26.5 ± 0.7	20.5 ± 0.7	18.5 ± 0.7	13.0 ± 0.0	23.5 ± 2.1	13.0 ± 0.0
	Heat-denatured Kombucha <sup>f</sup>	2.54	19.0 ± 0.0	16.0 ± 1.4	19.5 ± 0.7	11.0 ± 1.4	12.0 ± 0.0	21.5 ± 2.1	9.0 ± 0.0

a Inhibition zone diameter (mean and standart deviation including wells diameter of 6 mm).

b Fermented infusion (Kombucha) at natural pH value without any adjustment.

c Neutralized kombucha: pH 7 fermented infusion adjusted with 1 M NaOH.

d Unfermented infusion prepared in the same way as that for making Kombucha, and 1 M HCL or 1 M NaOH was used to adjust their pH.

e Acidified infusion with acetic acid according to the acidity of Kombucha samples.

f Heat-denatured fermented infusions were treated at 120 C for 20 min.

N.A., no activity revealed.

# CAPACIDAD ANTIMICROBIANA

Tabla 1 Elaboración propia "TABLE. ANTIBACTERIAL ACTIVITY OF KOMBUCHA." Source: (Battikh et al., 2013).



# TÉ VERDE



Planta *Camellia Sinesis* (Mora et al., 2013).

- *Compuestos de xantina*
- *Polifenoles (flavonoides)*
- *Los catecoles*
- *Taninos catequinos*
- *Ácidos organicos*

Fuente: <https://www.pexels.com/es-es/>

# ARÁNDANO & MIEL DE FLOR DE AZAHAR

- *Vaccinium spp.*
- *Citrus sinensis*
- Los flavonoides  
(Parmenter et al., 2021).



Fuente: <https://www.pexels.com/es-es/>

# Cafeína



Fuente: <https://www.pexels.com/es-es/>

Ingesta diaria de 400 mg al día de cafeína no genera efectos adversos en la salud (equivalente a 10 g). Sin embargo, al exceder esta dosis podemos encontrar efectos en huesos, presión arterial, frecuencia cardíaca, colesterol, estado de ánimo, sueño, dolor de cabeza y abstinencia (Doepker, *et al.*, 2018).

Rango de 141-338 mg/L dependiendo la marca (Ramírez-Aristizabal *et al.*, 2016).

# METODOLOGÍA

The background is a vibrant composition of abstract shapes. It features a large, solid yellow area on the left. To the right, there are overlapping shapes in various shades of orange and yellow. A white, wavy shape is positioned at the top center. In the top right corner, there is a pattern of small, dark blue polka dots. The bottom right corner is filled with a series of parallel white diagonal lines.

# PRIMERA FERMENTACIÓN



1°



2°



3°



4°



5°



6°

- 3 litros usamos 6 sobres
- Adición de azúcares a los 7 días
- 30 días de fermentación
- 24°C

# SEGUNDA FERMENTACIÓN



1°



2°



3°



4°



5°

Concentrado de Kombucha de 1° Fermentación

# EVALUACIÓN SENSORIAL



1°

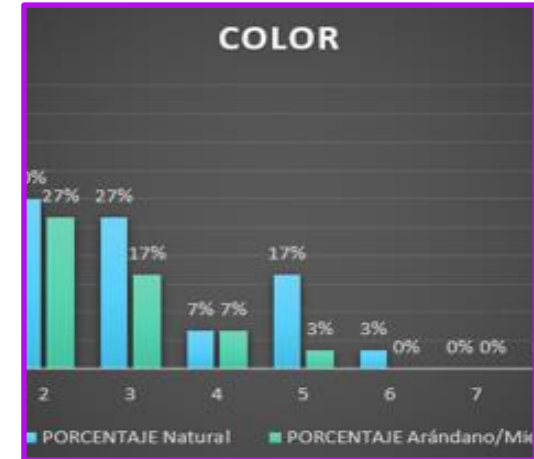


2°

Edad:

COLOR	Me gusta muchísimo
	Me gusta mucho
	Me gusta moderadamente
	Me gusta ligeramente
	Ni me gusta ni me disgusta
	Me disgusta ligeramente
	Me disgusta moderadamente
	Me disgusta mucho
	Me disgusta muchísimo

3°



4°






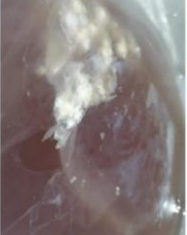


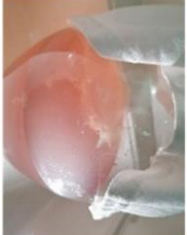






30 personas mayores de 18 años

# RESULTADOS

The background features a vibrant yellow and orange color palette. It includes several organic, wavy shapes in white and light yellow. A pattern of small dark blue dots is visible in the upper right corner. In the lower right, there are white diagonal lines forming a hatched pattern over an orange area.

# PRIMERA FERMENTACIÓN









- 7 días-21°C
- 23 días -24 °C
- pH 3.2 con un máximo de 4.2. (Martínez *et al.*, 2018).
- pH 2.12

<b>Date</b>	July 23th, 2021	July 24th, 2021	July 25th, 2021	July 26th, 2021
<b>Monitoring photo</b>				
<b>Date</b>	July 27th, 2021	July 28th, 2021	July 29th, 2021	July 30th, 2021
<b>Monitoring photo</b>				
<b>Date</b>	July 31th, 2021	August 1st, 2021	August 2st, 2021	August 3st, 2021
<b>Monitoring photo</b>				
<b>Date</b>	August 4st, 2021	August 5st, 2021	August 6st, 2021	SCOBY- August 6st, 2021
<b>Monitoring photo</b>				



# SEGUNDA FERMENTACIÓN

- 7 días-24°C
- pH miel: 4.14
- pH arándano azul: 2.48
- pH 2.53

Date	Before fermentation	August 7st, 2021	August 8st, 2021	August 9st, 2021
Monitorin g photo				
Date	August 10st, 2021	August 11st, 2021	August 12st, 2021	August 13st, 2021
Monitorin g photo				

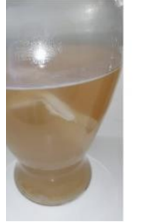
# KOMBUCHA NATURAL

- pH inicial 3.64
- pH final 2.75

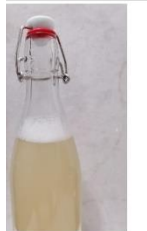
*Fuente: Elaboración propia*



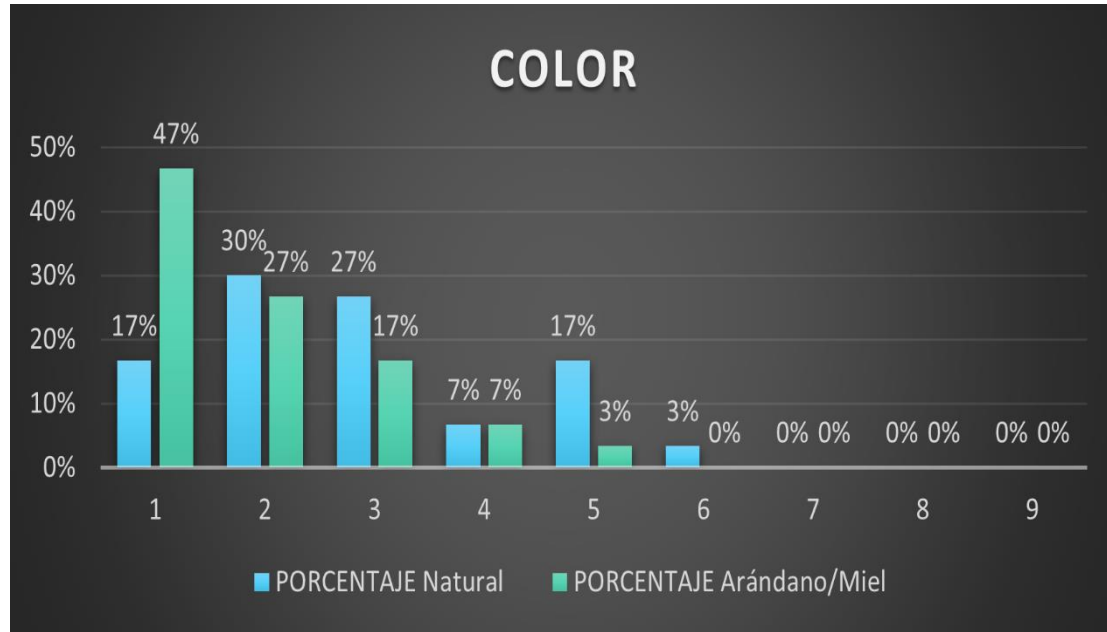
August  
t, 2021



August  
t, 2021

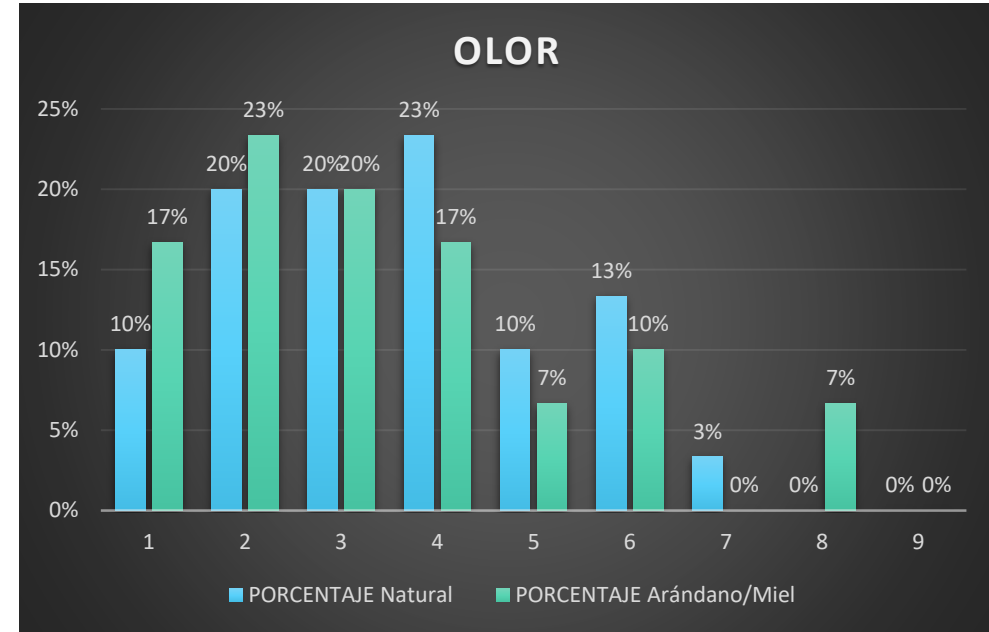


# ESTUDIO SENSORIAL



**97%** de la población le agradó  
**3%** ni le agradó ni le desagradó

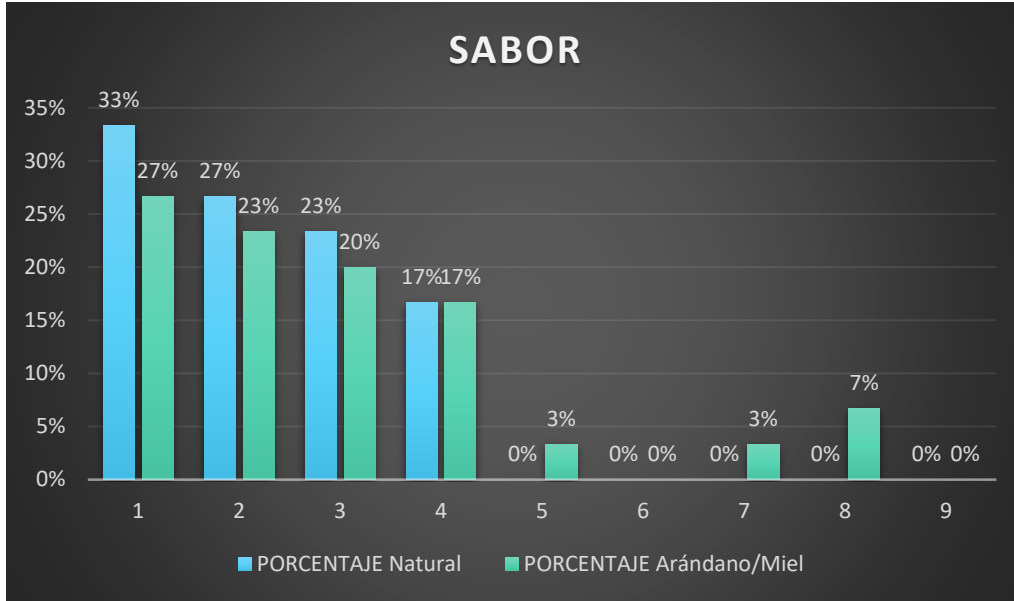
**80%** de la población le agradó  
**17%** ni le agradó ni le desagradó  
**3%** le desagradó.



**76%** de la población le agradó  
**7%** ni le agradó ni le desagradó  
**17%** le desagradó.

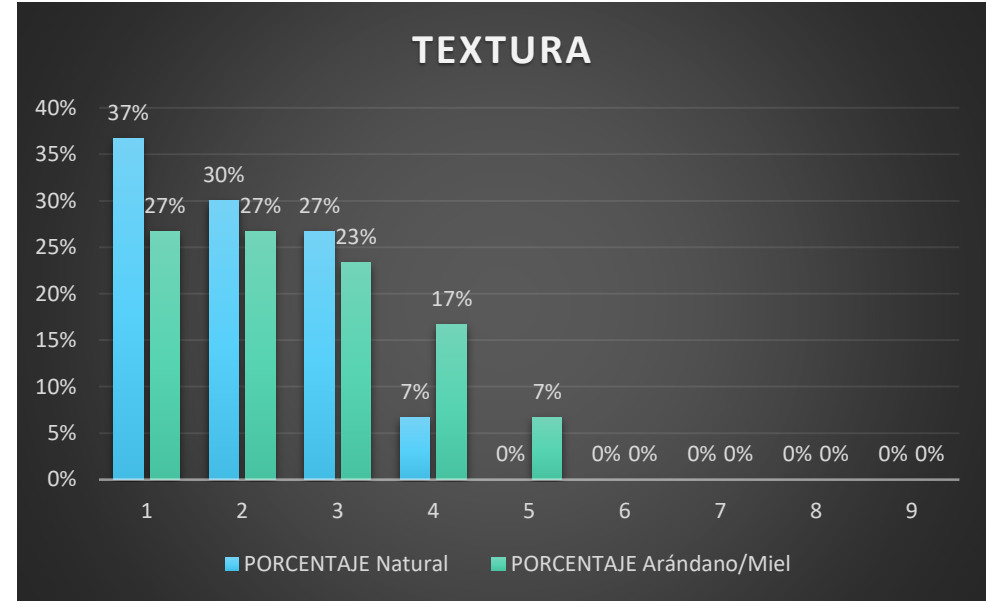
**74%** de la población le agradó  
**10%** ni le agradó ni le desagradó  
**16%** le desagradó.

# ESTUDIO SENSORIAL



**87%** de la población le agradó  
**3%** ni le agradó ni le desagradó

**100%** de la población le agradó



**93%** de la población le agradó  
**7%** ni le agradó ni le desagradó

**100%** de la población le agradó

# CONCLUSIONES

The background features a vibrant yellow and orange color palette. It includes several abstract, organic shapes in white and light yellow. A pattern of small dark blue dots is visible in the upper right corner. In the lower right, there are diagonal white lines on an orange background.



*Fuente: Elaboración propia*

Se logró:

- *Obtención SCOBY*
- *propiedades antioxidantes potenciadas*
- *Color y Olor fue la kombucha de sabor*
- *Textura y Sabor fue la kombucha natural*

**A MEJORAR**

Temperatura y tiempo

# REFERENCIAS

The background features a vibrant yellow and orange color palette. It includes several abstract shapes: a large white shape at the top left, a white shape with a black polka-dot pattern at the top right, a large white shape with a black polka-dot pattern at the bottom right, and a white shape with a black diagonal line pattern at the bottom right. The text 'REFERENCIAS' is centered in a bold, dark blue font.

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