

Table S2. Groups of components for preparation of acid whey-based culture media for cultivation of *L. plantarum* KB2 LAB 03.

Group	Compounds	Concentration (%)
A	Yeast extract (BTL, Poland)	0.8
	Peptone K (BTL, Poland)	1.4
M	Ammonium citrate (Chempur, Poland)	0.2
	Dipotassium phosphate (Chempur, Poland)	0.2
	Sodium acetate (Chempur, Poland)	0.5
	Magnesium sulfate heptahydrate (Chempur, Poland)	0.02
	Magnesium sulfate tetrahydrate (Chempur, Poland)	0.005

Table S3. Compositions of acid whey-based culture media for cultivation of *L. plantarum* KB2 LAB 03.

Medium	A [g / 100 mL]	M [g / 100 mL]
A100 M100	2.20	0.92
A100 M50	2.20	0.46
A100 M25	2.20	0.23
A100 M12.5	2.20	0.12
A50 M100	1.10	0.28
A50 M50	1.10	0.46
A50 M25	1.10	0.23
A50 M12.5	1.10	0.12
A25 M100	0.56	0.28
A25 M50	0.56	0.46
A25 M25	0.56	0.23
A25 M12.5	0.56	0.12
A12.5 M100	0.28	0.28
A12.5 M50	0.28	0.46
A12.5 M25	0.28	0.23
A12.5 M12.5	0.28	0.12