

Table S1. Different carbon sources used in the Ruthenium Red assay

Media	Glucose (g/l)	Sucrose (g/l)
MRS	20	-
MRS + sucrose	20	10
MRS w/o glucose + sucrose	-	20
PCA	20	-
PCA + sucrose	20	10

Table S2. Growth compatibility assay in which plus (+) means inhibition and minus (-) means growth among all strains.

Donor strain	C9O4	LT52	LT53	O13	LT100	DMSZ20259	DMSZ20081
C9O4	-	-	-	-	-	-	-
LT52	-	-	-	-	-	-	-
LT53	-	-	-	-	-	-	-
O13	-	-	-	-	-	-	-
LT100	-	-	-	-	-	-	-
DSM20259	-	-	-	-	-	-	-
DSM20081	-	-	-	-	-	-	-

Figure S1. Glucose calibration curve used for EPS quantification (0-750 mg/L).

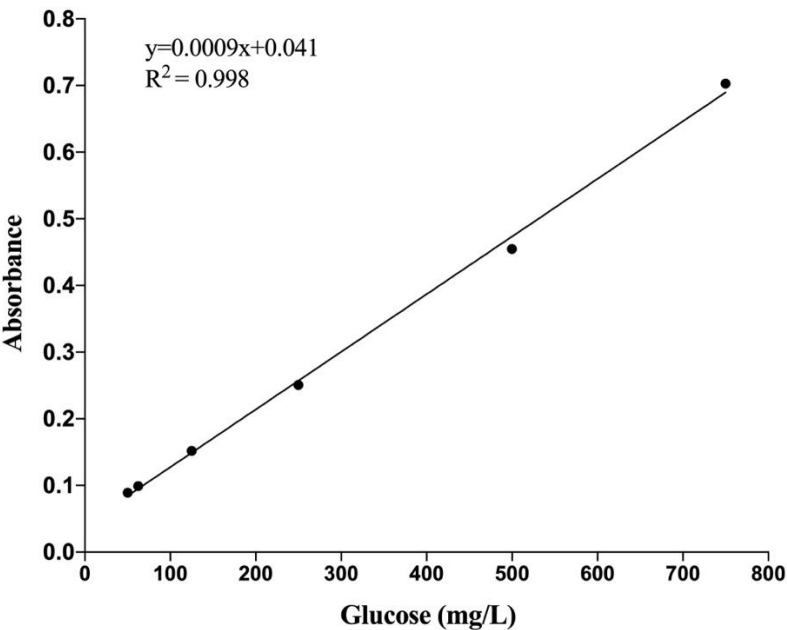


Figure S2. Evaluation of viability of human intestinal cells incubated with undigested fermented milks at different concentrations: A) 5 $\mu\text{L}/\text{mL}$, B) 10 $\mu\text{L}/\text{mL}$ and C) 20 $\mu\text{L}/\text{mL}$. Data are reported as mean values $\pm$ SEM and they were statistically analyzed using One-Way Anova followed by Tukey's multiple comparisons test ($p > 0.05$).

