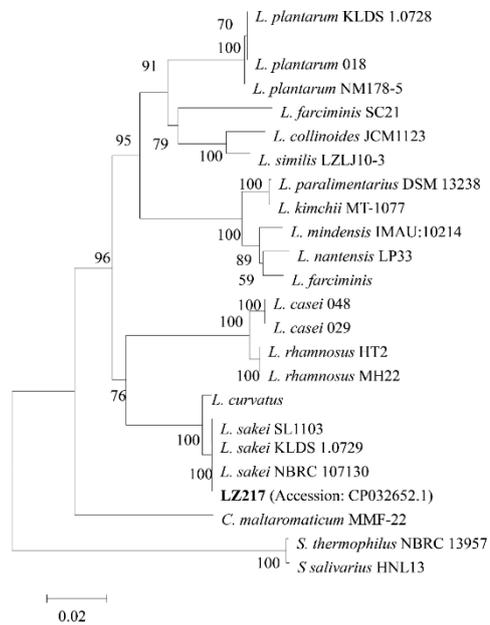
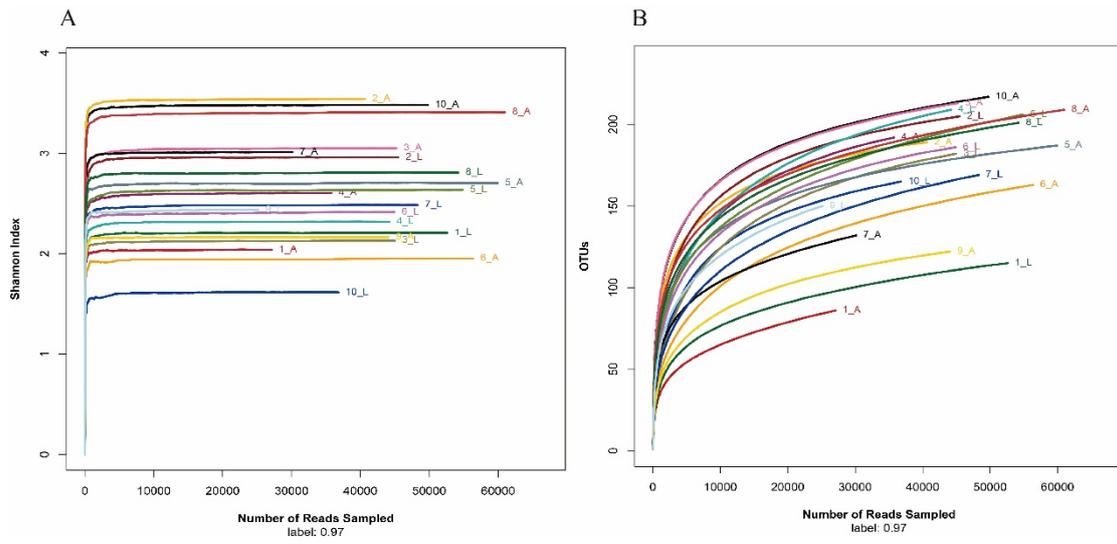


## Supplementary Material

### Figure Captions



**Figure S1.** The phylogenetic tree of *Lactobacillus sakei* LZ217 based on 16S rDNA sequence.



**Figure S2.** Shannon curves and rarefaction curves. (A) Shannon index of sample sequence. (B) The rarefaction curve obtained from the sample sequencing. Note: 1-10 indicates volunteer number, "\_A" for the VIS group, "\_L" for VIL group.

**Tables****Table S1.** Screening of folate producers from raw cow milk.

Strain	Growth in Folic Acid Assay Broth	Extracellular folate (ng/mL)	Intracellular folate (ng/mL)	Total folate (ng/mL)
LZ54	-	ND	ND	ND
LZ55	-	ND	ND	ND
LZ201	-	ND	ND	ND
LZ202	-	ND	ND	ND
LZ216	-	ND	ND	ND
LZ225	-	ND	ND	ND
LZ231	-	ND	ND	ND
LZ204	-	ND	ND	ND
LZ217	+	37.88 ± 0.02	201.82 ± 0.06	239.70 ± 0.03
LZ220	+	4.20 ± 0.05	1.30 ± 0.05	5.50 ± 0.02
LZ221	-	ND	ND	ND
LZ223	-	ND	ND	ND
LZ229	-	ND	ND	ND
LZ232	-	ND	ND	ND
LZ206	+	19.44 ± 0.01	42.62 ± 0.05	62.06 ± 0.03
LZ227	-	ND	ND	ND

LZ228	-	ND	ND	ND
LZ4	+	$41.11 \pm 0.03$	$102.90 \pm 0.07$	$144.01 \pm 0.01$
LZ8	+	$83.65 \pm 0.05$	$92.81 \pm 0.02$	$176.46 \pm 0.05$
LZ9	+	$4.59 \pm 0.02$	$41.40 \pm 0.05$	$45.99 \pm 0.04$
LZ222	-	ND	ND	ND

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Note: 'ND' means not detected.