CONTENTS

List of Tables

List of Figures

List of Abbreviations

%	Percentage
&	And
°C	Degree Celsius
µ	Micro
µg	Microgram
µg/µL	Microgram per microlitre
µL	Microlitre
µM	Micro molar
10-formyl-THF	10-formyltetrahydrofolate
5,10-methenyl-THF	5,10-methenyltetrahydrofolate
5,10-methylene-THF	5,10-methylenetetrahydrofolate
5-formimino-THF	5-formiminotetrahydrofolate
5-formyl-THF	5-formyltetrahydrofolate
5-MTHF	5- methyltetrahydrofolate
APP	Amyloid precursor protein
ATCC	American Type Culture Collection
bp	Base pair
CAGR	Compound annual growth rate
CFU	Colony forming unit
CFU/mL	Colony forming units per millilitre
Conc.	Concentrated
CSF	Cerebrospinal fluid
DHF	Dihydrofolate
DNA	Deoxyribo nucleic acid
dNTPs	Deoxynucleotide phosphates
DO	Dissolved oxygen
DRI	Daily recommended intake
EDTA	Ethylenediaminetetraacetic acid
eNOS	Endothelial nitric oxide synthase
EPS	Exopolysaccharides
FAA medium	Folic acid assay medium

FAC medium	Folic acid casei medium
FBP	Folate binding proteins
FDA	U.S. Food and Drug Administration
FOS	Fructooligosaccharides
g	Gram
GM LAB	Genetically modified lactic acid bacteria
GOS	Galactooligosaccharides
GRAS	Generally recognized as safe
GTP	Guanosine triphosphate
h	Hour
HDL	High density lipoprotein
IBDs	Inflammatory bowel diseases
IBS	Irritable bowel syndrome
ICFE	Intracellular cell free extract
IDF	International Dairy Federation
Kb	Kilo base
KDa	Kilo Dalton
L	Litre
LAB	Lactic acid bacteria
LB broth	Luria Bertani broth
LDL	Low density lipoprotein
M	Molar
MBV	Minimum of biovalue
mg	Milligram
mg/mL	Milligram per millilitre
min	Minute(s)
mL	Millilitre
MRS medium	de Man Rogosa Sharpe medium
mMRS medium	Modified MRS medium
MTCC	Microbial Type Culture Collection and Gene Bank
MTHFR	Methylene tetrahydrofolate reductase
NCIM	National Collection of Industrial Microorganisms
ng	Nanogram

ng/mL	Nanogram per millilitre
NICE	Nisin controlled gene expression system
NK cells	Natural killer cells
NTDs	Neural tube defects
PABA	Para aminobenzoic acid
PGA	Pteroyl glutamic acid
pM	Pico molar
RDA	Recommended dietary allowance
ROS	Reactive oxygen species
rpm	Revolutions per minute
s	Seconds
SAM	S-adenosyl methionine
SCFA	Short chain fatty acids
SD	Standard deviation
SDS	Sodium dodecyl sulphate
SEM	Scanning electron microscope
SGJ	Simulated gastric juice
SIJ	Simulated intestinal juice
TA	Titratable acidity
TAE buffer	Tris-Acetic acid-EDTA buffer
TE buffer	Tris -EDTA buffer
THF	5,6,7,8- tetrahydrofolate
UHT	Ultra high temperature
USDA	The United States Department of Agriculture
UTI	Urinary tract infection
v/v	Volume / Volume
w/v	Weight / Volume
w/w	Weight / Weight