



# Polyphenols in kombucha: impact of infusion time on extraction and investigation of their behavior during "fermentation"

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Thierry Tran, Cosette Grandvalet, François Verdier, Antoine Martin, Hervé Alexandre, et al.. Polyphenols in kombucha: impact of infusion time on extraction and investigation of their behavior during "fermentation". Wine Active Compounds 2022, Jun 2022, Dijon, France. . hal-03773246

HAL Id: hal-03773246

<https://institut-agro-dijon.hal.science/hal-03773246>

Submitted on 9 Sep 2022

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# Polyphenols in kombucha: impact of infusion time on extraction and investigation of their behavior during “fermentation”

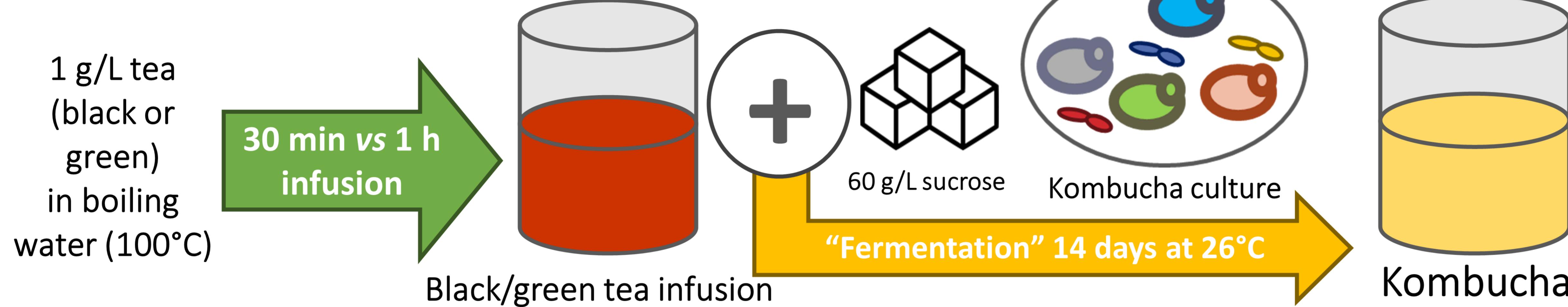
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Kombucha is a non-alcoholic beverage made of sugared tea that is transformed by a symbiotic consortium of yeasts and bacteria. Polyphenols are expected to be responsible of several health benefits attributed to kombucha consumption, among other metabolites. Evidence point at an enhancement of tea polyphenol bioactivity during kombucha elaboration. This study investigated the impact of tea infusion time and of kombucha “fermentation”, on the tea polyphenols and the color. Most of the present experiments have been carried out during a 3<sup>rd</sup> year Bachelor training by Shane Fennell from Carlow Institute of Technology (Ireland).

## Material and methods

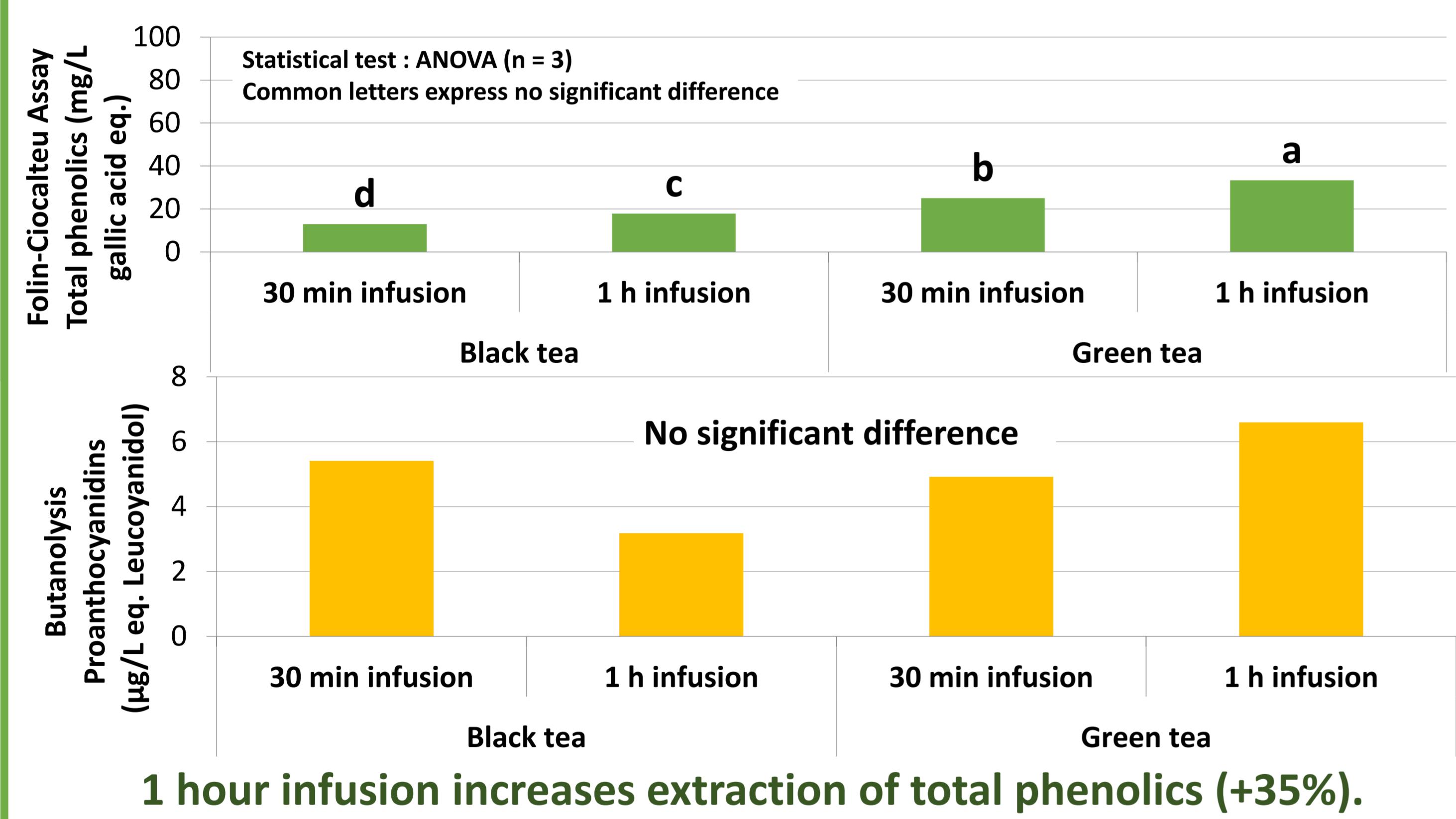


### Analytic methods:

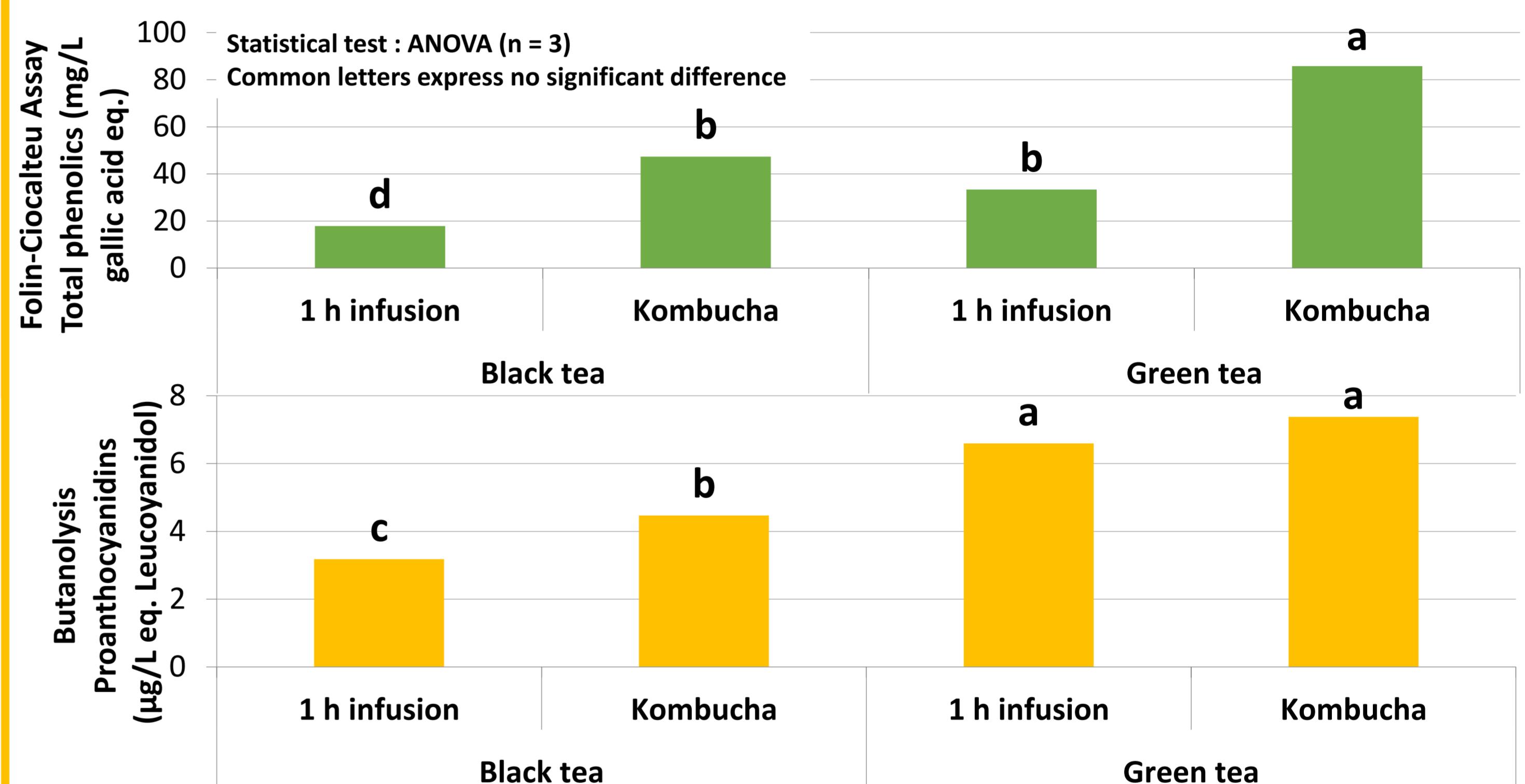
- Total phenolics compounds (Folin-Ciocalteu Assay)
- Proanthocyanidin content (C18 solid phase extraction + butanolysis)
- Colorimetry (CIELAB)

## Results

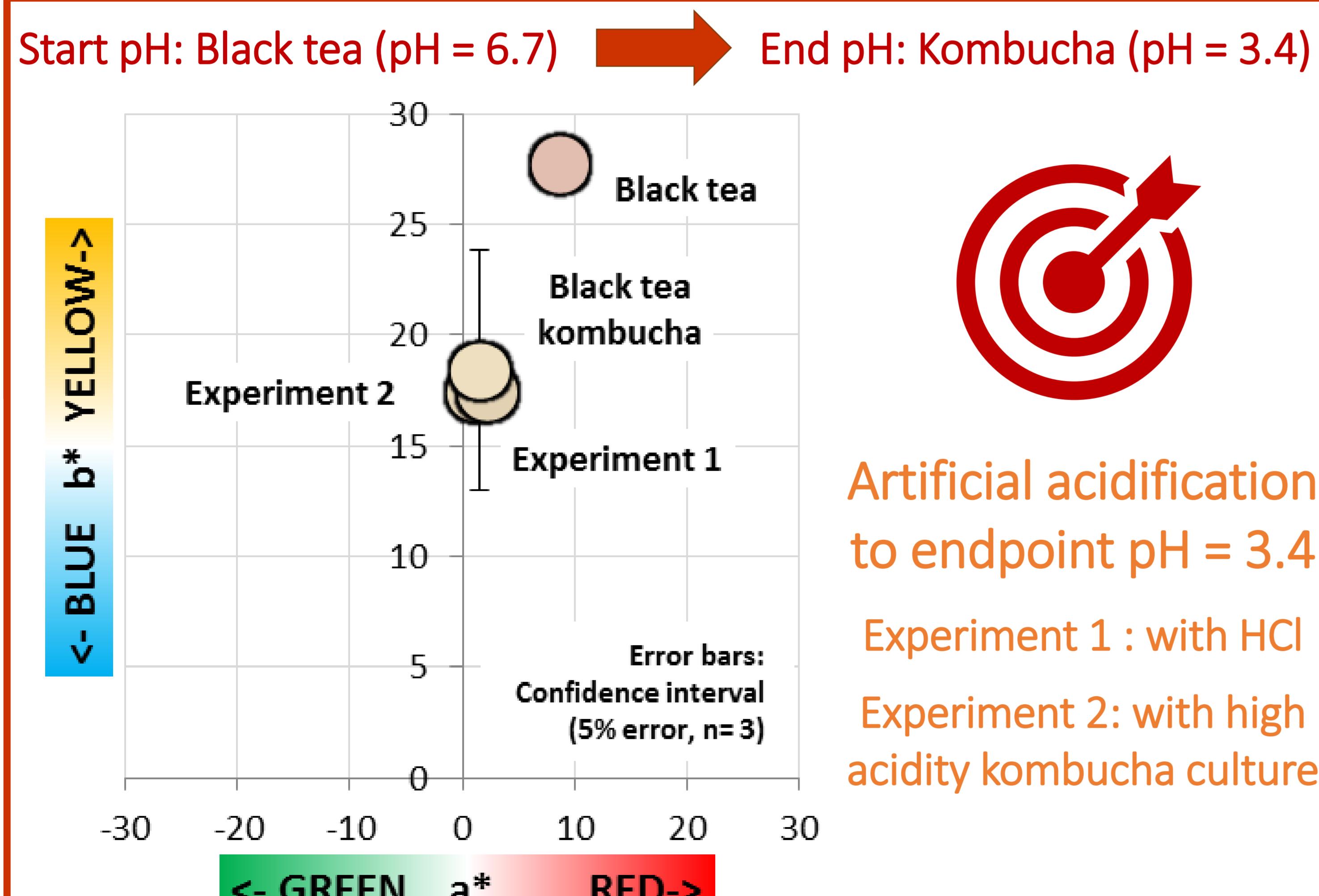
### Impact of infusion time ?



### Impact of “fermentation” ?



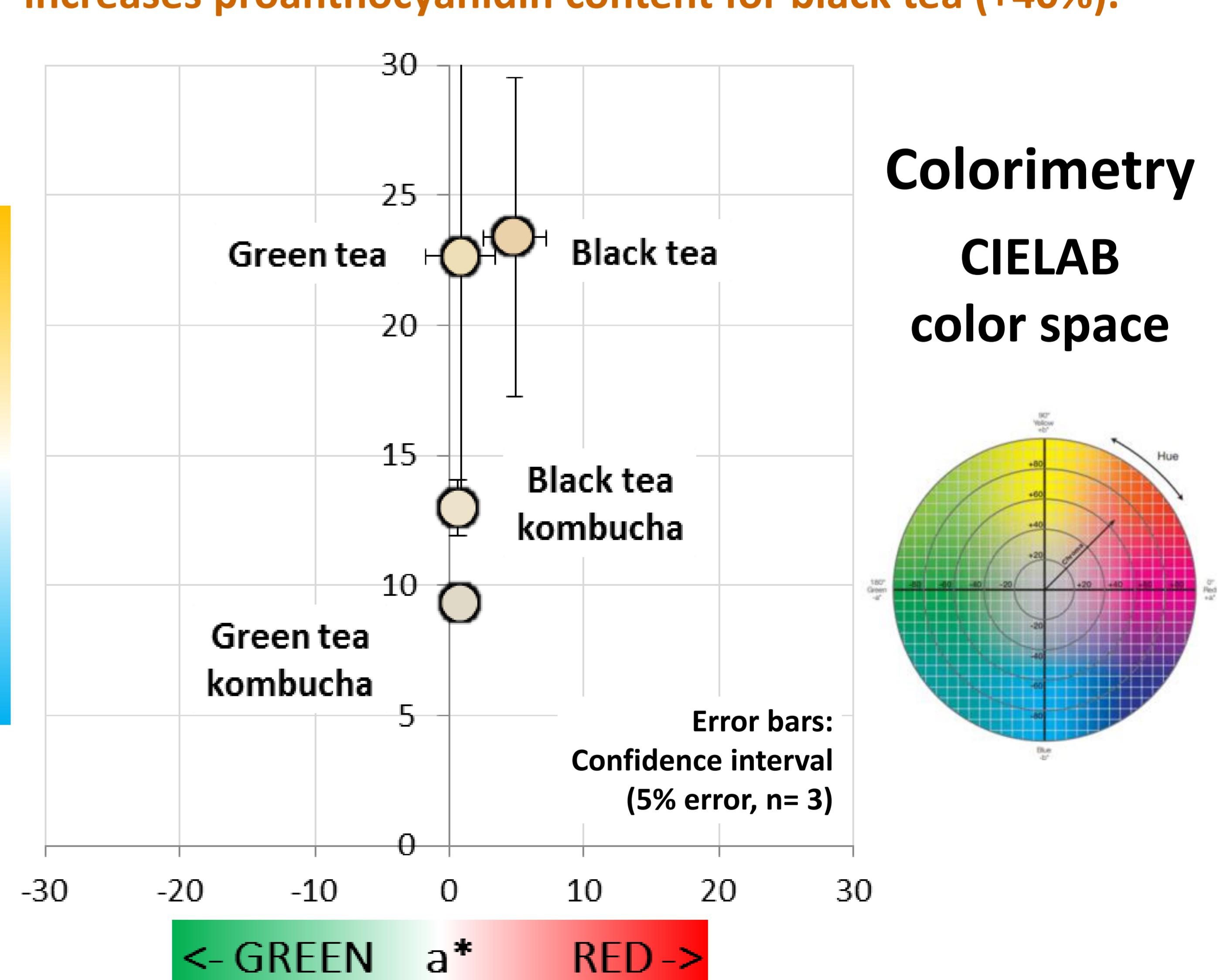
### What causes color loss during “fermentation” ?



Decrease of pH alone is responsible for the loss of color.

### Colorimetry

#### CIELAB color space



“Fermentation” induces a loss of color intensity.

## Conclusions

Kombucha fermentation impacts the profile of black and green tea polyphenols more than infusion time between 30 minutes and 1 hour. Results suggest a significant release of phenolic compounds during “fermentation” possibly caused by the hydrolysis of molecular bounds (such as gallate ester bounds). Kombucha “fermentation” may improve the bioavailability and bioactivity of tea polyphenols.