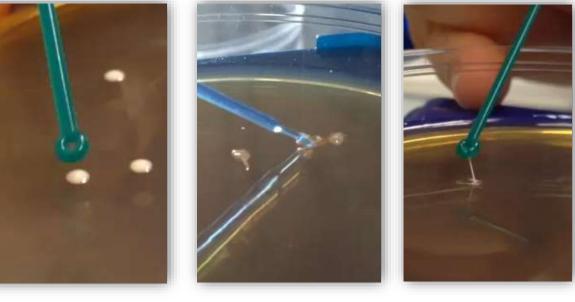
Supplementary file 1 (with movies). Short movies showing the consistency of *Lactobacillus* spp. colonies isolated on vk-MRS agar from human feces.

non-DG Lactobacillus colonies on vkMRS



Movie 1

L. paracasei DG colonies on vkMRS agar



Movie 2

Movie 3

Movie 4