Lactobacillus bulgaricus

**Propagation**

**Medium**

ATCC® Medium 416: Lactobacilli MRS Agar/Broth

**Growth Conditions**

**Temperature:** 37.0°C

**Propagation Procedure**

1. Open vial according to enclosed instructions.
2. From a single tube of #416 broth (5 to 6 ml), withdraw approximately 0.5 to 1.0 ml with a Pasteur or 1.0 ml pipette and use to rehydrate the entire pellet.
3. Aseptically transfer the rehydrated pellet back into the broth tube. Mix well.
4. Use several drops of this suspension to inoculate a second tube of broth, a slant and/or a plate.
5. Incubate tubes and plate at 37°C in an atmosphere of 5% CO₂ for 48 hours. Loosen screw caps of all test tubes during the incubation period.

**Additional information on this culture is available on the ATCC web site at www.atcc.org.**

References and other information relating to this product are available online at www.atcc.org.

Appropriate safety procedures should always be used with this material. Laboratory safety is discussed in the current publication of the *Biosafety in Microbiological and Biomedical Laboratories* from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention and National Institutes for Health.

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Product Sheet

*Lactobacillus helveticus*  
(ATCC® 521™)

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**Please read this FIRST**

**Biosafety Level**

1

**Intended Use**

This product is intended for research use only. It is not intended for any animal or human therapeutic or diagnostic use.

**Citation of Strain**

If use of this culture results in a scientific publication, it should be cited in that manuscript in the following manner: *Lactobacillus helveticus*  (ATCC® 521™)