

## Interview with Mrs Karen Dhanraj and Romane Maillet about nutrition aspect and uses of Yeast

### WHO ARE WE INTERVIEWING? (job, studies...)

Karen Dhanraj is a technical marketing and sales manager at Lallemand Bio-Ingredients in Canada. She has done a master of Biochemistry and Molecular Biology at the University of Ottawa.



Karen Dhanraj



Romane Maillet

Romane Maillet is Yeast Product Specialist at Lallemand Health Solution in France. She studied at the National Institute of Applied Science (INSA) in Toulouse.

### CONTEXT (Why did we do this interview?)

Since we are using yeast for food supplements, we need to meet someone who works for a company of production of yeast. This interview should confirm our choice of microorganism for food supplementation.

### INTERVIEW (summary of the interview)

Lallemand Bio-Ingredients are specialised in inactive yeast based products for nutrition. These products can be used for direct consumption as a natural food supplement, or as a functional ingredient in meal replacers and superfood mixes. The strain used is *Saccharomyces cerevisiae* and it is non-GMO. They have several lines of inactive yeast based products Engevita®, Yesto-Seal®, LBI® and yeast fractions which have been designed to provide protein, fiber, choline, minerals and vitamins.

The composition of *Saccharomyces cerevisiae* is:

- Protein
- Fiber
- Vitamins ()
- Carbohydrates

Lallemand Health solutions are specialised in probiotics. They have active yeast product lines. The main strain used is *Saccharomyces boulardii* because of its effect on the gut health to combat antibiotic associated diarrhea, bacterial infections and gut problems caused by travel.

**PRIOR WORK (previous work that led to this interview)**

*Saccharomyces cerevisiae* is widely used to supplement the diet. This makes it a microorganism of choice for our project. *S. boulardii* also has interesting properties, its incorporation into the system would be possible. Indeed, astronauts have gut problems.

Questions: Do the astronauts take probiotics?