

Assessment of bioavailable B vitamin content in food using in vitro digestibility assay and LC-MS SIDA

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Vitamins formed by microorganisms in fermented foods : effects on human vitamin status—a systematic narrative review

Keyvan, Erhan; Adesemoye, Elizabeth; Champomier-Verges, Marie-Christine; Chanseaume-Bussiere, Emilie; Mardon, Julie; Nikolovska Nedelkoska, Daniela; Palamutoglu, Recep; Russo, Pasquale; **Sarand, Inga;** Songre-Ouattara, Laurencia *Frontiers in nutrition* 2025 / 21 p. <https://doi.org/10.3389/fnut.2025.1653666>