

# Analysis of Volatile Compounds in Probiotic Yogurt During Storage Through Solid-Phase Microextraction Gas Chromatography

Ana Cristina Tanello<sup>1</sup>, Cristine Durante de Souza Silveira<sup>2</sup>, Eduardo Carasek<sup>2</sup>, Silvani Verruck<sup>1</sup>, Elane Schwinden Prudencio<sup>1\*</sup>, Renata D. M. Castanho Amboni<sup>1</sup>

<sup>1</sup>Department of Food Science and Technology, Federal University of Santa Catarina (UFSC), Agricultural Science Center, Florianópolis, Santa Catarina, Brazil

<sup>2</sup>Department of Chemistry, Federal University of Santa Catarina (UFSC), Technological Center, Florianópolis, Santa Catarina, Brazil

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## ABSTRACT

Two different yogurts, control and probiotic with *Bifidobacterium* BB-12 were produced and analyzed for their contents of total solids, proteins, pH, counts of probiotic bacteria, and volatile composition during refrigerated storage for 28 days. The response surface methodology (RSM) was used to optimize the extraction of volatile compounds from the probiotic yogurt containing through HS-SPME combined with gas chromatography–mass spectrometry (GC–MS). Post-acidification and decrease in protein content were noted in both yogurts during storage. The results showed that the extraction temperature and the addition of salt were statistically the most influential factors for the extraction of higher amounts of volatile compounds. The volatile compounds detected in the probiotic yogurt were 2-butanone, 2,3-butanedione, 2,3-pentanodione, acetone and hexanoic acid. During the 28 days of storage, the only differences noted were between the amounts of 2,3-butanedione, 2,3-pentanodione and hexanoic acid.

**Keywords:** Probiotic yogurt, volatile compounds, *Bifidobacterium* BB-12, solid-phase microextraction, GC-MS, response surface methodology

## 1. INTRODUCTION

Yogurt is a very popular fermented milk product, widely consumed all over the world. The production of high-quality yogurt requires control of several factors such as the chemical composition of milk base, type of milk, processing conditions and types of starter culture used to produce aroma compounds during incubation period for the manufacture of yogurt [1]. One possible method of enhancing those properties further is by creating yogurt that contains probiotics. Probiotics are live microorganisms which when administered in adequate amounts confer health benefits [2] by improving microbial balance in the host's gut flora and defenses against pathogenic microorganisms. The species which are most frequently used as probiotics belong to the genera *Lactobacillus* and *Bifidobacterium* [3]. *Bifidobacterium* BB-12® is a probiotic microorganism that is widely consumed in the form of probiotic yogurt. Probiotic yogurt containing this microorganism is reported to have beneficial

38 effects on metabolism preventing gastrointestinal illness [4]. However, it is crucial that the  
39 viable counts of probiotic bacteria not decreased below to 6 log CFU/ml throughout the  
40 product's shelf life. Thus, they are in sufficient numbers in order to exert the desired  
41 therapeutic effects [3].

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43 One of the basic parameters through which starter cultures for yogurts are characterized is  
44 their ability to produce volatile compounds. The aroma and flavor of yogurt and dairy  
45 products occur basically because of the production of non-volatile and volatile acids and  
46 carbonyl compounds [5]. Carbonyl compounds and free fatty acids in yogurt are influenced  
47 by the type of starter culture, type and quality of raw milk, incubation, cooling and storage  
48 [6]. Even though *Streptococcus thermophilus* and *Lactobacillus bulgaricus* are lactic acid  
49 bacteria used for yogurt production, variations in the strains affect the synthesis of carbonyl  
50 compounds [5].

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52 Volatile compounds are generally present in trace amounts and require analysis through gas  
53 chromatography (GC) coupled to mass spectrometry (MS), with a prior step involving the  
54 extraction and pre-concentration of the volatile fraction. This analysis has been a challenge  
55 to many researches. Chen [7] reported that different techniques have been applied for the  
56 extraction and concentration of the volatile flavor compounds in yogurt and other cultured  
57 dairy products. However, many different methods are time-consuming, expensive and likely  
58 to introduce artifact resulting from sample preparation and solvent interaction steps. The  
59 solid-phase microextraction (SPME) method has become the method of choice for aroma  
60 analysis, allowing solvent-free, rapid sampling with low cost and ease of operation [8]. In  
61 addition, it is sensitive, selective and also compatible with low detection limits [7].  
62 Considering that SPME is a technique based on physicochemical processes of equilibrium  
63 between the matrix and the headspace, and between the headspace and the material  
64 coating the fiber, the success of its use depends on factors such as the chemical nature of  
65 the compounds to be extracted, the temperature used during extraction and the extraction  
66 time to the headspace [8]. However, due their advantages, SPME has been widely used in  
67 the extraction volatile and semi-volatile compounds from biological, environmental, food and  
68 drink samples [7]. By using headspace (HS) SPME, it is possible to reduce matrix effects  
69 and any other interferences present in the liquid sample. On other hand, equilibrium is  
70 reached faster through HS-SPME than through direct immersion (DI) SPME as there is no  
71 liquid to stop diffusion of the analytes onto the coating [9].

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73 In relation to dairy products, the SPME technique has been used to determine the shelf life  
74 of yogurt and of fresh cheese [10], to provide a quantitative analysis of thermally derived off-  
75 flavour compounds of milk [11], and to assess the impact of processing and/or storage on  
76 the stability of the flavor of whey powders [12]. Therefore, the aim of this work was to  
77 optimize the extraction of volatile compounds of probiotic yogurt by using the response  
78 surface methodology (RSM) based on HS-SPME combined with gas chromatography–mass  
79 spectrometric (GC–MS) in order to extract, identify and quantitatively monitor the  
80 concentration of selected volatile compounds of the probiotic yogurt during refrigerated  
81 storage for 28 days.

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## 84 2. MATERIAL AND METHODS

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### 86 2.1 Material

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88 Commercial pasteurized milk (3 g fat/100 ml), thermophilic culture (YCX-11®, Chr. Hansen,  
89 Honsholm, Denmark) containing *Streptococcus thermophilus* and *Lactobacillus bulgaricus*,  
90 and probiotic culture composed of *Bifidobacterium* BB-12 (BB-12®, Chr. Hansen, Honsholm,

Denmark) were used for sample preparation. MRS agar (Merck, Darmstadt, Germany), lithium chloride (Vetec, Rio de Janeiro, Brazil), sodium propionate (Vetec, Rio de Janeiro, Brazil) and AnaeroGen® (Oxoid, Hampshire, UK) were used for the microbiological analysis. Acetone (2-propanone), diacetyl (2,3-butanedione), 2,3-pentanodione, 2-butanone and hexanoic acid were purchased from Sigma Chemical Co. (St. Louis, MO, USA). All the reagents were either of analytical grade or chromatographic.

## 2.2 Manufacture of yogurts

Two yogurts, one denoted as control and the other as probiotic, were manufactured according to the procedures of Almeida et al. [13], with modifications. Aliquots of the milk (1 l) were heated to  $42 \pm 1$  °C and inoculated with thermophilic culture, while in the probiotic yogurt *Bifidobacterium* BB-12 was also added. The cultures were used in the following concentrations, 0.0032 g/100 ml and 0.0200 g/100 ml, respectively. Both yogurts were incubated at  $42 \pm 1$  °C until pH 4.6 was reached. After fermentation, the yogurts were cooled to  $4 \pm 1$  °C, gently stirred, put into plastic pots sealed with aluminum and then stored in refrigeration ( $4 \pm 1$  °C) until analyses were done. All analyses were performed on days 1, 14, and 28 of storage.

## 2.3 Microbiological analysis

The viability of *Bifidobacterium* BB-12 in the probiotic yogurt was evaluated. For the enumeration of probiotic culture, the MRS Agar modified with addition of 0.2 g/100 ml of lithium chloride and 0.3 g/100 ml of sodium propionate (LP-MRS) were used as proposed by Vinderola and Reinheimer [14]. The plates were incubated in anaerobic jars containing AnaeroGen® at  $37 \pm 1$  °C for 72 h. After this incubation period, the count of viable probiotic cells was carried out, expressed as log of colony-forming units per milliliter (log CFU/ml). The analyses were carried out in triplicate.

## 2.4 Physicochemical analysis

The yogurts (control and probiotic) were investigated for total solids by drying to constant weight at 85 °C and for protein content through the Kjeldahl method ( $N \times 6.38$ ) [15]. The pH values were determined with a pH meter (Quimis, model Q-400A, Brazil) through the potentiometric method. All the analyses were carried out in triplicate.

## 2.5 Analysis of volatile compounds by gas chromatography-mass spectrometry

### 2.5.1 Optimization of headspace solid phase microextraction (HS-SPME) parameters

The volatile compounds of the samples were extracted through the headspace method. A randomized 23 central composite design (CCD) along with response surface methodology (RSM) was used to study extraction temperature (40 to 60 °C), extraction time (30 to 50 min) and the effects of ionic strength through addition NaCl (0 to 6 g) on the amount of volatile compounds adsorbed by SPME fiber from the probiotic yogurt. The experimental design was composed of seventeen combinations of the independent variables; eight factorial points (levels -1 and 1), six axial points (level -1.682 and 1.682) and three repetitions in the central point, as shown in Table 1. Due to systematic errors, all the experiments were carried out at random in order to minimize the effect of unexplained variability on the responses obtained. The response evaluated during all the experiments was the total sum of the peak areas, obtained in the GC-MS analysis. SPME was performed with a commercially available fiber housed in its manual holder (Supelco, Bellefonte, PA, USA). All extractions were carried out

143 using a DVB/CAR/PDMS (divinylbenzene/ carboxen/ polydimethylsiloxane) fiber, 50/30  $\mu\text{m}$   
 144 film thickness (Supelco, Bellefonte, PA, USA). Prior to use, the fiber was conditioned at 270  
 145  $^{\circ}\text{C}$  for 1 hr. Twenty gram sample amount was put into 40 mL glass vials with a valve cap  
 146 (Supelco, Bellefonte, PA, USA). During the extraction, the samples were stirred continuously  
 147 with a magnetic stir bar on a stir plate spinning at 750 rpm. The fiber was carefully put in the  
 148 same place for each exposure for the headspace to obtain maximal repeatability. After  
 149 sampling, the SPME fiber was introduced into the GC-MS injector and kept in the splitless  
 150 mode and maintained at 270  $^{\circ}\text{C}$  for 10 min for thermal desorption of the analytes. Each  
 151 sample was analyzed in triplicate, using a fresh vial and aliquot for each replicate.

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**Table 1: Central composite design (CCD) with the independent variables and their levels used for the experimental designa.**

Tests	Levels		
	Extraction temperature ( $^{\circ}\text{C}$ )	Extraction time (min)	Salt concentration (g NaCl)
1	-1 (40)	-1 (30)	-1 (0)
2	1 (60)	-1 (30)	-1 (0)
3	-1 (40)	1 (50)	-1 (0)
4	1 (60)	1 (50)	-1 (0)
5	-1 (40)	-1 (30)	1 (6)
6	1 (60)	-1 (30)	1 (6)
7	-1 (40)	1 (50)	1 (6)
8	1 (60)	1 (50)	1 (6)
9	-1.68 <sup>b</sup> (38.32)	0 (40)	0 (3)
10	1.68 <sup>b</sup> (61.68)	0 (40)	0 (3)
11	0 (50)	-1.68 <sup>b</sup> (28.32)	0 (3)
12	0 (50)	1.68 <sup>b</sup> (51.68)	0 (3)
13	0 (50)	0 (40)	-1.68 <sup>b</sup> (1.68)
14	0 (50)	0 (40)	1.68 <sup>b</sup> (7.68)
15	0 (50)	0 (40)	0 (3)
16	0 (50)	0 (40)	0 (3)
17	0 (50)	0 (40)	0 (3)

157 <sup>a</sup>Factors coded (in bracket) and reals levels used in the full experimental design for extraction of  
 158 volatile compounds.

159 <sup>b</sup> $\alpha = \pm 1.68$  for three independent variables.

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 161

### 162 **2.5.2 GC-MS analysis**

163 A Shimadzu GC-2010 gas chromatography coupled to a mass spectrometer was used to  
 164 analyze the components in the headspace of the samples. Helium (99.999 %) was used as  
 165 carrier gas. The capillary column used was Rtx-5MS (30 m x 0.25 mm i.d. x 0.25  $\mu\text{m}$  df)  
 166 (Restec, USA). Column temperature was held at 40  $^{\circ}\text{C}$  for 1 min and increased to 120  $^{\circ}\text{C}$  at  
 167 a rate of 4  $^{\circ}\text{C}/\text{min}$ , and finally to 280  $^{\circ}\text{C}$  at a rate of 15  $^{\circ}\text{C}/\text{min}$ . The temperature of the  
 168 injector was 270  $^{\circ}\text{C}$  and the time of desorption of the fiber into the injection port was 10 min.  
 169 The temperature of the detector was 250  $^{\circ}\text{C}$ . Electron impact mass spectra were recorded at  
 170 a voltage of 70 eV over the 40-400 m/z mass range.

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### 172 **2.5.3 Component identification**

173 Volatile compounds predominant were identified by comparing their experimental spectra  
 174 with those of NIST'98 [16], and by comparison of their retention times with authentic  
 175 standards.

176 **2.5.4 Quantitative analysis**

177 Acetone (2-propanone), diacetyl (2,3-butanedione), 2,3-pentanedione, 2-butanone and  
178 hexanoic acid were quantified. Each quantified peak was required to have a minimum signal-  
179 to-noise ratio (S/N) of 5. Quantitative results were obtained by using the method of standard  
180 addition. Standard solutions were added to multiple aliquots of a sample of yogurt. The  
181 sample without standard solutions was also analyzed. The samples were extracted and  
182 analyzed through HS-SPME/GC-MS, as previously described. The compounds were  
183 quantified based on a calibration curve that was generated by plotting the detected response  
184 versus the amount spiked from each standard. Each sample measurement was repeated  
185 three times.

186  
187 **2.6 Statistical analysis**

188  
189 The regression coefficients for linear quadratic and interaction terms were determined by  
190 using multiple linear regression (MLR). A Student's t-test was used to verify the statistical  
191 significance of the regression coefficients derived from the model. From manufacture of  
192 yogurts, three experimental trials were carried out in independent days and three replicates  
193 were analyzed each time. The analysis of variance (ANOVA) was applied to validate the  
194 model and to determine significant differences between the samples of the yogurts in all the  
195 parameters investigated. The regression coefficients were then used to generate response  
196 surfaces. All the calculations and graphics of the experimental design were performed by  
197 using the STATISTICA 13.3 software (TIBCO Software Inc., Palo Alto, CA). A difference was  
198 considered statistically significant when  $P < 0.05$ .

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201 **3. RESULTS AND DISCUSSION**

202  
203 **3.1 Microbiological analysis**

204  
205 In relation to the cell viability of *Bifidobacterium* BB-12, the yogurt was considered probiotic  
206 as there was no decrease in viable cell count between the 1st and the 28th day of  
207 refrigerated storage (Table 2). Tripathi and Giri [3] stated that the recommended count of  
208 viable probiotic cells for a probiotic food should be equal to or greater than 6 log CFU/ml  
209 during storage and the best way to administer probiotics is by regular ingestion, which  
210 confers the presence of these microorganisms in high numbers in the intestine, either  
211 maintaining or improving intestinal microbial balance. Similar results on the survival of  
212 *Bifidobacterium* were found by Saarela et al. [17], who evaluated the cell stability of *B.*  
213 *animalis* subsp. *lactis* in skim milk and in fruit juices and observed that the cells were stable  
214 in milk for only two weeks, whereas the same stability was not noted in the juices. Cunha et  
215 al. [18] evaluated the stability of bifidobacteria in fermented lactic beverage added with whey  
216 and also noted the stability of probiotic bacteria during storage of their products.

217  
218 **3.2 Physicochemical analysis**

219  
220 Mean values for total solids, protein and pH of both types of yogurt are shown in Table 2.  
221 When compared to the samples on the same days of storage no differences ( $P < 0.05$ ) were  
222 noted in total solids content, indicating that there were no changes due to processing. These  
223 results were lower than those obtained by Cunha et al. [18] with fermented milk made with  
224 no addition of whey.

225  
226 In both yogurts, the values for protein decreased during the storage period ( $P < 0.05$ ).  
227 Similar protein values were obtained by Thamer and Penna [19] in probiotic milk added with

228 whey. According to Donkor et al. [20] both the probiotic bacteria and the bacteria used in  
 229 yogurt production need peptides and amino acids for their growth. The primary enzymes of  
 230 lactic bacteria, which are responsible for proteolysis of milk proteins, offer an increase of  
 231 amino acid and nitrogen necessary for the fermentative bacteria, causing a decrease in  
 232 protein content.

233  
 234 The pH values were similar to those found in probiotic yogurt containing bifidobacteria by  
 235 Kempka et al. [21]. Lankaputhra and Shah [22] reported that the pH range between 4.0 and  
 236 5.0 is ideal for maintaining the viability of probiotics. During storage, post-acidification of the  
 237 yogurts was observed; however, their pH still remained within the recommended ranges.  
 238 Kailasapathy [23] stated that, when at refrigeration temperatures between 0 and 5 °C, the  
 239 maintenance of β-galactosidase activity is responsible for post-acidification of fermented milk  
 240 and also that refrigeration temperature and storage time of fermented milk would account for  
 241 the variation in pH.

242  
 243 **Table 2: Viable *Bifidobacterium* BB-12 counts, total solids, protein and pH of yogurts,**  
 244 **on day 1, 14 and 28 of storage at 5 ± 1 °C.**  
 245

Yogurts	Days	Viable counts (log CFU/ml)	TS <sup>d</sup> (g/100g)	Protein <sup>e</sup> (g/100g)	pH
Control	1	-	11.28 <sup>A,a</sup> ± 0.02	2.76 <sup>A,a</sup> ± 0.33	4.75 <sup>A,a</sup> ± 0.01
	14	-	11.23 <sup>A,b</sup> ± 0.04	2.72 <sup>A,a</sup> ± 0.01	4.74 <sup>A,a</sup> ± 0.00
	28	-	11.33 <sup>A,a</sup> ± 0.05	2.58 <sup>A,b</sup> ± 0.00	4.62 <sup>A,b</sup> ± 0.00
Probiotic	1	7.9	11.26 <sup>A,a</sup> ± 0.02	2.73 <sup>A,a</sup> ± 0.00	4.62 <sup>B,a</sup> ± 0.00
	14	7.8	11.14 <sup>A,b</sup> ± 0.05	2.65 <sup>B,b</sup> ± 0.01	4.61 <sup>B,b</sup> ± 0.00
	28	7.8	11.20 <sup>B,b</sup> ± 0.01	2.67 <sup>B,b</sup> ± 0.03	4.39 <sup>B,c</sup> ± 0.01

246 <sup>A-B</sup> Within a column, different superscript uppercase letters denote significant differences ( $P < 0.05$ )  
 247 amongst control and probiotic yogurts for the same periods of storage.

248 <sup>a-c</sup> Within a column, different superscript lowercase letters denote significant differences ( $P < 0.05$ )  
 249 among the different periods of storage for each studied yogurt.

250 <sup>d</sup> TS= Total Solids.

251 <sup>e</sup> Proteins = Total nitrogen x 6.38.

252

253

### 254 3.3 Analysis of volatile compounds by gas chromatography-mass 255 spectrometry

256

#### 257 3.3.1 Optimization of HS-SPME parameters

258 Table 3 shows the effects observed on the studied factors in the response of the volatile  
 259 compounds extracted from the probiotic yogurt besides those caused by the interactions  
 260 among such factors. The t-test for the model was significant ( $P < 0.05$ ) for the quadratic  
 261 coefficient of extraction temperature and addition of salt (NaCl) and for interaction between  
 262 extraction time and addition of salt, thus indicating that only these variables can adequately  
 263 explain the variation noted in the extraction of volatile compounds within the levels studied in  
 264 this work.

265

266 The model built for the volatile compounds of the probiotic yogurt is represented by Equation  
 267 (1), and the answer (A) is the total chromatographic peak area. A response surface was  
 268 plotted to facilitate the visualization of the significant factors derived from the statistical  
 269 analysis (Figure 1).

270

$$271 A = -458.006 + 20.295 T - 0.204 T^2 + 6.6485 s - 1.690 s^2 + 0.139 t s \quad (1)$$

272

273 where T (°C) is the extraction temperature, s (g NaCl) is the amount of salt added and t (min)  
 274 the extraction time.

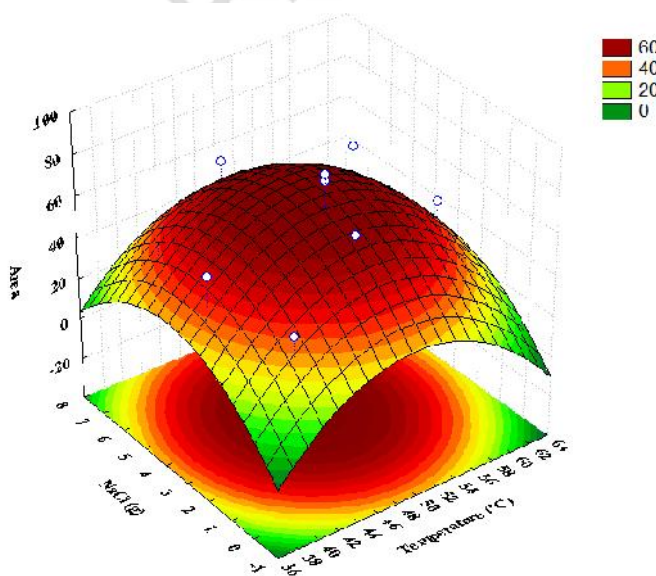
275  
 276 The optimum region of volatile compounds extraction from the probiotic yogurt was obtained  
 277 at 50 °C with 5 g of NaCl. A similar temperature was used by Contarini and Povalo [24] in  
 278 the extraction of volatile compounds from milk. The use of high temperatures during  
 279 headspace extraction may selectively concentrate certain volatiles on the displacement of  
 280 others.

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**Table 3: Results of the variance profile of volatile compounds of probiotic yogurt through SPME and GC-MS.**

	Sum of squares	DF <sup>c</sup>	Mean square	F value	P value
Linear					
Temperature (°C) (L) <sup>a</sup>	0.355	1	0.355	0.001763	0.967680
Time (min) (L)	28.862	1	28.862	0.143297	0.716244
Salt (g) (L)	50.893	1	50.893	0.252677	0.630622
Quadratic					
Temperature (°C) (Q)	1596.636	1	1596.636	7.927125	0.025940 <sup>d</sup>
Time (min) (Q) <sup>b</sup>	251.653	1	251.653	1.249429	0.300551
Salt (g) (Q)	1086.836	1	1086.836	5.396025	0.053164 <sup>d</sup>
Interaction					
1L/2L	676.523	1	676.523	3.358863	0.109508
1L/3L	124.624	1	124.624	0.618747	0.457312
2L/3L	1139.306	1	1139.306	5.656529	0.049001 <sup>d</sup>
Model fit	771.163	5	154.233	0.482930	0.778744
Pure error	638.737	2	319.369		
Total SQ	8227.464	16			

285 <sup>a</sup>L= linear effect; <sup>b</sup>Q= quadratic effect; <sup>c</sup>DF= degrees of freedom. <sup>d</sup> Values significantly different (P <  
 286 0.05).



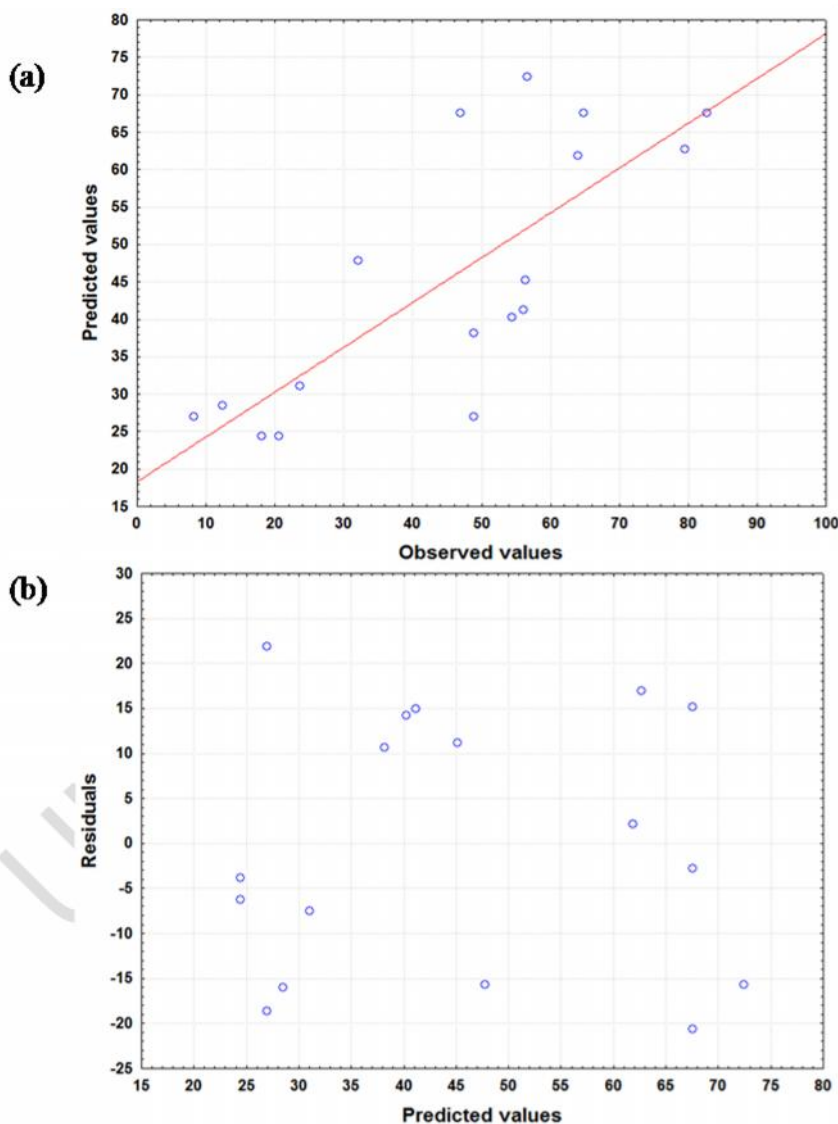
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**Fig. 1. Response surface obtained by central composite design using coded variables where the response was total chromatographic peak area. Extraction time set at 45 min.**

291 As reported by Yang and Peppard [25], the addition of salt increased the sensitivity of the  
292 extraction of volatile compounds by SPME due to the “salting out” effect.

293

294 It is important to assess the fitted model to ensure that it provides sufficient approximation to  
295 the results obtained in the experimental conditions. The normality of the data, which was  
296 checked by using a normal probability plot of the residuals and the difference between the  
297 observed and predicted values from the regression, showed that the experimental points  
298 were normally distributed around the line, indicating that the normality assumption was  
299 satisfied. A determination coefficient value ( $R^2$ ) of 0.83 was obtained for this model, which  
300 indicates a good fit between the observed and the predicted response values. The plots of  
301 the residuals versus the predicted values (Figure 2) showed that the residuals were  
302 scattered randomly around zero. Thus, the variance analysis results were valid as the model  
303 assumptions were satisfied.  
304



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307

308

**Fig. 2. (a) Plot of the predicted versus observed values. (b) Plot of residuals versus observed for total area of volatile compounds in probiotic yogurt.**

309 **3.3.2 Component identification and quantitative analysis of volatile compounds**  
 310 **through GC-MS**

311 The volatile compounds detected in the probiotic yogurt were 2-butanone, 2,3-butanedione,  
 312 2,3-pentanodione, acetone and hexanoic acid. These compounds were previously described  
 313 by Imhof et al. [26] and Ott et al. [6] as impacting on the flavor of yogurt. However, different  
 314 strains of probiotic bacteria can produce different aroma profiles. Cruz et al. [27] and Cruz et  
 315 al. [28] evaluated the effect of the addition of glucose oxidase in stirred probiotic yogurt  
 316 added of *B. longum*, and observed the production of aroma compounds diacetyl and  
 317 acetaldehyde.

318  
 319 In the present work, the volatile composition of the probiotic yogurt was stable during the 28  
 320 days of storage. Concurso et al. [10] and Chen [7] reported that volatile compounds are  
 321 formed due to numerous biochemical changes which occur during the fermentation process  
 322 and storage of yogurt. Zourari et al. [29] stated that diketones, 2,3-butanedione and 2,3-  
 323 pentanodione in yogurts come only from pyruvate, since thermophilic starter cultures are not  
 324 able to metabolize citrate. According to Tsau et al. [30] and Monnet and Corrieu [31] species  
 325 of *S. thermophilus* possess an  $\alpha$ -acetolactate synthase and an acetohydroxy acid synthase,  
 326 which produce  $\alpha$ -acetolactate and 2-hydroxyacetolactate, respectively, from pyruvate. As  
 327 reported by Monnet and Corrieu [31], both these  $\alpha$ -aceto acids are generally metabolized  
 328 into more neutral compounds to maintain pH homeostasis. These acids can be converted  
 329 either into 2,3-butanedione and 2,3-pentanodione by spontaneous decarboxylation or into  
 330 branched-chain amino acids in milk, such as valine, leucine or isoleucine, by means of  
 331 enzymatic mechanisms. Tsau et al. [30] reported that methyl ketones such as 2-butanone  
 332 and acetone (2-propanone) derive from  $\beta$ -oxidation of saturated free fatty acids and from  
 333 decarboxylation of  $\beta$ -ketoacids and, therefore, they depend on the lipolytic activity of yogurt  
 334 strains.

335  
 336 Probiotic yogurts showed the same volatile compounds profile, and the quantification was  
 337 carried out in the probiotic yogurt sample during the storage period. The volatile compounds  
 338 contents are shown in Table 4. During the 28 days of storage, only the differences between  
 339 the amounts of 2,3-butanedione, 2,3-pentanodione and hexanoic acid ( $P < 0.05$ ) were  
 340 observed. On the first day of storage, the compound 2-butanone was detected in larger  
 341 quantities, while on the last day (28) 2,3-butanedione was the major compound. This result  
 342 is consistent with a research by Xu et al. [32], who quantified the volatile compounds in  
 343 fermented milk prepared with probiotics and noted predominance of 2,3-butanedione.  
 344 However, Vazquez-Landaverde et al. [11] noted 2,3-butanedione as the component in  
 345 second largest quantity present in milk samples. The concentration of 2,3-pentanodione  
 346 increased during the 28 days of storage ( $P < 0.05$ ). Similar results were obtained by  
 347 Gallardo-Escamilla et al. [33], with 0.07 mg of 2,3-pentanodione per kilogram of yogurt.

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 349  
 350 **Table 4: Concentration (mg/kg) of the volatile compounds from probiotic yogurt**  
 351 **during storage at  $5 \pm 1$  °C.**

Compounds	Days of storage		
	1	14	28
2-butanone	2.93 <sup>a</sup> ± 0.88	0.75 <sup>b</sup> ± 0.15	3.11 <sup>a</sup> ± 0.21
2,3-butanodione	2.72 <sup>b</sup> ± 0.30	2.94 <sup>b</sup> ± 0.34	4.92 <sup>a</sup> ± 0.17
2,3-pentanodione	0.05 <sup>c</sup> ± 0.02	0.09 <sup>b</sup> ± 0.01	0.13 <sup>a</sup> ± 0.02
Acetone	2.40 <sup>a</sup> ± 0.25	1.89 <sup>b</sup> ± 0.16	2.63 <sup>a</sup> ± 0.23
Hexanoic acid	0.85 <sup>c</sup> ± 0.14	1.48 <sup>b</sup> ± 0.15	1.92 <sup>a</sup> ± 0.22

352 <sup>a-c</sup>Different letters in the same row indicate significant differences between means ( $P < 0.05$ ).

353 <sup>d</sup>Mean ± standard deviation (n=3).

354

355 The acetone content detected in the probiotic yogurt (2.40 mg/kg) remained stable during  
356 storage and was higher than that obtained by Serra et al. [34] in yogurts. Kneifel et al. [35]  
357 analyzed samples of yogurt containing *Bifidobacterium* spp. and detected significant  
358 amounts of 2-butanone, 2,3-butanedione and acetone, which are consistent with some of the  
359 compounds detected in this present work.

360  
361 The concentration of hexanoic acid increased over the period of refrigerated storage ( $P <$   
362  $0.05$ ). Different results were obtained by Conduurso et al. [10], who analyzed yogurt samples  
363 after 30 days of refrigerated storage and noted hexanoic acid amounts of 4.9 mg/kg and 2.1  
364 mg/kg for 2,3-butanedione. Finally, it was verified that the profile of volatile compounds  
365 hardly changes during refrigerated storage.

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#### 368 **4. CONCLUSION**

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370 It was observed post-acidification and decrease in protein content in probiotic yogurt during  
371 storage. The results showed that the extraction temperature and the addition of salt were  
372 statistically the most influential factors for the extraction of higher amounts of volatile  
373 compounds. Thus, the optimum region of volatile compounds extraction from the probiotic  
374 yogurt was obtained at 50 °C with 5 g of NaCl. The volatile compounds detected in the  
375 probiotic yogurt were 2-butanone, 2,3-butanedione, 2,3-pentanodione, acetone and  
376 hexanoic acid. During the 28 days of storage, the only differences noted were between the  
377 amounts of 2,3-butanedione, 2,3-pentanodione and hexanoic acid.

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381

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#### 387 **COMPETING INTERESTS**

388

389 Authors have declared that no competing interests exist.

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