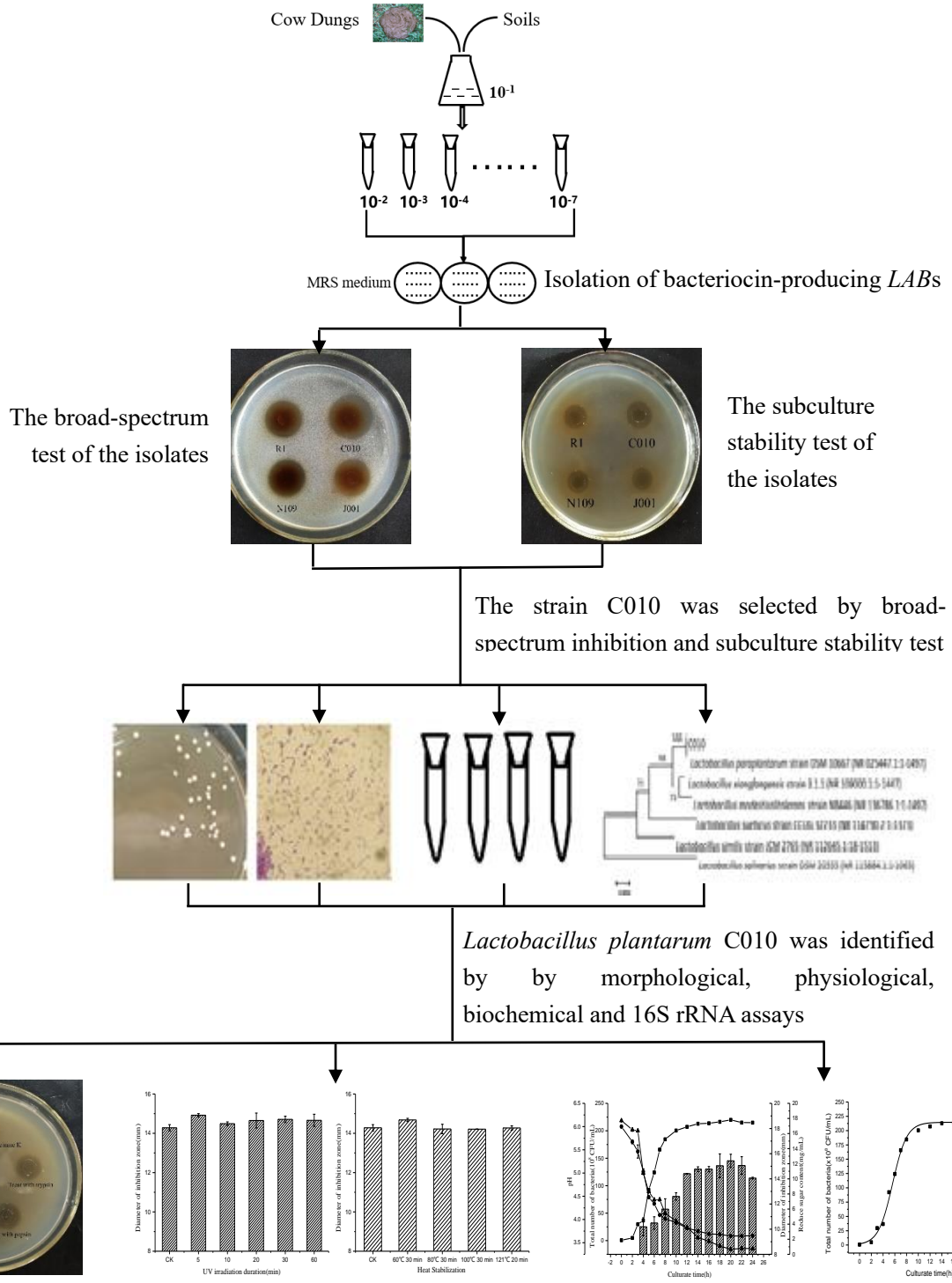


**Graphic abstract about the MS:**



Enzymatic digestion test of CFS    UV irradiation and thermal stability of CFS    Growth Kinetics of *L. plantarum* C010