

乳酸菌細菌素

Bacteriocins of Lactic acid bacteria

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1、細菌素之起源、命名及分類

西元1925年，Gratia發現大腸桿菌 (*E. coli*) 會產生一種蛋白質類似物質，可抑制其他大腸桿菌之生長 (Reeves, 1965)。此後，陸續有報告指出，其他微生物中亦有類似物質存在，且具有類似的窄效抑菌特性，後來此類物質被統稱為細菌素 (Bacteriocin) (Davis et al., 1990; Klaenhammer 1988; Tagg et al., 1976)。

細菌素是由細菌所分泌之具有抑菌活性的小分子蛋白質或多肽類之物質。一般而言，細菌素之抑菌範圍較抗生素窄，多限於與其分類上接近之菌屬或菌種 (Lewus et al., 1991; Spelhaug and Harlaander, 1989)。

細菌素這類物質，因特性紛雜，故目前尚無共同認可的定義。現今多數學者仍依循 Tagg等人於1976年所建議的定義，主要特徵：具生物活性之蛋白質、具抑菌作用及抑菌範圍多限於與其本身血緣較接近之菌屬或菌種；其次要特徵有：產生細菌素之基因大部份位於質體上、藉著吸附作用吸附至作用細胞表面之特殊接受器而與細胞結合發生抑制作用。

目前已發現可分泌細菌素的細菌種類很多，如 *Bacillus* (Gaidenko et al., 1988; Yudina et al., 1988)、*Cornobacterium* (Ahn and Stilles, 1990; Stoffels et al., 1992)、*Enterococcus* (Parente and Hill 1992; Salzano et al., 1992)、*Yersinia* (Tooda et al., 1989)、*Propionibacterium* (Grinstead and et al., 1992)、*Brochothrix* (Siragusa and Cuter, 1993)、*Bacteroides* (Miranda et al.

., 1993) 、*Pseudomonas* (Sano and Kageyamam1993) 及許多乳酸菌 (Klaenhammer, 1988 ; Piard and Desmazeaud, 1992) 等。

細菌素命名的方式主要有兩種 (Reeves, 1965) , 一是依據菌種的屬名命名, 如 *Pediococcus pentosaceus* 產生的 pediocin A (Daeschel and Klaenhammer, 1985) 、*Enterococcus faecalis* 226 NWC 產生的 enterocin (Salzano et al., 1992) 及 *Brochothrix campestris* 所產生的 brochocin (Gregory et al., 1993) 等; 另一則依據菌種的種名命名, 如 *Escherichia coli* 產生的 colicin (Reeves, 1965) 、*Leuconostoc mesenteroides* 產生的 mesenteriocin Y105 (Mafftah, 1993) 和 *Lactobacillus sake* LB706 產生之 sakacin A (Holck, 1992) 等。但有些細菌可同時產生一種以上之細菌素, 如 *Lactobacillus plantarum* LPCO10 可產生 plantaricin S 和 plantaricin K (Jimenez-Diaz et al., 1993) ; 而有些不同種之細菌亦可能分泌相同之細菌素, 這些均造成命名上之困擾。

細菌素的分類方式可依細菌素的來源分為革蘭氏陽性菌之細菌素 (如 nisin 和 lactacin B) 與革蘭氏陰性菌之細菌素 (如 colicin) (Marugg, 1991) 。另可依抑菌範圍大小分為廣效性細菌素 (如 nisin, pediocin A 和 subtilin) 以及窄效性細菌素 (如 lactacin B 和 lactocin 27) (Marugg, 1991) 。Klaenhammer 於 1993 年提出, 細菌素依其生化及基因特性可將其分成「lantibiotics」, 「small heat-stable peptide」, 「large heat-labile proteins」, 和「complex protein」等四大類。

乳酸菌所產生之細菌素多屬於 lantibiotics 和 small heat-stable peptide 這二類 (Nissen-Meyer et al., 1992) 。

Lantibiotics 主要特性有 (1) 屬於小分子之肽類, (2) 具有較廣之抑菌範圍, (3) 其結構中含有一些不常見之胺基酸, 如 dehydroalanine, dehydrobutyrine, lanthionine, 和 3-methyl-dehydro-alanine, (4) 作用於細胞之細胞膜囊 (membrane vesicles), 破壞質子驅動力 (proton motive force; PMF), 抑制胺基酸運輸 (Kordeland Sahl, 1986 ; Abee et al., 1994) 此類最有名之細菌素如 nisin (Gross and Morell, 1971) 與 subtilin (Gross and Kitz, 1973) 。

Small heat-stable peptide 此類細菌素目前並不多見, 特性為抑菌範圍非常狹窄, 只能作用於其血緣接近之菌種, 作用方式主要先吸附於作用細胞之細胞膜上,

但不需要像 nisin作用時所需特殊之接受器作為介質，如 lactococcins A 和 B (Van Belkum *et al.*, 1991 ; Vanema *et al.*, 1993) 。

2、乳酸菌及其抗菌性

乳酸菌係指一群能利用醣類產生以乳酸為主要代謝產物之微生物，主要包括乳酸桿菌屬 (*Lactobacillus*)、鏈球菌屬 (*Streptococcus*)、稚球菌屬 (*Pediococcus*)、白念珠球屬 (*Leuconostoc*)、乳酸球菌屬 (*Lactococcus*)、與分岐桿菌屬 (*Bifidobacterium*) 等細菌。為不產孢子，不具運動性之革蘭氏陽性菌，主要特性如下表所示：

表一、乳酸菌的分類及其產酸特性 (Klaenhammer, 1988)

菌屬	菌體形態	發酵形式	乳酸	產氣情形
<i>Lactococcus</i>	雙、鏈球菌	homo	L(+)	無
<i>Pediococcus</i>	四連球菌	homo	DL	無
<i>Leuconostoc</i>	雙、鏈球菌	hetero	D(-)	有
<i>Lactobacillus</i>	桿菌	homo,hetero	L(+)	無 (有)
<i>Bifidobacterium</i>	桿菌 (多形性)	hetero	L(+)	無
<i>Streptococcus</i>	雙、鏈球菌	homo	L(+)	無

乳酸菌在生長、代謝、繁殖過程中除生成乳酸使環境pH值下降而抑制不耐酸之細菌外 (Daeschel 1989)，有些乳酸菌亦會分泌其它有機酸、過氧化氫、雙乙酰、抗生素以及細菌素 (Gibbs 1987 ; Klaenhammer 1988 ; Daeschel 1989 ; Schillinger and Lucke, 1989 ; Piardand Desmazeaud1991) 等產物來抑制其它微生物之生長。乳酸菌所產生之細菌素中較著名的為乳酸鏈球菌素 (nisin)，其它尚有如 diplococcin, pediocin 等 (Biswas *et dl.*, 1991) 。

3、乳酸菌素之特性

3.1 乳酸菌所產生之細菌素

至今所發現之乳酸菌素種類很多，其名稱與特性如表二~五所示。

表二、由稚球菌屬及白念珠球菌屬所產生之細菌素及其特性

Table 2. Characteristics of bacteriocin from Pediococci and Leuconostocs

細菌素	生產菌種	分子量 (daltons)	安定性	酵素敏感性	參考文獻
Pediocin AcH	<i>P. acidilactici</i> H	2,700	Heat (120°C, 15min) ;pH 2.5~9	trypsin, ficin, papain, proteinase K, chymotrypsin	Bhunia <i>a</i> and Joanson, 1992
Pediocin PA-1	<i>P. acidilactici</i> PA 1.0	4,600	Heat (100°C, 10min) ;pH 4~7	pepsin, papain, protease chymotrypsin	Henderson 1992
Pediocin A	<i>P. pentosaceus</i> FBB61	ND	Heat (100°C, 60min) ;pH 2.5~9	pronase	Daeschel and Klaenhammer 1985
Unnamed	<i>P. Acidilactici</i> PC	ND	Heat (100°C, 60min) ;pH 4~8	trypsin, ficin, protease chymotrypsin	Jager and Harlander, 1992
Mesenterocin 5	<i>L. mesenteroids</i>	4,500	Heat (100°C, 30min)	pronase	Daba <i>et al.</i> , 1991
Leucococin A	<i>L. getidum</i> UAL 187	3,900	Heat (62°C, 30min) ;pH 2~3	pepsin, papain protease, trypsin, trypsin,	Hastings <i>et al.</i> , 1991
Leuconocin S	<i>L. paramesenteroid</i> OX	2,000	Heat (60°C, 30min)	chymotrypsin trypsin, pronase E, proteinase K chymotrypsin	Lewus <i>et al.</i> , 1992
Carnocin	<i>L. carnosum</i> LA44A	2,500~6,000	Heat (100°C, 15min) ;pH 2~10	trypsin, chymotrypsin, heat 121°C, 15 min	Van Laack <i>et al.</i> , 1992

表三、由乳酸球菌屬所產生之細菌素及其特性

Table 3. Characteristics of bacteriocin from *Lactococci*

細菌素	生產菌株	分子量 (daltons)	安定性	敏感性	參考文獻
Diplococcin	<i>L. lactis</i> subsp. <i>cremoris</i> 346	5,300		pepsin, pronase, protease, trypsin, chymotrypsin	Davey and Richardson, 1981
Lactostrepcins	<i>L. lactis</i> subsp. <i>lactis, cremoris, diacetyllactis</i>	>10,000	Heat (121°C, 10min) ;pH<5.0	pronase, trypsin, chymotrypsin, pH>7.0	Kozak <i>et al.</i> , 1978
Lactococcin 5	<i>L. lactis</i> subsp. <i>cremoris</i> 202	>20,000	Heat (121°C, 10min) ;pH<5.0	trypsin, pronase	Zajdel <i>et al.</i> , 1983, 1985
Lactococcin I	<i>L. lactis</i> subsp. <i>cremoris</i> ACI	6,000	Heat (100°C, 30min) ;pH=4.5~7.0	proteolytic enzymes	Geis <i>et al.</i> , 1990
Lactococcin A	<i>L. lactis</i> subsp. <i>cremoris</i> LMG1230, 9B4, <i>diacetyllactis</i> WM4, L	3,400	Heat (100°C, 30min) ;chymotrypsin	trypsin	Scherwitz <i>et al.</i> , 1983
Lactococcin M and N	<i>L. lactis</i> subsp. <i>cremoris</i> 9B4	69 amino acids	ND	ND	Scherwitz <i>et al.</i> , 1983
Lactococcin B	<i>L. lactis</i> subsp. <i>cremoris</i> 9B4	5,300	ND	ND	
Nisin	various strains of <i>L. lactis</i> subsp. <i>lactis</i>	3,500	Heat (100°C, 10min) ;pronase, trypsin, pepsin under acidic conditions	chymotrypsin	Hurst, 1981
Lacticin 481	<i>L. lactis</i> subsp. <i>lactis</i> CBRZ 481	1,300~2,700	Heat (100°C, 60min)	proteolytic enzymes	Piard <i>et al.</i> , 1992

表四、乳酸桿菌屬所產生之細菌素及其特性

Table 4. Characteristics of bacteriocin from Lactobacilli

細菌素	生產菌株	分子量 (daltons)	安定性	敏感性	參考文獻
Fermenticin	<i>L. fermenti</i>	ND	Heat (96°C, 30min)	pepsin, trypsin	Deklerk and Smit, 1967
Plantaricin A	<i>L. plantarum</i> C-11	8,000	Heat (62°C, 30min) ;pH2~3	pepsin, papain, protease, trypsin, chymotrypsin	Daeschel <i>et al.</i> , 1990
Plantaricin B	<i>L. plantarum</i> NCDO1103	2,000	Heat (60°C, 30min)	trypsin, pronase E, proteinase K chymotrypsin	West and Warner, 1988
Plantaricin BN	<i>L. plantarum</i> BN	>10,000	Heat (100°C, 5min)	ND	Lewus and Montville, 1991
Plantaricin S&T	<i>L. plantarum</i> LPCO10	2,500 for S	Heat (100°C, 60min)	trypsin, pronase E, proteinase K chymotrypsin	Jimenez-Diaz, <i>et al.</i> , 1993
Sakacin A	<i>L. sake</i> 706	ND	Heat (100°C, 20min; 80°C, 60min)	trypsin, pepsin	Schillinger and Lucke, 1989
Sakacin M	<i>L. sake</i> 148	4,640	Heat (150°C, 90min; 80°C, 60min)	trypsin, pepsin, papain, protease	Sobrio <i>et al.</i> , 1992
Sakacin P	<i>L. sake</i> LTH673	3,000~3,500	eppsin, heat (100°C, 7min)	trypsin; proteinase K	Tichaczek <i>et al.</i> , 1992
Lactocin S	<i>L. sake</i> L45	<13,700	Heat (100°C, 60min)	trypsin, proteinase	Mortvedt <i>et al.</i> , 1991
Curvacin A	<i>L. sake</i> LTH1174	3,000~3,500	pepsin, heat (100°C, 30min)	trypsin, proteinase K	Tichaczek <i>et al.</i> , 1992

(接上頁)

細菌素	生產菌株	分子量 (daltons)	安定性	敏感性	參考文獻
Brevicin	<i>L. brevis</i> 37	>10,000	pH 1-11, heat (121°C, 60min)	trypsin, pronase E, pH>12 at 25 °C	Rammelsberg <i>et al.</i> , 1990
Caseicin 80	<i>L. casei</i> B80	40,000~42,000	pH<5.0	trypsin, pronase E, pH>5.0, heat>60°C	Rammelsberg <i>et al.</i> , 1990
Bavaricin A	<i>L. bacaricus</i> M1401	3,500~4,000	Heat (100°C, 60min) ;pH2~10	trypsin, pronase E, proteinase K chymotrypsin	Larsen <i>et al.</i> , 1993
Bavaricin MN	<i>L. bacaricus</i> MN	22,600	Heat (100°C, 5min)	ND	Lewus and Montiville 1992
Lactocin 27	<i>L. helveticus</i> LP27	12,400	Heat (100°C, 60min) ,ficin	trypsin, pronase	Upreti and Hinsdill 1975, 1973
Helveticin J	<i>L. helveticus</i> 481	37,000	Lipase, lysozyme	heat, ficin, pronase, trypsin ,pepsin, proteinase K,	Joerger and Klaenhammer 1986, 1990
Helveticin V- 1829	<i>L. helveticus</i> 1829	ND	Heat (45°C, 120min) ,pH2.5~6.5	Heat(50°C, 30 min),ficin, pronase, trypsin, pepsin, proteinase K, pH>7	Vaughan <i>et al.</i> , 1992
Lactacin F	<i>L. acidophilus</i> 11088	2,500	Heat (121°C, 15min)	ficin, pronase, trypsin, pepsin, proteinase K,	Muriana and Klaenhammer 1987, 1991 ab
Lactacin B	<i>L. acidophilus</i> N2	8,100	Heat (121°C, 3min)	pronase, proteinase K	Barefoot and Klaenhammer, 1983, 1984
Plantaricin C19	<i>L. plantarum</i> C19	3,500	acidic pH	ND	Atrih, 1993

表五、由其它乳酸菌屬所產生之細菌素及其特性

Table 5. Characteristics of bacteriocin from Carnobacteria

細菌素	生產菌株	分子量 (daltons)	安定性	敏感性	參考文獻
Carno- bacteriocin A1, A2, A3	<i>Carnobacteria</i> <i>piscicola</i> LV17A	5,100 5,123 5,127	62°C, 30min	proteolytic enzyme	Worobo <i>et al.</i> , 1992
Carno- bacteriocin B1, B2,	<i>Carnobacteria</i> <i>piscicola</i> LV17B	4,541 4,969	62°C, 30min	proteolytic enzyme	Quadri <i>et al.</i> , 1992
Carnocin U149	<i>Carnobacteria</i> <i>piscicola</i>	3,610	121°C, 15min pH<8	proteolytic enzyme	Stoffels <i>et al.</i> , 1992
Piscicolin	<i>Carnobacteria</i> <i>piscicola</i> LV61	5,000	100°C, 20min	trypsin, pepsin, papain, chymotrypsin	
Unnamed	<i>Carnobacteria</i> <i>piscicola</i> LK5	ND	100°C, 5min pH 2~8	trypsin, papain, pepsin, pronase K.chymotrypsin	Buchman and Klawitter, 1992

依據表二~表五，乳酸菌素可歸納幾點特性：

- (1)對蛋白分解酵素敏感：大多數細菌素為小分子蛋白質或多肽之物質，所以可被蛋白分解酵素分解。
- (2)對熱安定性：大多數細菌素在低pH時，經高溫處理下，仍保有大部份之活性 (Tramer, 1964)。
- (3)抑菌範圍較廣，能抑制一些食品病原菌、食品腐敗菌及一些革蘭氏陽性菌之耐熱性孢子之萌發 (Foegeding *et al.*, 1992; Harris *et al.*, 1989; Lewus *et al.*, 1991; Nielsen *et al.*, 1990; Pucci *et al.*, 1988; Stevens *et al.*, 1991)；
- (4)產細菌素之基因大多存於質體中 (Davis *et al.*, 1990; Hansen *et al.*, 1990; K laenhammer and Sanozky, 1985; Mortvedt and Nes, 1990; Nettles and Ba refoot, 1993)。

3.2 化學結構及作用機制

細菌素的主要化學結構為多肽，而乳酸菌素有些為多肽，有些則為小分子之蛋白質 (Klaenhammer, 1988)。以nisin為例，其分子含有34個胺基酸，以五個硫酯鍵鍵結成五個環狀構造，其單分子之分子量約為 3,500 daltons，一般而言，nisin 常以雙分子之結構存在 (Hurst, 1981)。以 pediocin PA-1 為例，是由44個胺基酸及二個雙硫鍵所構成 (Henderson *et al.*, 1992)，另外以 *Lactococcus acidophilus* NCK88 產生之細菌素 lactocin F，含有25個胺基酸，分子量為 2,500 dalton (Muriana and Klaenhammer, 1991b)。

關於細菌素抑菌的作用機制迄今尚未十分明瞭。目前僅知細菌素先和作用細胞之細胞膜上的特殊接受器結合，接著引起細胞膜的結構部份改變，最後再造成細胞致死性的變化 (Broughton, 1990; Davis, *et al.*, 1990; Henning, *et al.*, 1986)。如nisin，主要作用點在於細胞膜之磷脂質上，Nisin會使細胞膜上的硫化氫基 (sulfhydryl group) 不活性化而造成細胞膜破裂，進而造成胺基酸和陰離子等細胞內必需成分的流失 (Henning *et al.*, 1986; Morris, *et al.*, 1984; Delves-Broughton, 1990)。近來有一些研究報告指出不同之乳酸菌素其抑菌機制並不相同，如細菌素diplococcin，可迅速阻止DNA和RNA之生合成，並減少蛋白質之合成 (Davey, 1981)；細菌素 lactacin 27則可抑制細胞內蛋白質之合成，並破壞細胞膜結構，但對於DNA和RNA之生合成並無影響 (Upreti and Hinsdill, 1975)；細菌素 pediocin PA-1則作用於細胞膜上，造成非電壓刺激所形成之孔洞，而使得細胞膜內重要代謝產物之流失 (Chikindas *et al.*, 1993)；細菌素 pediocin AcH則作用於細胞膜上，造成細胞膜內 K^+ 及一些離子之流失，甚至導致細胞分解 (Bhunia *et al.*, 1991)；細菌素 lactacin F 可造成細胞膜內鉀離子之流失，細胞膜之去極化及internal ATP 之水解，而造成ATP轉位水解平衡 (Abee *et al.*, 1994)。

3.3 純化

細菌素是一種小分子之蛋白質或多肽之物質，因此純化細菌素之方式可以傳統蛋白質純化方式進行。

1950年代，有些報告發現 Nisin 會吸附於其作用細胞上，而 Upreti 和 Hinsdill (1975)、Barefoot 和 Klaenhammer (1984) 研究指出 pediocin AcH

亦會吸附於指示菌株之細胞上，Bhune 等人於1991年更進一步探討影響細菌素吸附之因子，結果指出細菌素 pediocin AcH 會吸附至革蘭氏陽性菌細胞表面，但不會吸附於革蘭氏陰性菌上。而後亦有許多報告指出細菌素會吸附於其生產菌株及其作細菌之細胞上 (Bhune *et al.*, 1991; Gonzalez *et al.*, 1987; Klaenhammer 1988)，且其吸附程度受 pH 影響。Yang 等人於1992年研究幾種乳酸細菌素對於作用細胞之吸附情形，結果指出，於 pH 6 附近其吸附量可達93%~100%，而於 pH 1.5~2.0 有小於5%之最低吸附量，並利用此特性來萃取乳酸菌素。

利用此種方式所收集之細菌素較一般採傳統蛋白質純化方式來得簡單且大量 (Van Laack *et al.*, 1992; Yang *et al.*, 1992)。

3.4 影響細菌素活性之因子

影響細菌素活性之因子有 pH、溫度及外生性酵素等 (Tagg, 1976)。

許多研究報告指出有些乳酸菌素和 nisin (Broughton, 1990; Hurst, 1983)、diplococcin (Davey and Richardson, 1981) 在偏酸性之環境下較安定，且在酸性下有較好之耐熱性。

由表一至表五中可知目前所發現大多數之乳酸菌素，具有耐熱性，尤其是在酸性環境下，經高溫處理後，仍具有活性 (Tramer, 1964)，如 lactostrepcins、lactostrepcin5、pediocin AcH 等細菌素，經 121°C，10min 加熱處理後，仍具有抑菌活性；而其它細菌素如 lactostrepcin I、lactococcinsA、pediocin A 在經 100°C，30min 加熱處理後，亦具有抑菌活性。

乳酸菌素可被一些蛋白酶分解而喪失活性，尤其是存在於人體胃腸內之蛋白酶如 Trypsin、 α -chymotrypsin、pronase 等 (Nettles *et al.*, 1993)。

3.5 影響細菌素產生之因子

影響細菌素產生之因子可分為內因性和外因性兩種。內因性因子包括細菌素產生之基因及免疫基因 (Tagg *et al.*, 1976)；外因性因子則包括培養基之組成 (Hurst *et al.*, 1983; Klaenhammer, 1988)、培養溫度、培養時間及起始 pH 值 (Davey and Richardson, 1981; Scott and Taylor, 1981) 等，其中以培養基之組成影響最大 (Tagg *et al.*, 1976)。

目前發現乳酸菌產細菌素菌株所具備產細菌素的基因，大多位於質體上，少部份位於染色體上 (Nettles and Bartfoot, 1993)。

培養基組成中除氮源、碳源外，有些金屬離子如鎂、鐵等成份對於細菌素產生是必要的 (Tagg *et al.*, 1976)。細菌素之活性一般是在最適生長溫度培養具有較高之活性表現 (Tagg *et al.*, 1976)，若培養溫度過高可能會抑制細菌素之產生 (Dajani and Taube, 1974; Lachowicz, 1965; Tagg *et al.*, 1976)，或導致細菌素生產特性的喪失 (Dajani and Taube, 1974; Jetten and Vogels, 1973)。

不同之菌株其起始產生細菌素之時期不相同，如由 *Lactococcus lactis cremoris* 346於培養條件為牛奶或M-17培養液培養時，其細菌素 diplococcin於穩定期初期產生 (Oxford, 1944)；如 *Lactococcus lactis lactis*於對數期產生細菌素 nisin (Dodd *et al.*, 1990)；*Pediococcus acidilactici* AcH於穩定期產生細菌素 pediocin AcH (Bhunia *et al.*, 1990)；如 *Leuconostoc getidum* UAL 於對數生長期初期產生細菌素 leucocin A (Hastings *et al.*, 1992)。

4、乳酸菌素在食品上之應用

乳酸菌長久以來就是一些食品如蔬菜、穀類、乳品及肉品等原料之發酵種菌 (Aguirre and Collins, 1993)。

nisin 和 pediocin 為二種具有廣效抑菌性之乳酸菌素 (Klaenhammer, 1988)。nisin能有效地防止革蘭氏陽性菌 (*Clostridium*, *Staphylococcus*, *Listeria*) 之生長及其孢子之萌發 (Broughton, 1990; Daeschel, 1989; Hurst, 1981, 1983; Scott and Taylor, 1981a, b; Schilliinger, 1990)。

目前所發現之乳酸菌素中，只有乳酸鏈球菌素 (nisin) 於1988年經美國食品藥物管理局 (FDA) 許可，正式將其列為GRAS (generally recognized as safe) 級之食品添加物，可作為食品防腐劑，應用於在乳製品、罐頭、酒類之製造以及乾酪塗抹醬 (cheese spread) 及肉品當中，抑制肉毒桿菌 (*Clostridium botulinum*) 及其它雜菌之生長，減少食品之熱處理，降低因熱對產品風味的破壞及加工成本 (Eckner, 1992)。我國衛生署亦核准使用在乾酪 (cheese) 做為食品防腐劑，而其使用量為0.25g/Kg (行政院衛生署, 1992)。

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