- 1 Title: Listeriaphages and coagulin C23 act synergistically to kill Listeria
- 2 *monocytogenes* in milk under refrigeration conditions.

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4 **Running Title:** Killing of *L. monocytogenes* in milk

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- 6 **Authors:** Lorena Rodríguez-Rubio^{a,1}, Pilar García^a, Ana Rodríguez^a, Craig Billington^b,
- 7 J. Andrew Hudson^b, Beatriz Martínez^{a*}

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- 9 Addresses: ^aDairySafe Group. Department of Technology and Biotechnology of Dairy
- 10 Products. Instituto de Productos Lácteos de Asturias (IPLA-CSIC), 33300 Villaviciosa,
- 11 Asturias, Spain.
- 12 ^bFood, Water and Environmental Microbiology Group, Institute of Environmental
- 13 Science and Research, Christchurch Science Centre, Christchurch 8041, New Zealand.
- 14 Present address:
- 15 Laboratory of Gene Technology, Department of Biosystems, KU Leuven, 3001
- 16 Heverlee, Belgium

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- *Corresponding author:
- 20 IPLA-CSIC, Paseo Rio Linares 33300-Villaviciosa, Asturias, Spain.
- 21 **e-mail:** bmf1@ipla.csic.es
- 22 **Phone:** +34 985 89 21 31
- 23 **Fax:** +34 985 89 22 33

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Abstract

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Bacteriophages and bacteriocins are promising biocontrol tools in food. In this work, two Listeria bacteriophages, FWLLm1 and FWLLm3, were assessed in combination with the bacteriocin coagulin C23 to inhibit *Listeria monocytogenes*. Preliminary results under laboratory conditions demonstrated that both antimicrobials act synergistically when they were applied in suboptimal concentrations. The combined approach was further assessed in milk contaminated with 5×10^4 CFU/ml L. monocytogenes 2000/47 and stored at 4°C for 10 days. When used alone, phage FWLLm1 added at 5×10^6 PFU/ml, FWLLm3 at 5×10^5 PFU/ml and coagulin C23 at 584 AU/ml kept L. monocytogenes 2000/47 counts lower than the untreated control throughout storage. However, when used in combination, inhibition was enhanced and in the presence of FWLLm1 and coagulin C23, L. monocytogenes 2000/47 counts were under the detection limits (less than 10 CFU/ml) from day 4 until the end of the experiment. Resistant mutants towards phages and coagulin C23 could be obtained, but crossresistance was not detected. Mutants resistant to FWLLm3 and coagulin C23 were also recovered from surviving colonies after cold storage in milk which may explain the failure of this combination to inhibit L. monocytogenes. Remarkably, the fraction of resistant mutants isolated from the combined treatment was lower than that from each antimicrobial alone, suggesting that synergy between bacteriocins and phages could be due to a lower rate of resistance development and the absence of cross-resistance.

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Keywords: Bacteriophage, *Listeria monocytogenes*, bacteriocin, synergism, biocontrol,
 milk, resistance.

52 Highlights

- The combined used of bacteriocins and bacteriophages synergistically inhibits

 Listeria monocytogenes in broth
- Both antimicrobials enhanced safety of milk under cold storage
- Synergy could be linked to a lower frequency of development of resistant
 mutants to each antimicrobial
- Cross-resistance was not detected

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1. INTRODUCTION

Listeria monocytogenes is the causative agent of listeriosis, a foodborne disease which affects the elderly, pregnant women, unborn and newborn babies and people with weakened immune systems (Allerberger and Wagner, 2010). In healthy adults and children, listeriosis causes few or no symptoms and may be mistaken for a mild viral infection or flu which makes the incidence of listeriosis difficult to establish (Bortolussi, 2008). However, an increasing rate of this foodborne illness has been reported in Europe in recent years related to a higher rate of listeriosis in people \geq 65 years of age (Goulet et al., 2008).

L. monocytogenes is a serious concern for the food industry as this pathogen can grow at refrigeration temperatures commonly used to control pathogens in foods (4°C to 10°C) and tolerates high concentrations of salt and low pH (Ferreira et al., 2014). Many categories of food have been related with listeriosis outbreaks: milk, soft cheeses and other dairy products, sausages, smoked fish, salads, delicatessen and ready-to-eat products (Garrido et al., 2010). The majority of detected outbreaks have been caused by ready-to-eat meats and cheeses (Cartwright et al., 2013; Garrido et al., 2010). Although L. monocytogenes is inactivated by thermal treatments used in processed food, post-processing cross-contamination from equipment and environment may occur due to the persistence of this pathogen in processing plants (Ferreira et al., 2014; Meloni et al., 2014; Ortiz et al., 2014) as a result of the development of resistance to disinfectants and its ability to form biofilms (Ferreira et al., 2014).

Listeriaphages have been proposed as new tools for *Listeria* biocontrol. Bacteriophages or phages, the natural killers of bacteria, are widely distributed in all environments, including food, and are presumed safe for humans, animals and plants. They have been successfully assessed as new tools to reduce levels of foodborne

pathogens and spoilage bacteria along the food chain. *Listeria* phages have been isolated from several environments (sewage plants, silage, food processing environments, lysogenic strains) and used for detection of *L. monocytogenes* in food as well as for reducing its presence in food processing equipment and on ready-to-eat products (García et al., 2010; Hagens and Loessner, 2014).

Another strategy to ensure food safety is the use of bacteriocins as natural biopreservatives. Bacteriocins are ribosomally synthesized antimicrobial peptides or proteins with bactericidal or bacteriostatic activity produced by bacteria (Drider and Rebuffat, 2011). These antimicrobial peptides have been traditionally used as biopreservatives to extend the shelf life of food products without compromising their nutritional and organoleptic properties (Gálvez et al., 2010; García et al., 2010). In this context, bacteriocins are regarded as an additional barrier to inhibit growth of undesirable microorganisms (Omar et al., 2013) and have already been successfully applied in several food systems to control the growth of *L. monocytogenes* (Davies et al., 1997; Franklin et al., 2004; Wan et al., 1997).

In this work, two *Listeria* phages, FWLLm1 and FWLLm3, and one bacteriocin, coagulin C23, were used in combination looking for a synergistic effect to reduce or eliminate the presence of *L. monocytogenes* in milk. Coagulin C23 is produced by *Lactobacillus paraplantarum* IPLA C23 and has been reported to have antimicrobial activity against *L. monocytogenes* (Allende et al., 2007; Rilla-Villar, 2003). Coagulin C23 is identical to coagulin A, a natural variant of the class IIa bacteriocin pediocin PA1/AcH (Hyronimus et al., 1998). FWLLm1 and FWLLm3 are myoviruses isolated from sheep faeces that infect strains of the species *L. monocytogenes* as well as other species such as *Listeria ivanovii* and *Listeria welshimeri* (Bigot et al., 2011; Arachchi et al., 2013). FWLLm1 was reported to immediately reduce 2.5 log₁₀ CFU/cm² a *L. monocytogenes* contamination after addition on the surface of vacuum-packed ready-to-

eat chicken breast roll (Bigot et al., 2011) suggesting its potential for biocontrol of this pathogen in food.

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2. MATERIAL AND METHODS

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2.1 Bacteria, phages, bacteriocin and growth conditions

L. monocytogenes 2000/47 strain, which is a subtype that has caused listeriosis sporadic cases and outbreaks in New Zealand for several years (Sim et al., 2002), was used to contaminate milk samples and as host of phages for propagation. Listeria cells were grown at 32°C under static conditions or at 37°C with shaking in TSB (Triptone Soy Broth, Scharlau, Barcelona, Spain) or TSB supplemented with 2% (w/v) bacteriological agar (TSA). Phage FWLLm1 and FWLLm3 preparations were obtained from 10 ml of L. monocytogenes 2000/47 which was infected with the phages at a ratio 1:1 (phage:bacteria). The infected cultures were then incubated for 3 h at 37°C with shaking. Concentrated coagulin C23 supernatants were obtained from L. paraplantarum IPLA C23 cultures grown overnight at 32°C in MRS broth (Scharlau, Spain). Ninety ml of the supernatant were mixed with 10 ml trichloroacetic acid 100% and incubated 1 h at 4°C. After centrifugation, the supernatant was discarded and the dried pellet was resuspended in 5 ml sodium phosphate buffer 50 mM pH 6.8 by shaking at room temperature. The insoluble fraction was removed by centrifugation and the supernatant was adjusted to pH 5.5-6.5 with NaOH and filter sterilized. Bacteriocin activity was quantified by the agar diffusion test using 20 µl of 2-fold dilutions placed in wells made on L. monocytogenes 2000/47 indicator plates. Arbitrary units (AU) were defined as the inverse of the last dilution that gave a clear halo and expressed by ml. Coagulin C23 samples routinely contained 12,800 AU/ml.

2.2 Challenge test in liquid medium

Two ml TSB were inoculated with a colony of *L. monocytogenes* 2000/47 and incubated overnight at 32°C. Then, 10 ml TSB were inoculated at 1% with the overnight culture and grown to an optical density OD_{600nm} of 0.1 followed by a 1/10 dilution to obtain 5 × 10⁶ CFU/ml. The culture was divided into 2 ml aliquots, each aliquot was mixed with 1 ml of TSB containing 10 mM Ca(NO₃)₂, 10 mM MgSO₄ and the following volumes of FWLLm1 (36 μ l), FWLLm3 (820 μ l), coagulin C23 (137 μ l), respectively, or a mix of phage and bacteriocin to get a final 1:10 phage:bacteria ratio and coagulin C23 at 584 AU/ml final concentration. Samples were incubated at 32°C and viable counts were monitored every 2 h on TSA for a period of 6 h by serial dilutions of the samples.

2.3 Challenge test in milk under refrigeration conditions

Ten ml of Extended Shelf Life milk (ESL) were inoculated with approximately 5 \times 10⁴ CFU/ml of *L. monocytogenes* 2000/47 grown to OD_{600nm} = 0.1. Aliquots (2 ml) were mixed with ESL milk (final volume of 1 ml) containing 10 mM Ca(NO₃)₂, 10 mM MgSO₄ and the following volumes of FWLLm1(12.5 μ l), FWLLm3 (25 μ l), coagulin C23 (137 μ l) or a mix of phage and bacteriocin. FWLLm3 was added at ratio phage:bacteria 10:1, FWLLm1 at 100:1 and coagulin C23 at 584 AU/ml final concentration. Samples were incubated a 4°C for 10 days. Viable counts were checked every 24 h on TSA.

2.4 Resistance development to coagulin C23 and listeriaphages

Drops (10 μ l) of coagulin C23 were placed onto a *L. monocytogenes* 2000/47 lawn and incubated 48 h at 32°C. Putative coagulin C23 resistant colonies were picked from the inhibition halos, grown overnight in TSB and tested against coagulin C23

using the agar diffusion test. *L. monocytogenes* resistant cells were grown for 5 additional overnight cultures in TSB in the absence of selective pressure to allow any putative phenotype-reversion of non-genetically altered strains. Then, cultures were tested again against coagulin C23. Cross-resistance to phages was tested by dropping phages FWLLm1 and FWLLm3 (5 μ l) onto lawns of the C23-resistant cultures.

Bacteriophage-insensitive mutants (BIMs) were also obtained from *L. monocytogenes* 2000/47 using phage FWLLm3. One-hundred μl of a 1:10 diluted overnight culture of *L. monocytogenes* 2000/47 (10⁷ CFU) were incubated with 100 μl of phage (10⁸ PFU) for 10 min at 37°C. Then, the mixture was poured onto a TSA plate and covered with 3 ml of 0.7% TSA. Plates were incubated during 16 h at 37°C. Ten surviving colonies were picked up and grown in fresh TSB for 16 h at 37°C. Bacteriophage susceptibility was tested by the drop assay. Cross-resistance development was tested by dropping coagulin C23 onto the lawns obtained from the surviving colonies.

3. RESULTS

3.1 Coagulin C23 and the listeriaphages FWLLm1 and FWLLm3 act synergistically to kill *L. monocytogenes* in broth.

The potential synergistic effect of coagulin C23 and listeriaphages was assessed in broth at 37°C (Fig. 1). Combination of coagulin C23 and phage FWLLm1 decreased the concentration of *L. monocytogenes* 2000/47 by 5.9 log units after 2 h of incubation compared to the untreated control, while 3 and 4.8 log reductions were caused by FWLLm1 and C23 alone, respectively (Fig. 1A). After two hours of incubation, regrowth was observed in all samples. On the contrary, when coagulin C23 was combined with FWLLm3, *L. monocytogenes* 2000/47 was under detection limits after 2 h and no

re-growth occurred. FWLLm3 and C23 alone were able to reduce the initial contamination by 4 and 4.4 log units, respectively (Fig. 1B) but growth resumed afterwards.

3.2. Coagulin C23 and listeriaphages FWLLm1 and FWLLm3 act synergistically to kill *L. monocytogenes* in milk under storage conditions.

The synergistic effect between listeriaphages and coagulin C23 was further confirmed in milk inoculated with 10⁴ CFU/ml of *L. monocytogenes* 2000/47 at 4°C for 10 days of storage (Fig. 2). In the control cultures the *Listeria* strain steadily multiplied up to 10⁸ CFU/ml at the end of the experiment. Phage FWLLml progressively reduced viable counts, reaching 10² CFU/ml (6 log units reduction) after 8 days of incubation. At day 10 an increase of 1 log unit was observed (Fig. 2A). Phage FWLLm3 was able to restrict the concentration to approximately 10⁴ CFU/ml (4 log units reduction) until day 8, reaching 10⁶ CFU/ml at the end of the experiment (Fig. 2B). When coagulin C23 was used alone, a progressive reduction could be also observed reaching 10² CFU/ml in the middle of the incubation period followed by re-growth. When phage FWLLm1 and coagulin C23 were used in combination, a complete reduction of the viable counts under the detection limits after 2 days of incubation at 4°C and until the end of the assessed period was observed (Fig. 2A). On the contrary, combination of FWLLm3 and C23 led to a cell count reduction of 7.5 log units in day 4 followed by a 1.7 log units increase at the end of the experiment (Fig. 2B).

3.3 Assessment of resistance development towards coagulin C23 and listeriaphage after antimicrobial challenges

L. monocytogenes 2000/47 was exposed to the antimicrobials (coagulin C23 and FWLLm3) individually and the resistant phenotypes of surviving colonies were

examined. Six resistant colonies were obtained from the inhibition halo produced by coagulin C23 onto a *L. monocytogenes* 2000/47 lawn. All these colonies were resistant to the bacteriocin as judged by the absence of inhibition halos by the agar spot test (data not shown). Furthermore, these mutants remained resistant to coagulin C23 after 5 days of consecutive culturing in broth without the bacteriocin, suggesting that the resistant phenotype was fairly stable. Likewise, five bacteriophage-insensitive mutants were also obtained from a plate containing *L. monocytogenes* 2000/47 and FWLLm3. Crossresistance was assessed using both coagulin C23 and FWLLm3 resistant cells. All bacteriocin resistant cells were sensitive to FWLLm3 and all BIMs were sensitive to coagulin C23 (data not shown). Therefore, no cross-resistance was observed.

To determine if the bacterial re-growth observed in milk challenges could be due to the selection of resistant variants, resistance development was also assessed at the end of the incubation period (10 days) in those samples where re-growth was observed. Ten surviving colonies from FWLLm1, FWLLm3, C23 and FWLLm3+C23 counting plates were cultured in TSB to prepare lawns and drops of the corresponding antimicrobial were spotted. In case of colonies isolated from FWLLm1 plates, all of them were sensitive to this phage (Table 1) while half of the colonies isolated from FWLLm3 plates were phage-resistant. Similarly, 55% of the colonies isolated from C23 plates were resistant to the bacteriocin. When FWLLm3 was used in combination with C23, all the colonies were sensitive to the phage and only 40% were resistant to C23 (Table 1).

4. DISCUSSION

The potential of phages as biocontrol agents in food is supported by several studies that indicate an efficient reduction of pathogens levels in meat, fresh fruits, vegetables and

processed foods (Endersen et al., 2014). For reducing L. monocytogenes contamination in food, there are already commercially available phage preparations against L. monocytogenes, which have been approved by the US FDA as processing-aids (U.S. FDA/CFSAN, 2007). On the other hand, the use of bacteriocins in food safety has been addressed along the whole production chain, as well as their use as food biopreservatives; authorized bacteriocin-containing products, including nisin and pediocin PA1/AcH, are also marketed (Gálvez et al., 2010; Omar et al., 2013). Starter and non-starter bacteriocin-producing strains have been successfully used to control L. monocytogenes in fresh cheese (Coelho et al., 2014; Vera Pingitore et al., 2012). As with any other potential food additive or processing aid, safety studies must be conducted on a case-by case basis according to regulations in force in each country. Moreover, the use of food biopreservatives must also be cost-effective. One way to lower the effective concentrations without compromising activity is to use the synergistic effects that are often observed between two antimicrobial agents that feature different mechanisms of action or attack different targets. For example, combination of nisin and polymyxin B allows a considerable reduction in the amount of nisin needed for the effective inhibition of *Listeria* spp. (Naghmouchi et al., 2010).

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In this work, we have assessed the combinations of two lytic listeriaphages and an anti-*Listeria* bacteriocin to reduce or eliminate this foodborne pathogen under laboratory conditions, i.e. optimal growth conditions, and in milk under refrigeration conditions. Phages FWLLm1 and FWLLm3, and coagulin C23 alone were able to reduce the amount of *L. monocytogenes* cells compared with the untreated control in both broth at 37°C and milk at 4°C. However, the combination resulted in a higher reduction or complete elimination of the viable counts, which suggests a synergistic effect between the listeriaphages and coagulin C23. Enhanced killing activity by combining phages and the bacteriocin nisin has been reported against *L. monocytogenes*

in artificially contaminated fresh-cut melons and apples (Leverentz et al., 2003) and against *S. aureus* in pasteurized milk (Martínez et al., 2008), supporting the potency of this approach in food biopreservation.

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When keeping the same phage to bacteria ratio in vitro, the combination FWLLm3+C23 was more effective than FWLLm1+C23 in eliminating L. monocytogenes since re-growth was observed with the latter, while FWLLm3+C23 viable counts were under the detection limits after 2 h and onwards. Therefore, in order to improve the lytic ability of phage FWLLm1, challenge assays in milk were performed using a 100:1 phage:bacteria ratio. In these conditions, FWLLm1+C23 effectively inhibited L. monocytogenes while surviving cells were recovered in samples treated with FWLLm3+C23. Failure to completely inhibit bacterial growth has been reported in phage-treated solid food, which has been explained by the immobilization of the phage particles on the food surfaces and matrix, and their inability to reach the bacterial targets (Chibeu et al., 2013; Guenther et al., 2012; Guenther et al., 2009; Guenther and Loessner, 2011). Even when FWLLm1 was used to control L. monocytogenes in RTE chicken breast roll at 30°C, re-growth was observed after 5 h of incubation (Bigot et al., 2011). Milk may also present barriers to phage and bacteriocin biocontrol. For example, milk proteins or fat globules may hamper contact between phages and their target cells, resulting in inactivation of the phages (García et al., 2009; O'Flaherty et al., 2005). In addition, the negative effect of milk fat on the antimicrobial potency of bacteriocins, caused by adsorption of these hydrophobic molecules onto fat globules has also been reported (Sobrino-López and Martín-Belloso, 2008).

Another reason which may explain failure of bacteriocins and phages to inhibit pathogen growth is the development of resistance (García et al., 2010). Bacterial resistance to phage may be due to a number of mechanisms, including absence or masking of phage receptors, prevention of injection of the phage genome into the host

cells, immunity to superinfection, and restriction-modification (RM) systems that degrade phage DNA while the host DNA is protected by methylation (Hyman and Abedon, 2010). Recently, a novel type of CRISPR system of phage resistance has been described in *L. monocytogenes* (Sesto et al., 2014). The development of resistance towards pediocin-like bacteriocins such as coagulin C23 is typically caused by a decreased expression of the mannose phosphotransferase system and by an altered cell surface (Drider et al., 2006; Kjos et al., 2011; Vadyvaloo et al., 2004). In *L. monocytogenes*, exposure to sublethal concentrations of pediocin (Laursen et al., 2014) or environmental stresses (Bergholz et al., 2013) promotes an adaptive response that facilitates resistance development.

In this context, we explore resistance towards coagulin C23 and the listeriaphages within the surviving colonies in our experiments as well as the risk of cross-resistance. In the milk challenge with the phages alone, phage resistance was only detected against FWLLm3 where 50% of the tested colonies were phage-insensitive (Table 1). Thus, failure of inhibiting *L. monocytogenes* could be also explained by interference with the food matrix and the inability of the phage to reach its target. On the other hand, and in line with previous reports (Drider et al., 2006; Kjos et al., 2011), resistant mutants to coagulin C23 were frequently isolated which would preclude the use of this bacteriocin alone. Remarkably, the fraction of resistant mutants was lower when the bacteriocin was combined with FWLLm3. Likewise, surviving colonies from the combined FWLLm3+C23 treatment were all phage sensitive in contrast to the higher frequency of phage resistant mutants when the phage was used alone. These results support the notion that synergy between phages and bacteriocins could be explained by a lower rate of resistance development. Nevertheless, further research is needed to decipher the mechanisms involved.

No cross-resistance was observed between coagulin C23 and the listeriaphages. Phage-insensitive cells were sensitive to coagulin C23 and coagulin C23 resistant cells were sensitive to listeriaphages, which further ensures the efficacy of the combination. It seems that access to phage receptors was not hindered by the cell envelope changes involved in resistance to coagulin C23. Previous results for *S. aureus* showed that nisinadapted cells seriously compromised bacteriophage activity (Martinez et al., 2008). Similarly, resistant-mutants to the bacteriocin lactococin 972 were not infected by lytic phage c2 (Roces et al., 2012).

Overall, we have demonstrated that the combination of listeriaphages and the bacteriocin coagulin C23 is more effective as a biopreservative in milk against L. monocytogenes under refrigeration conditions than each antimicrobial alone, and thus it could be a smart strategy to ensure milk safety during storage conditions.

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| 477 | | | |

7. TABLES

Table 1. Percentage of sensitive/resistant colonies isolated from milk samples treated with each antimicrobial (n=10).

| Antimicrobial | Sensitive (%) | Resistant (%) |
|---------------|-----------------|---------------|
| FWLLm1 | 100 | - |
| FWLLm3 | 50 | 50 |
| Coagulin C23 | 45 | 55 |
| FWLLm3+C23 | 60 (to C23) | 40 |
| | 100 (to FWLLm3) | - |

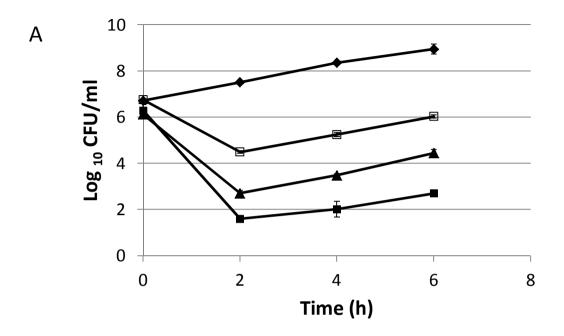
8. FIGURES

Figure 1. Killing of *L. monocytogenes* 2000/47 at 37°C in broth. Samples were inoculated with 5 × 10⁶ CFU/ml of *L. monocytogenes* 2000/47 and incubated for 6 h at 37°C without antimicrobials (control; ◆) or in the presence of A) bacteriophage FWLLm1 (5 x 10⁵ PFU/ml) (□), coagulin C23 (584 AU/ml) (▲), combination FWLLm1+C23 (■); B) bacteriophage FWLLm3 (5 x 10⁵ PFU/ml) (□), coagulin C23 (584 AU/ml) (▲), combination FWLLm3+C23 (■). Values are the means of two independent experiments with standard deviation indicated by vertical bars.

Figure 2. Killing of *L. monocytogenes* 2000/47 at 4°C in Extended Shelf Life (ESL) milk. Samples were inoculated with 5×10^4 CFU/ml of *L. monocytogenes* 2000/47 and incubated for 10 days at 4°C without antimicrobials (control; black bars) or in the

presence of A) bacteriophage FWLLm1 (5 x 10⁶ PFU/ml) (light grey bars), coagulin C23 (584 AU/ml) (white bars), combination FWLLm1+C23 (dark grey bars); B) bacteriophage FWLLm3 (5 x 10⁵ PFU/ml) (light grey bars), coagulin C23 (584 AU/ml) (white bars), combination FWLLm3+C23 (dark grey bars). Values are the means of two independent experiments with standard deviation indicated by vertical bars.

Figure 1



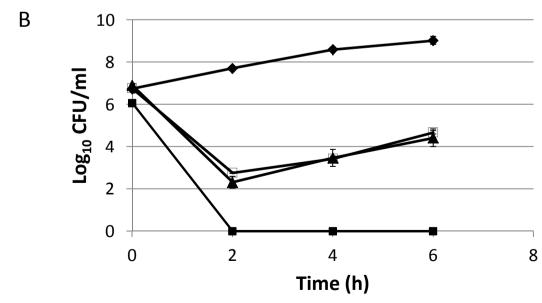


Figure 2



