## **5 THINGS TO KNOW ABOUT THE GUT MICROBIOTA**



The gut microbiota is made up of the billions of microorganisms that live in the gut.



Protects the gut barrier and helps digestion. Mostly harmless, in some cases it can cause gastroenteritis or urinary tract infections.

Protects the gut barrier. Can become pathogenic and cause diarrhea under certain circumstances (antibiotic-induced dysbiosis).



Bifidobacterium



Protects the gut barrier and plays a role in the development of the immune system helping fight inflammation. Also facilitates digestion.

Protects the gut barrier, helps digestion, and stimulates the immune system. Some species of Bacteroides may cause infections.



- but other microorganisms are also present









**Eubacterium** 





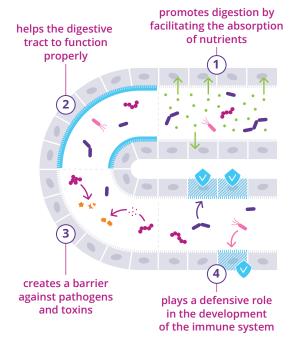




fungi and yeasts

Enterobacteriaceae

2 An essential feature in our gut, the gut microbiota acts on four levels





For more information on the microbiota go to www.biocodexmicrobiotainstitute.com References on the website

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3 Imbalances of the microbiota are associated with certain diseases of the gut...



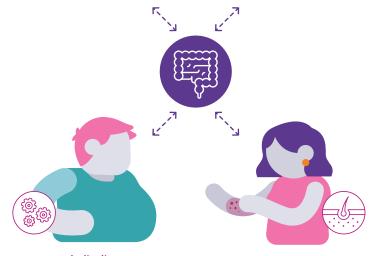
4 ...as well as other diseases



neurodegenerative diseases Alzheimer's disease, Parkinson's disease, etc.



respiratory diseases allergies, asthma, etc.



metabolic diseases diabetes, obesity, excess weight, etc.

skin diseases acne, atopic dermatitis, etc.

5 A healthy lifestyle preserves the balance of the gut microbiota







