

# 5 THINGS TO KNOW ABOUT THE GUT MICROBIOTA



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

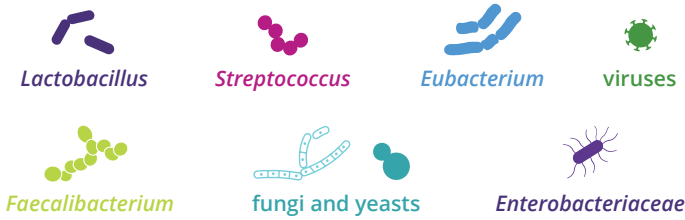
**Escherichia coli** Protects the gut barrier and helps digestion. Mostly harmless, in some cases it can cause gastroenteritis or urinary tract infections.

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

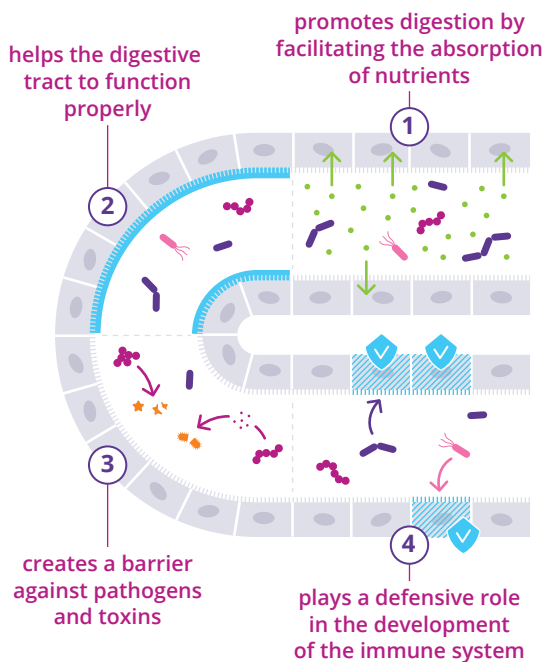
**Bifidobacterium** Protects the gut barrier and plays a role in the development of the immune system helping fight inflammation. Also facilitates digestion.

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

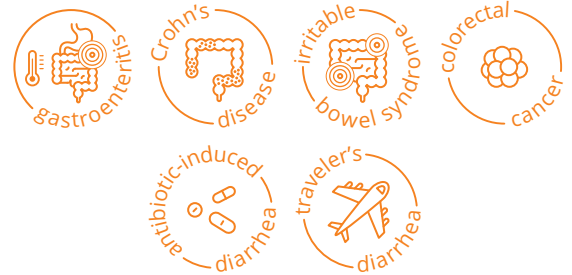
but other microorganisms are also present



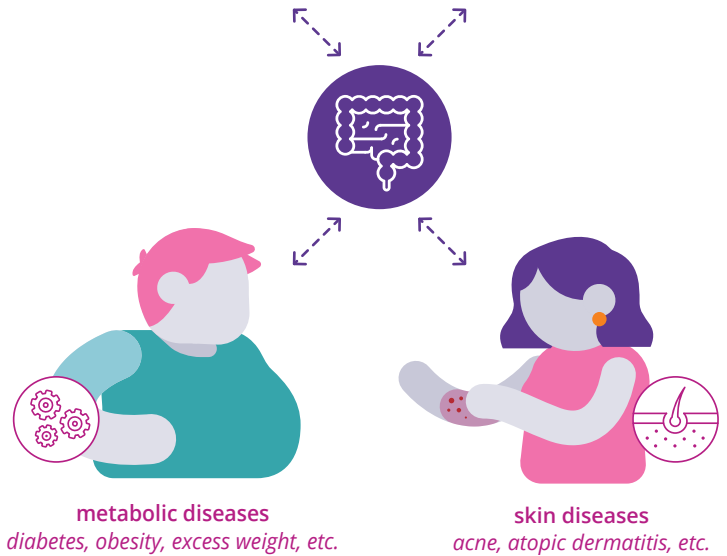
## 2 An essential feature in our gut, the gut microbiota acts on four levels



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



## 4 ...as well as other diseases



## 5 A healthy lifestyle preserves the balance of the gut microbiota

