**Infographic sources**

"DO YOU KNOW THAT AN UNBALANCED MICROBIOTA IS CALLED A DYSBIOSIS?"

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**Focus 1 — What is an unbalanced microbiota?**


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**Focus 2: How dysbiosis affects the microbiota?**


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**Focus 3: What are the main causes of dysbiosis?**


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**Focus 4: What are the repercussions of an unbalanced microbiota on health?**


Focus 5: How to restore an unbalanced microbiota?


