BIOCODEX Microbiota Institute

Infographic sources

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

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?

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Focus 5 : How to restore an unbalanced microbiota?

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