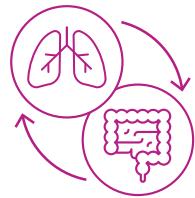


# EIXO INTESTINO-PULMÃO: COMO É QUE A MICROBIOTA INTESTINAL PROTEGE CONTRA AS INFECÇÕES RESPIRATÓRIAS?



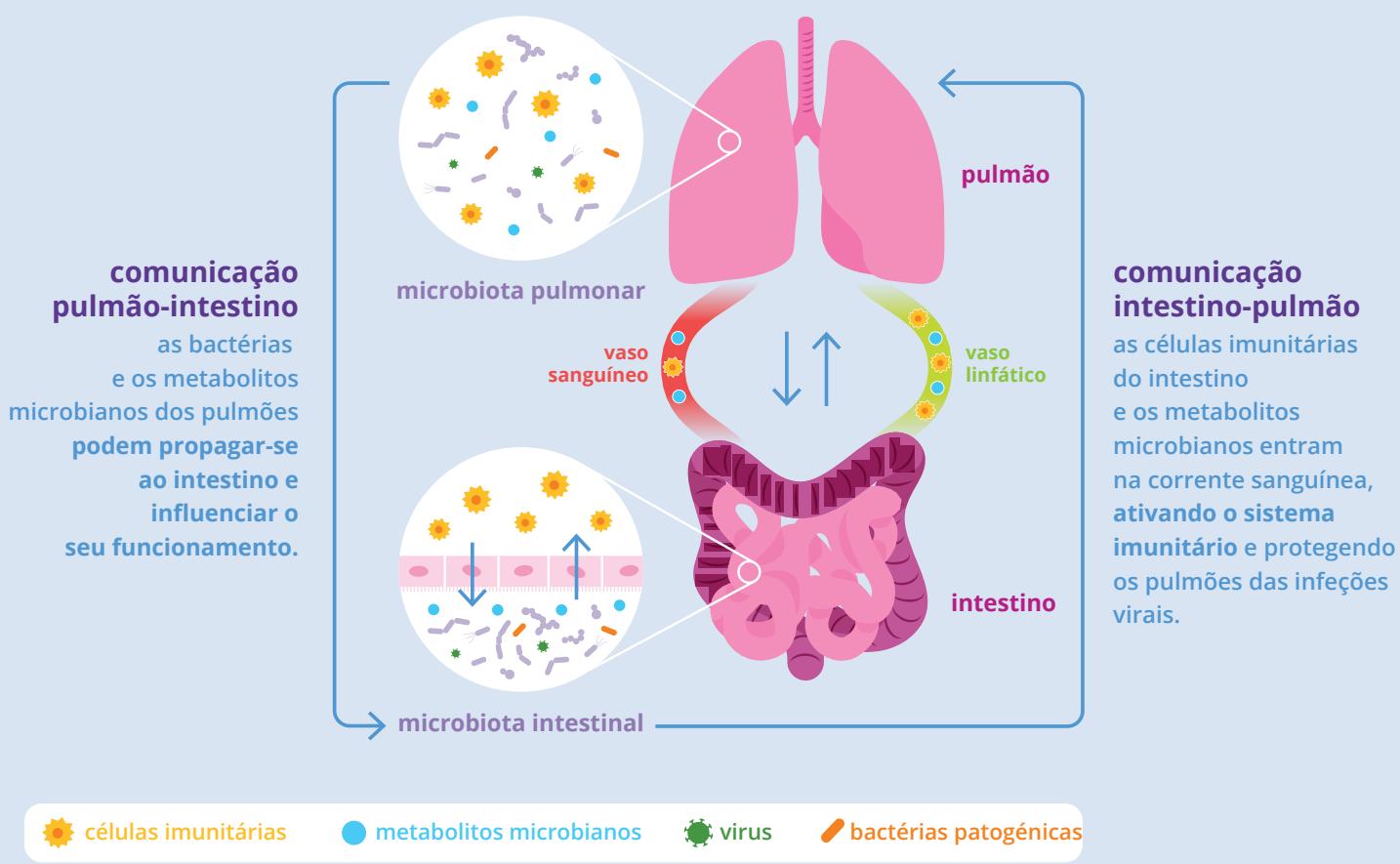
## DEFINIÇÃO

O eixo intestino-pulmão é uma comunicação bidirecional entre o intestino e os pulmões, na qual a microbiota intestinal desempenha um papel fundamental.

## JÁ SABIA?

80% das células imunitárias estão presentes no intestino.

## COMO FUNCIONA O EIXO INTESTINO-PULMÃO?



### A PRESERVAÇÃO DE UMA MICROBIOTA INTESTINAL SAUDÁVEL PODE...



aumentar a imunidade intestinal



ajudar a manter a saúde dos pulmões

e ajudar a prevenir...  
infecções respiratórias virais  
influenza, Covid-19

### COMO MANTER UMA MICROBIOTA SAUDÁVEL?



probióticos



prebióticos



alimentação rica em fibras



## Infography, sources

### Gut-lung axis: how does gut microbiota protect against respiratory infections?

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