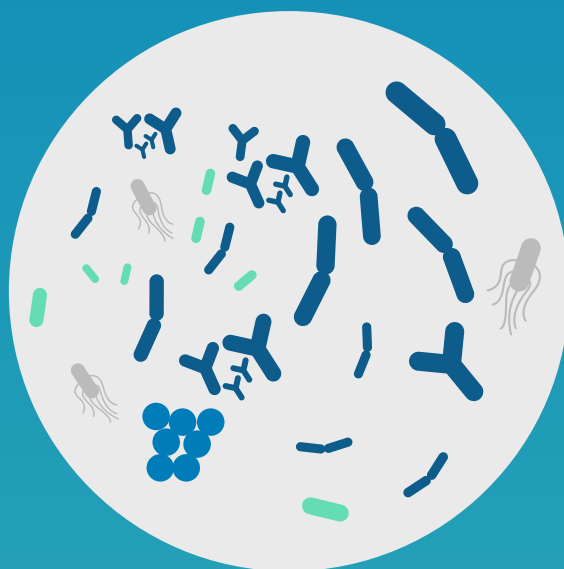


Why is gut microbiota important?

A healthy gut microbiota contains a balanced composition of many classes of bacteria that have health-promoting functions.



Helps the body to **digest** certain foods (e.g. dietary fiber^{1,2})



Produces some **vitamins** (e.g. B12, folate and K¹)

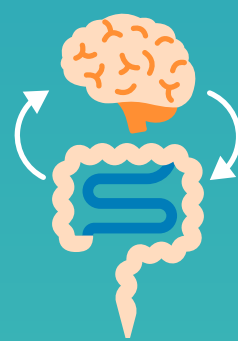


Regulates energy **metabolism**^{1,2}

Defends against harmful microorganisms^{1,2}



Provides **signals** for the development and function of the immune system^{1,2}



Influences **gut-brain** communication for optimal gut and brain functions^{1,2}



Imbalances in gut microbiota have been linked to:

Asthma and **allergy**^{2,3}



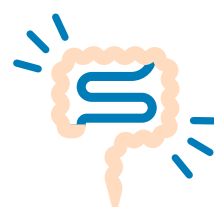
Infections^{2,3}



Obesity and **associated metabolic disturbances**^{2,3}



Inflammatory bowel disorders³



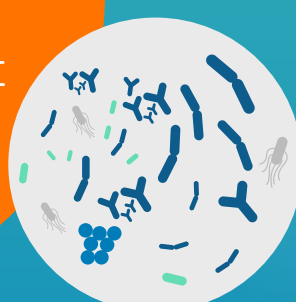
Infantile colic and functional **gastrointestinal disorders**³



Aberrant behaviour and **autism spectrum disorders**³



The gut microbiota develops after birth. The **right nutrition** plays a crucial role in the development of a **balanced microbiota**⁴



References:

1. Shamir R, et al. Essential Knowledge Briefing, Wiley, Chichester (2015).
2. Van de Wiele T, et al. Nat Rev Rheumatol. 2016; 12(7):398-411.
3. Collado MC, et al. Gut Microbes, 2012;3(4):352-365.
4. Lozupone CA, et al. Diversity, Nature. 2012; 489(7415):220-230.