

# GETTING TO KNOW OUR GUT MICROBIOTA

**'Gut microbiome' and 'gut microbiota' describe either the collective genomes of the microorganisms that reside in the gut, or the microorganisms themselves**

## BIG facts about TINY microbes in the gut

The gut contains more than

**3 million microbial genes**

(150 times more than human genes)<sup>1</sup>



Gut microbiota weighs up to



Human's gastrointestinal tract is home to **100 trillion of microorganisms**<sup>1</sup>

Host-microbe interactions can occur on a surface area of about

**30-40m<sup>2</sup>**

(20 times of the skin surface area)<sup>4</sup>



Skin surface area = 1.5-2.0m<sup>2</sup>

Just like our fingerprints, the composition of gut microbiota is unique to each individual (although we share some similar features). It is influenced by genetics, age, lifestyle, environmental microbial exposure, diet and health factors<sup>1,2,3</sup>

1. Van de Wiele T et al. *Nature Reviews Rheumatology*, 12:398-411, 2016.

2. Munyaka PM et al. *Frontiers in Pediatrics*, 2(109):1-8, 2014.

3. Collado MC et al. *Gut Microbes*, 3(4): 352-65, 2013.

4. Helander HF and Fändriks L. *Scand J Gastroenterol.*, 49(6):681-9, 2014