



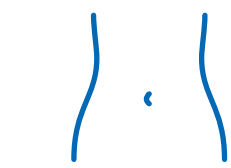
THE MICROBIOTA

WHAT ARE WE TALKING ABOUT?

The community of microorganisms (bacteria, fungi, etc.) that live in harmony in and on our body.

Kho et al., 2018; Dore et al., 2017; Hooper et al., 2012

FOR EXAMPLE



The **skin** microbiota



The **oral** microbiota



Or the **gut** microbiota

Kho et al., 2018



THE GUT MICROBIOTA THE RICHEST COMMUNITY IN OUR BODY

AN ECOSYSTEM OF **10,000** BILLION BACTERIA*, WHICH REPRESENTS **90%** OF OUR TOTAL MICROBIOTA!

Sender et al. 2016; Doré et al., 2017/*In adult individuals

SPECIFIC TO EACH INDIVIDUAL JUST LIKE OUR FINGERPRINTS

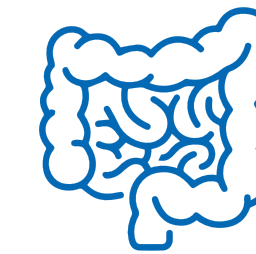
FIBERS: A KEY LINK IN THE HOST - MICROBIOTA SYMBIOSIS

A REALLY CLOSE RELATIONSHIP

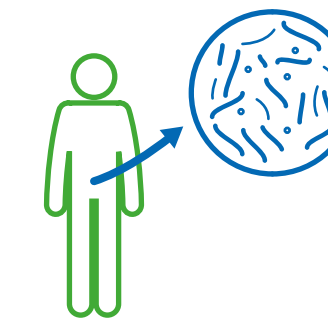
We feed gut bacteria with some of the **dietary fibers** we eat. In return they may play a key role in our general health, helping with:



Gut bacteria are our silent little helpers!



DIGESTIVE COMFORT



NUTRIENT ASSIMILATION



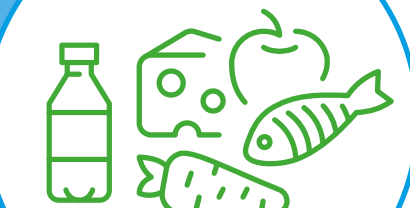
IMMUNE SYSTEM

He et al. 2016; Makki et al., 2018



ALL ACTORS OF OUR OWN HEALTH

Since our gut microbiota is our partner for life, we need to support each other! Through a varied and fiber-rich diet, we can take care of it so that it will take care of us.



Senghor, 2018; Makki et al., 2018; Nie et al., 2018